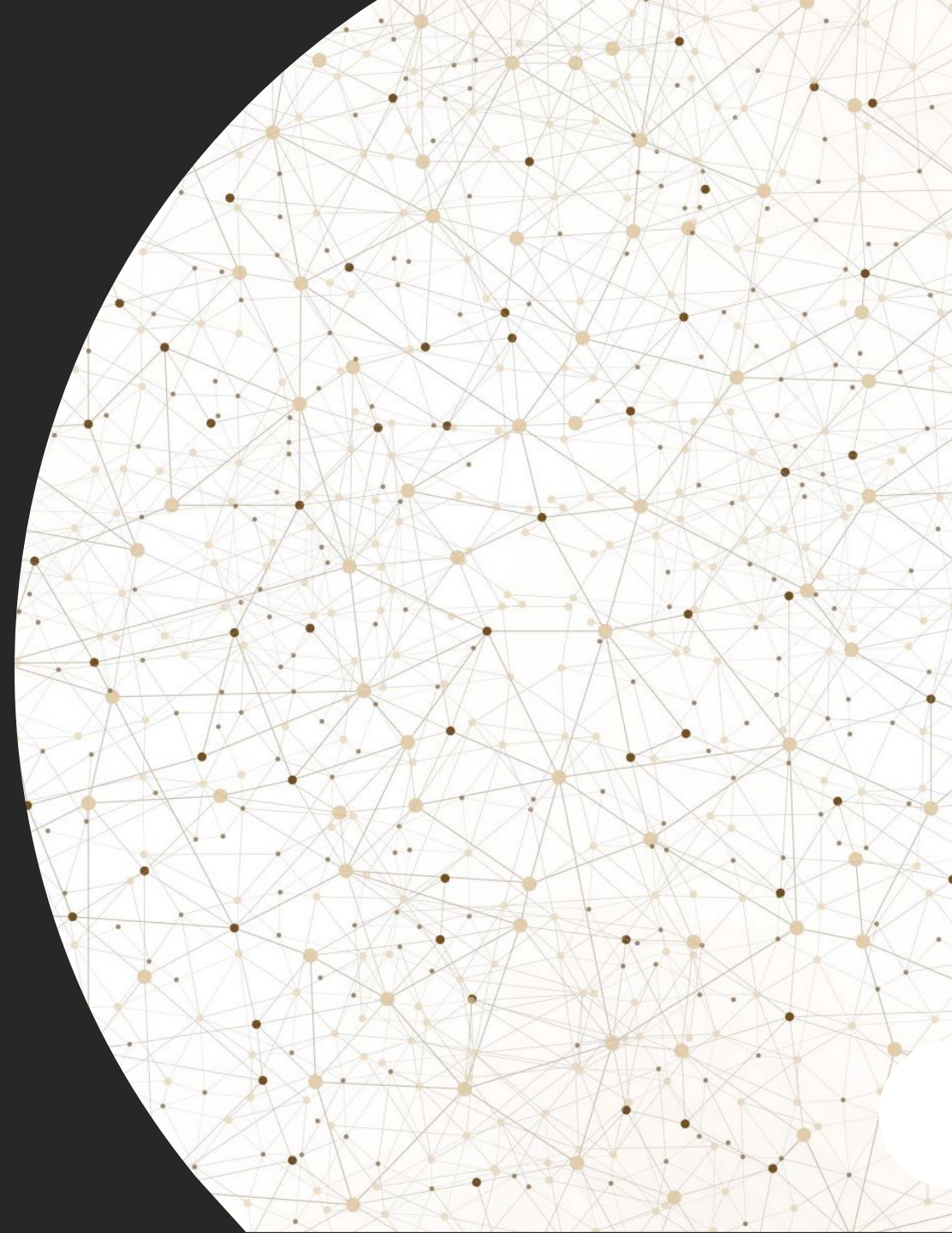


*Full Steam Ahead:  
Understanding Your Energy  
and Unlocking It's Potential*

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Dea Kent DNP, RN, NP-C, CWOCN  
Iowa Affiliate Fall Conference 2023



# *Disclosures*

- Dea Kent has no relevant financial relationships to disclose.

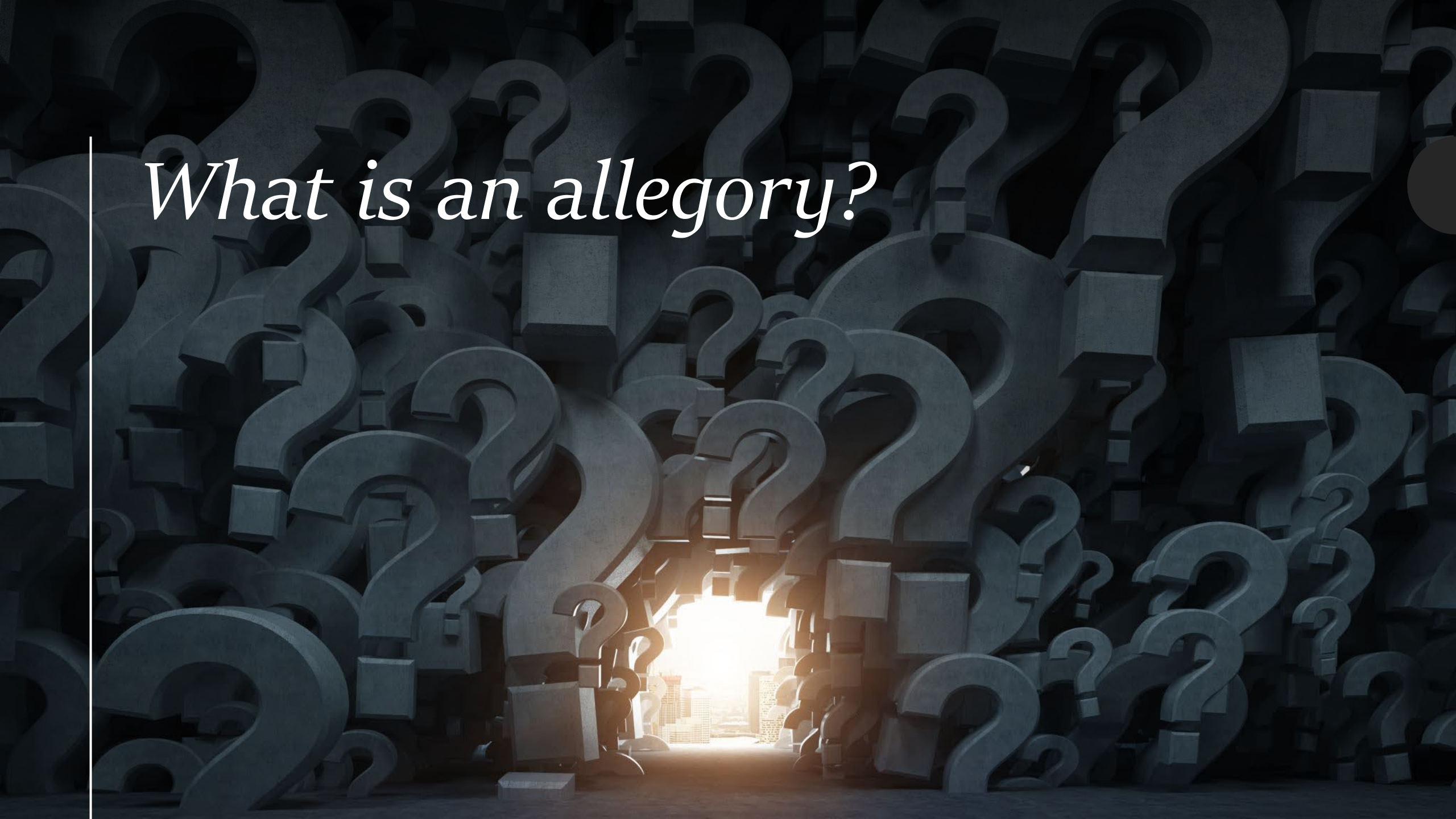
# *Objectives*

At the end of this presentation, the learner will

1. Assimilate the chemical process of steam production with personal energy.
2. Articulate multiple ways to protect and preserve personal energy to harness it for use.
3. Describe the allegory of steam as it applies to self care and professional practice.



*What is an allegory?*



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*A story, poem or picture that can be interpreted to reveal a hidden meaning.*

*The Lion and The Mouse allegory:  
the weakest can help the strongest.*



# *Steam...it all boils down to:*

- A specific kind of vapor that is only produced by boiling
- When steam is created, the original source evaporates but then it expands....
- For every 1 liter of water there are 1600 liters of steam
- Steam is an invisible gas—water vapor is seen at the boiling point

# *The Rankine Cycle*

- Thermodynamic cycle

Water is pumped to high pressure, then heated to generate high pressure steam

Steam is expanded through a turbine where steam energy is converted (perhaps into electricity)

Condensed liquid is returned to the pump and the cycle is repeated

# *Another example*





# *The Components of Steam*

- Water vapor
- Latent heat
- Sensible heat
- Vapor pressure
- Steam quality
- Superheated stem
- Steam is primarily water molecules but it's characteristics can vary with temperature, pressure and presence of impurities



# *The hazards of steam*



Burns



Explosions



Falls



Valve Failure



Catastrophe

# *The purpose of steam*

---

Generates/converts into power

---

Purges molecules

---

Directly enters into process  
operations

---

Snuffs fires in furnaces and other  
equipment

---

Warms coffee

# *Personal Energy Components*

- Physical (the quantity)
- Emotional (the quality)
- Mental (the focus)
- Spiritual (the force)

Vadnai-Tolub, 2019



# *Personal Energy Components*

- Physical energy is most familiar
- Defines how tired we feel in our body
- Defines how well we feel in our body

Vadnai-Tolub, 2019





# *Personal Energy Components*

- Mental energy is received from analytical or thinking tasks
- Tasks may drain us or lift us

# *Personal Energy Components*

- Emotional energy derives from connecting with others

Giving/receiving love or appreciation

Helping a friend or colleague discuss their troubles

Negative emotions: fear, frustration, anger drain us and can  
impair our performance

# *Personal Energy Components*

- Spiritual energy is what we receive from doing something personally meaningful to us
- This is something that speaks to our spirit
- Many forms-  
Creativity, worship, service

Vadnai-Tolub, 2019



# *Personal Energy Hazards*

- Lack of care for the physical body
- Toxicity at home, at work, in relationships
- Perfectionism
- "Nothworthitism"
- Out of balance relationships, commitments, time
- Sadness, depression, grouchiness, apathy

# *State of US*

- Mental health impacts based on COVID-19 and it's sequelae are large, and even life-changing for some

- Current elevated risk of:

*Stress*

*Burnout*

*Moral Injury*

*Depression*

*Trauma and many other mental health challenges*



# *State of US*

- Increase substance abuse
- Loneliness during lock down
- Loss of family, friends to COVID and other reasons
- Job reallocations/reassignments and job security
- "Everything is a fight"

# *State of US*

- Estimated projected shortfall of 18 million HCWs by 2030
- Chronicity of illness has increased
- Increased workplace bullying/lack of social support

# *Burnout*

- A syndrome conceptualized as a result of chronic workplace stress
- Three dimensions
  1. Feelings of energy depletion/exhaustion
  2. Increased mental distance from job, or feelings of negativity or cynicism related to the job
  3. Reduced professional efficacy
- Should be used only as related to occupational phenomena

# *Burnout*

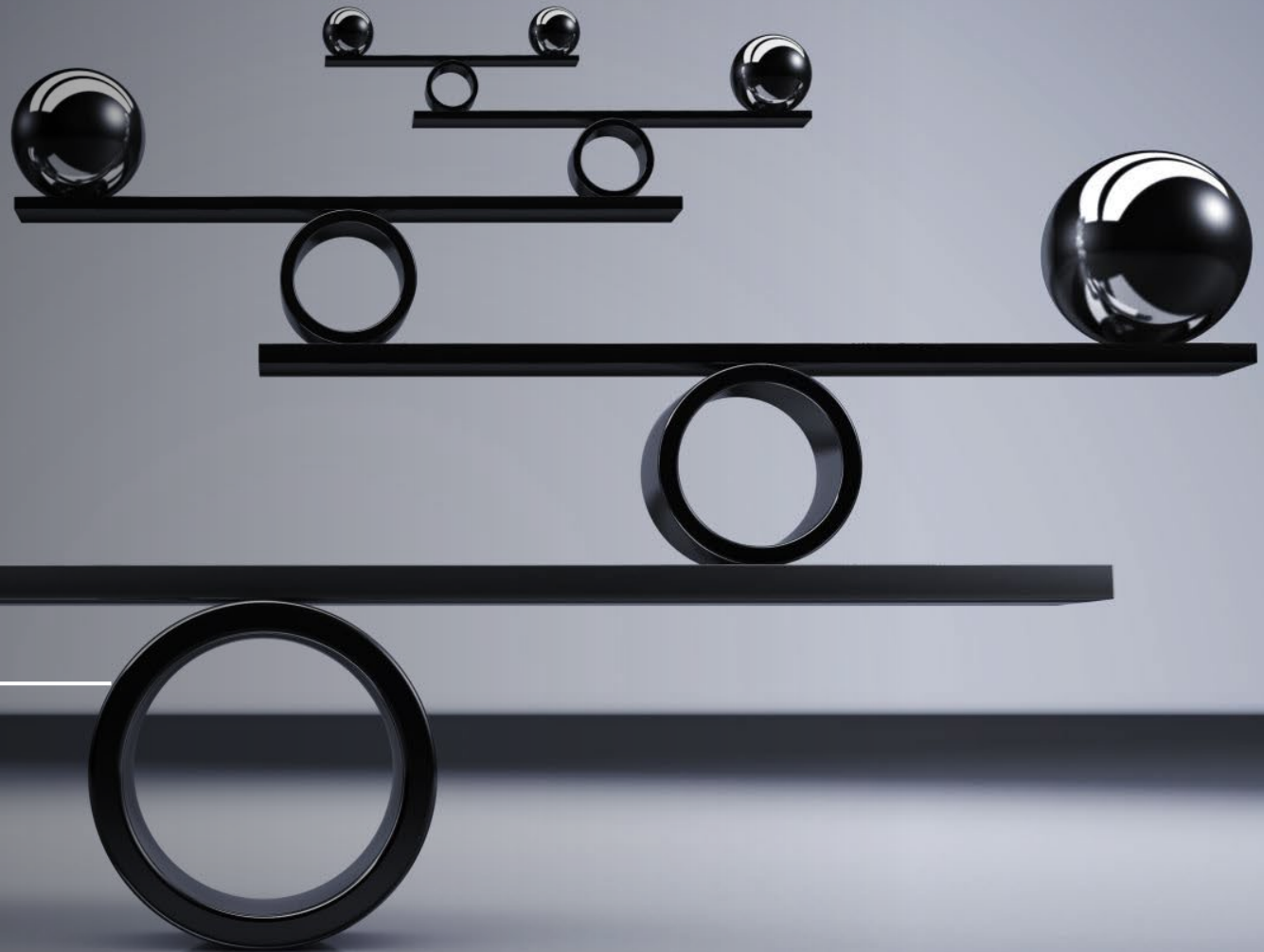
- Can impact patient care (at least doubles the risk of medical errors)
- Puts us at increased risk for MVA
- This is not the same as compassion fatigue—that results in lack of empathy to patients
- HCWs are slow to admit mental illness due to stigma





*Work-life  
balance*

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# Work-Life Balance

*(noun)*

A myth.

*"No one on his deathbed  
ever said, 'I wish I had spent  
more time at the office.'"*

*- Paul Tougas, Politician -*



*"There cannot be  
a crisis next  
week. My  
schedule is  
already full."*

Henry Kissinger

**MOST OF US  
SPEND TOO  
MUCH TIME ON  
WHAT IS URGENT  
AND NOT  
ENOUGH TIME ON  
WHAT IS  
IMPORTANT.**

Stephen Covey

mindbootstrap.com

*"The reward for  
work well done is  
the opportunity  
to do more."*

Jonas Salk

# How to avoid stress at work:

1. Don't go to work.

WORK TIP:

Stand up. Stretch.

Take a walk. Go to the airport.

Get on a plane. Never return.

# *Say NO to work-life balance....*

Instead, focus on your energy!

- Physical (the quantity)
- Emotional (the quality)
- Mental (the focus)
- Spiritual (the force)



*Silence is golden*

Obi, 2021





*Stay resilient  
during  
difficulty*

---





## **MY RESILIENCE** **MANTRA**

I will not give in to sadness.

I will not let my thoughts control the  
way I feel.

I will never , ever give up.

I will stay positive and work on a  
solution.

My life is great with all the positive and  
negative things in it.

I allow myself to be happy no matter  
what.

I am enough and I am complete.



*Beware of  
thinking  
traps*

"Whether you think you  
can, or you think you can't  
– you're right."

-Henry Ford



*Recuperation  
is essential*



*The Courage to Rest*  
*why slowing down can be the*  
*bravest decision you make.*



## WHY DO IT?

*You'll sleep better*



**71%**

of cell owners have slept with their smart phone next to their bed because they want to make sure they didn't miss any calls, text messages, or other updates during the night.

SOURCE: BANK OF AMERICA, TRENDS IN CONSUMER MOBILITY REPORT

Scientists found that using a cell phone or laptop before bed can disrupt the body's production of melatonin and negatively affect sleep quality.

SOURCE: HARVARD MEDICAL SCHOOL

# Digital DETOX

When was the last time you unplugged for 24 hours? If you answered, "I can't remember" a digital detox could be what you need.

How to disconnect  
from your devices and  
reconnect with what  
really matters

## WHY DO IT?

*You'll boost your productivity*

**46%**

of smart phone owners describe their phone as "something they can't imagine living without."

SOURCE: PEW RESEARCH CENTER

**12**  
MINUTES

Americans check their phones once every 12 minutes, on average.

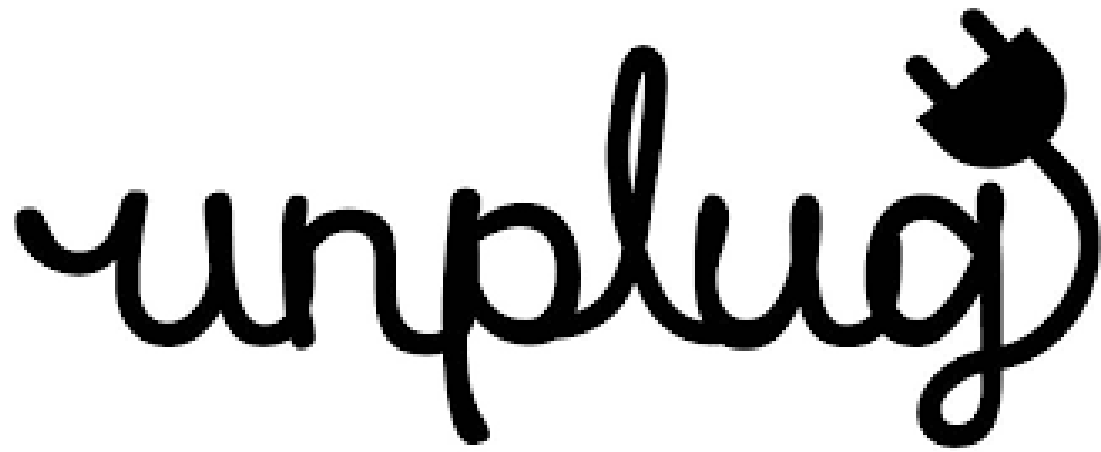
SOURCE: NEW YORK POST

**87**  
MINUTES

Adults spend on average 87 minutes on their phones Monday through Thursday, and more than 160 minutes on the weekends.

**On average, a person will spend 5 years and 4 months of their lives on social media.**

SOURCE: MEDIAKIX



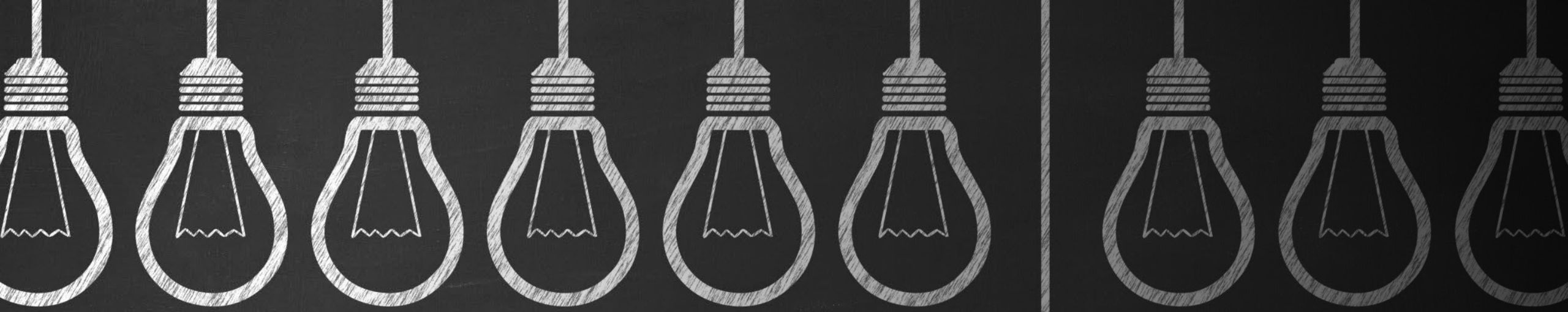
FIND YOUR OUTLET



# Sundown to Sundown

## March 1-2, 2024

More info: [www.unplugcollaborative.org](http://www.unplugcollaborative.org)



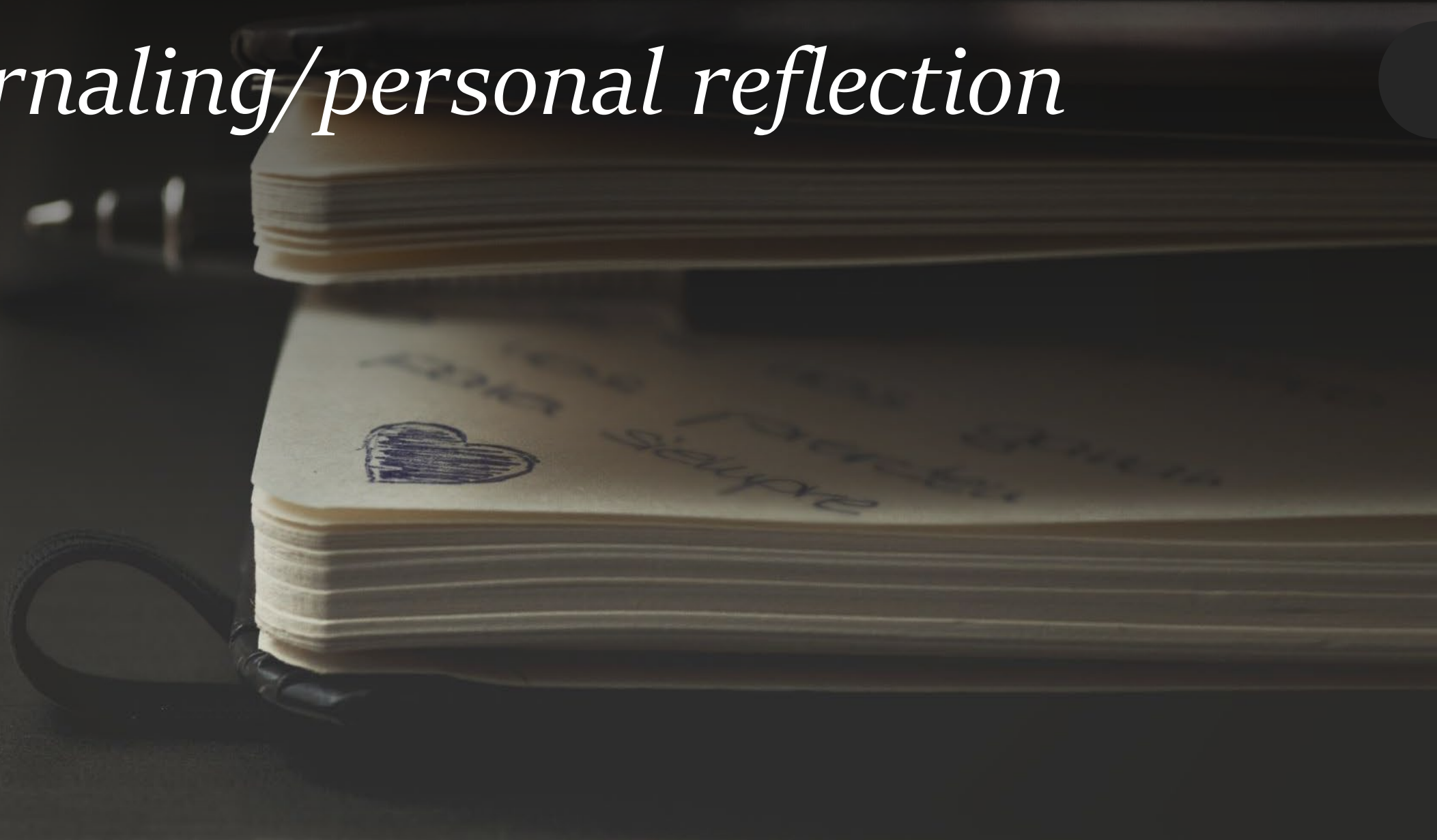
# *Intellectual Growth*







# *Journaling/personal reflection*





# *Laughter, Joy & Gratitude*

- The best medicine
- Our strength
- An attitude





# Gratitude is the Birthplace of JOY

ELAYNA FERNANDEZ

[thePositiveMOM.com](http://thePositiveMOM.com)

## *Mental Health Benefits*

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- Improves mood
- Improves social connection
- Reduces suicide risk
- Improves sleep

Vivyan(2021)







# *Now, back to trains*

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- Locomotives are powerful
- Aside from horses, they were first automated transport
- Sometimes trains derail
- Trains are efficient
- Trains are good for the environment
- Trains must be inspected every 92 days
- The average life of a train is 30-50 years
- They have carried Presidents, engaged in combat and transported people



Wound, Ostomy & Continence Nurse Team





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