

# Hello Happy Nurse Shop Family!

Welcome to the July edition of our monthly newsletter! As we dive into the heart of summer, we hope you're finding some time to relax and recharge. This month, we have a lot of exciting updates, tips, and special offers just for you.

## In this issue:

- **New Arrivals:** Discover the latest additions to our shop that are perfect for keeping you stylish and comfortable on the job.
- **Newest Blog Posts:** Dive into our latest blog post for tips, stories, and insights from the nursing community.
- **Education Spotlight:** Check out our featured educational resource of the month, aimed at helping you expand your skills and knowledge.
- **Exclusive Discounts:** Enjoy special deals and discounts as a thank you for being a part of our Happy Nurse Shop family.
- **New Membership Features:** Discover the exciting new features we've added to our membership program to better support you in your nursing journey.

## Blog Posts



### Always Doing Your Best: A Path to Personal Fulfillment and Success

This blog post delves into the essence of doing your best, its significance, and practical ways to incorporate this principle into your daily life.



### Seven Steps for Having Difficult Conversations: A Comprehensive Guide for Nurses

This comprehensive blog guide will delve into seven steps for navigating difficult conversations, providing detailed insights and practical tips for each step.



### Advancements in Nurse Education and Training

This blog post explores the latest advancements in nurse education and training, highlighting innovative approaches, emerging technologies, and new educational paradigms that are shaping the future of nursing.

## Membership Features

- Added new med surg shift report
- New educational materials.

## Exclusive Discounts

**20% OFF ENTIRE SHOP**



**HAPPY  
4TH OF JULY  
SALE!**  
**USE CODE  
4THOFJULYSALE  
JULY 3RD - JULY 5TH**

# New Arrivals

## T-Shirts

### Product Spotlight

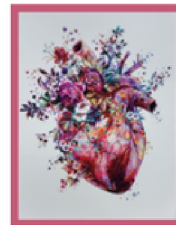
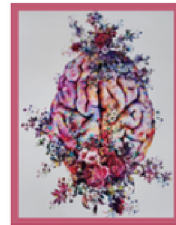
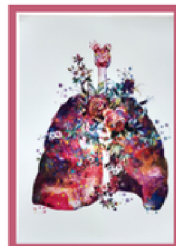


Nurse Life T-shirt



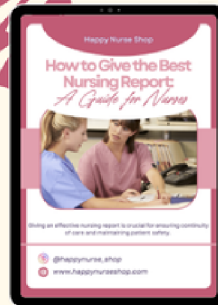
Nurse Love Inspire & Heal T-shirt

## Wall Decor



## eBooks

### How to Give the Best Nursing Report: *A Guide for Nurses*



"How to Give the Best Nursing Report," a comprehensive guide designed to elevate your reporting skills and ensure effective communication in nursing practice. Spanning 57 pages, this e-book offers in-depth insights, practical tips, and structured approaches to mastering the art of nursing reports.

### 21 Healthy Salads You Should Try

Elevate your meals with our eBook, 21 Healthy Salads You Should Try. This collection features a variety of fresh, nutritious, and flavorful salad recipes that will transform your approach to healthy eating. Whether you're looking for a light lunch, a hearty dinner, or a side dish that impresses, this eBook has you covered.



### 21 Fat Burning Smoothie Recipes



Discover the perfect blend of health and flavor with our eBook, 21 Fat-Burning Smoothie Recipes. This comprehensive guide offers a collection of delicious, nutrient-packed smoothie recipes designed to help you shed pounds, boost energy, and enhance overall well-being.

# Education Spotlight

## ABC of Airway Assessment

Better than 1, 2, 3 - ABCs are **always** the first priority.

- **Airway** - Is it clear? If it isn't, we'll never get to the next letter:
- **Breathing** - If this isn't possible oxygen won't reach the lungs and be transported around the body in the blood, know as:
- **Circulation** - Without which hypoxia and cardiac arrest will ensue

These are the basic life saving principles and they combine with that only slightly lesser known phrase, "look, listen, and feel." Look in the mouth to make sure airway is clear, listen for breath, and feel for pulse. Whether in the ER, the PR or on the floors this is nursing 101.



## The Nursing Process

The nursing process systemic, rational method of planning and providing individualized nursing care. In the simplest terms the nursing process is:

- **Assessing**-Collecting data
- **Diagnosing**-Figuring out what is the problem
- **Outcome/Planning**-How to best manage the problem
- **Implementing**-Putting the plan into action
- **Evaluating**-Did the plan work?

The five phases of the nursing processes are both singular entities. They often overlap, for example, assessment is often carried out while implementing and evaluating. The nursing process allows for RNs to use time and resources more efficiently, to both their own and their client's benefit.



## Nurse Education Spotlight!

### Maslow's Hierarchy of Needs



Human needs are ranked on an ascending scale according to how essential those needs are for survival. Abraham Maslow ranked human needs on five levels.

**Psychological Needs**  
Needs such as air, food, water, shelter, rest, sleep activity, and temperature maintenance, are crucial for survival

**Safety and Security Needs**  
The need for safety has both physical and psychological aspects. The person needs to feel safe, both in the physical environment and in relationships.

**Love and Belonging Needs**  
The third level of needs includes giving and receiving affection, attaining a place in a group, and maintaining the feeling of belonging.

**Self-Esteem Needs**  
The individual needs both self-esteem (i.e., feelings of independence, competence, and self-respect) and esteem from others (i.e., recognition, respect, and appreciation).

**Self-Actualization**  
When the need for self-esteem is satisfied, the individual strives for self-actualization, the innate need to develop one's maximum potential and realize one's abilities and qualities

Human needs serve as a framework for assessing behaviors, assigning priorities to outcome criteria, and planning nursing interventions

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