

Meet Camille Richards!



Photo provided by Camille Richards

“My name is Camille Richards and I am returning to school for my master’s degree in Nursing administration and leadership! I am a Crohn’s patient and live with an ostomy bag and the challenges that come with that. I am also a member of NA and participate heavily in my sobriety. I am and African American female and identify as a member of the LGBTQ community. After working in healthcare for five years now, I realize the importance to have a diverse educated staff to care for all peoples. I have a personal connection to many populations, and has encouraged me to become a leader within my community, because it is needed now more than ever. I also realize the importance of a healthy nursing staff and really stressing the importance that a real healthy community is not possible unless our health care workers including nurses are not healthy first. I have vowed to dedicate the next years to learning how to be a leader to make change from the roots of units and floors, and to really model a sustainable healthy work environment. I have also vowed to spread the message of having faith hope and love.”

Camille’s Scholarship Essay:

If you had the power to change nursing practice, what would it be and why?

“Leadership is a key component to management. To be a leader requires initiation of action to efficiently achieve goals. Nursing practice and philosophy teaches us to maintain a safe and compassionate environment that fosters well-being and advocacy for patient health. To enhance the health and quality of life of others, the basis of leadership and nursing practice must both be noted and practiced upon as one entity. I am hoping to perfect and become an

expert at practicing the two with the knowledge and rigor of experiences through the leadership program. To enhance the quality of health throughout the spectrum of our society, I believe it starts with caregivers and providers. Let's make sure the providers, caregivers and auxiliary staff are efficiently taking the steps to take care of themselves in the workplace and in general. My philosophy is not only based on my own personal experiences, but the various statistics on healthy work environments and nursing burnout rates as well. Having experienced an injury at work and a personal illness, I see this as an essential part of a healthy environment for all. As a professional nurse, I have experienced an excessive amount of disease diagnosis and loss amongst the staff! It is overwhelming and unhealthy.

As a nursing leader, I want to promote health coaches for staff, time management tools and opportunities for healthcare workers to stay mindful of the importance of self-care. Staff outings, lunch and learn meetings, and even a safety huddle promotes a better work environment. I have always been a fan of the Watson Room, designed to take the employee away from the daily stressors of the job even if only for 10 minutes. These are simple instruments but vital if implemented properly.

Secondly, to enhance and maintain health and quality of life it requires education. To be able to take care of different populations requires exposure and learning opportunities. I consider myself to be diversified through my work with different races, situations, locations, volunteer and work opportunities. As a nursing leader, I would encourage, volunteer work, special assignments, and various educational programs to narrow the gap of unknowns about certain demographics.

Lastly, the best thing I can do as a future nursing leader is to simply practice! To practice in my opinion is to consistently strive to make the work environment better. In my nursing practice 80% of my success comes from repetition and a desire to make positive change.

There are many other factors that contribute to an optimal health system. To me an optimal health system does not discriminate and is able to constantly strive for enhancement and quality of life through the delivery of effective and efficient healthcare options. Whether it be in the hospital or in the community, it is equally as important. This is what I want to do, no matter what position or title, The NAL program will enable me to do that, so that no matter what the position, will be able to apply the same principles to those different scenarios and settings within a health system or community program."