



From the Editor

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2022: What Will it Bring for You?

A new year, a new beginning. Yet for many, probably most of us, January 2022 doesn't seem like much of a new beginning, just a continuation of the old year. Our country seems more polarized than ever before in our lifetime. Mother Nature continues to deliver many destructive surprises. Homicides are surging, and gun violence has become increasingly commonplace, especially in schools and cities, and among youth. The number of opioid deaths in the United States are on the rise.

And of course, COVID-19 is still very much with us, currently roaring its ugly head with the Omicron variant. News accounts are filled with the impact the pandemic is having on nurses, physically and emotionally. Many of our fellow nurses are worn out and burned out. You may be one of them.

Responses from government agencies are disheartening. In late December, the Centers for Disease Control and Prevention (CDC, 2021) weakened COVID-19 isolation guidelines, increasing nurses' legitimate fear of contracting the disease and passing it on to others. The Occupational Safety and Health Administration (OSHA, 2021) also announced that it intends to withdraw critical COVID-19 protections for health care workers.

Nurses are speaking up. On January 13, 2022, registered nurse members of National Nurses United held actions across the United States to address these issues. Actions included a national virtual press conference, demanding the hospital industry invest in safe staffing, and to demand that President Biden follow through on his campaign promise to protect nurses and prioritize public health.

National Nurses United emphasized that being left unprotected by the government and by their profit-driven hospital employers that have failed to invest in safe staffing and provide critical health and safety protections has created such unsafe working conditions that nurses are being driven away from the profession. The organization also held a candlelight vigil in Washington, DC, for nurses who lost their lives to COVID-19.

Although voices are raised, and some of them heard, with the nature of the challenges we face, there remains much uncertainty ahead. Yet there are many things we do have control over in our personal lives, and taking advan-

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tages of these opportunities might make a difference in our day to day lives.

By now many of you have seen the cartoon with the two dogs floating down the river on the 2022 raft (scan QR code below, Figure 1).

- Dog #1 anxiously asks, "Aren't you terrified of what 2022 could be like? Everything is so messed up."
- Dog #2 answers, "I think it will bring flowers."
- "Yes? Why?" asks Dog #1.
- "Because I'm planting flowers," Dog #2 replies while sowing flower seeds.

A short and simple message of attitude, hope, and taking personal steps to alter one's own perceptions and circumstances.

What 'seeds' might you plant to bring you joy in 2022? ■■■

References

- Centers for Disease Control and Prevention (CDC). (2021). *CDC updates and shortens recommended isolation and quarantine period for general population*. <https://www.cdc.gov/media/releases/2021/s1227-isolation-quarantine-guidance.html>
- Occupational Safety and Health Administration (OSHA). (2021). *Statement on the status of the OSHA COVID-19 healthcare ETS*. <https://www.osha.gov/coronavirus/ets>

Figure 1.
QR Code for Positivity Scenario

