

NURSEDECK

THE INSIDER'S PERSPECTIVE OF NURSING

Caring.Integrity.Diversity.Excellence

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JOSE ARNOLD TARIGA

PHD, MSN, MN, RN, CPHQ, CNE

AN EXCLUSIVE INTERVIEW:
PROMOTING CONTINUING
EDUCATION ACROSS THE FIELD

GLOBAL NURSE EDUCATOR,
HEALTHCARE SAFETY ADVOCATE



A COMMUNITY OF RESOURCES BUILT FOR REAL NURSES.

Where nurses share stories, resources & guides to help inspire and motivate.

“When you’re a nurse, you know that every day you will touch a life or a life will touch yours.” — Unknown

NEVILLE GUPTA

Founder/CEO

As a strong advocate for the union between humanity and technology, Neville's focus leans toward tech influence on creating highly desirable working environments encompassing altruism, autonomy, human dignity, integrity, honesty and social justice.

GABRIELLE DIDATO

Head of Influencer Marketing & Partnerships

LAKESHIA BATES

Community Engagement Manager

DESTINY GORDON

Brand Marketing Specialist

nurse+deck

PODCAST HOST



BREANNA KINNEY-ORR
NURSEDECK PODCAST HOST, RN

Nurse Breanna has been chosen as NurseDeck Podcast Host to share stories, resources & guides to help inspire and motivate the NurseDeck Community.

Breanna has been a Registered Nurse for 15 years. She specializes in creating communities where nurses are supported focusing on amplifying nurses' voices across the healthcare community. She also specializes in content creation, editing, and copywriting, with an emphasis on medical, health and wellness topics.

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"I love hearing about startups. With NurseDeck we have our little patch of dirt at work time, to spruce up and help the nurses' community base. I love that there are people like NurseDeck trying to shake things up because we desperately need it."



FEATURED STORY

JOSE ARNOLD TARIGA
PHD, MSN, MN, RN, CPHQ, CNE

AN EXCLUSIVE INTERVIEW: THE INTERNATIONALLY RECOGNIZED NURSE EDUCATOR AND HEALTHCARE SAFETY ADVOCATE

By NurseDeck

Dr. Jose Arnold Tariga is a nurse with more than 13 years of experience in acute and long-term critical care settings, clinical education and training, and healthcare quality. He is highly certified, with a Ph.D. in development education, two master's and a bachelor's in nursing, and a professional diploma in healthcare administration. He is also a certified professional in healthcare quality and a certified nurse educator. From the Philippines, he is now based in the United Arab Emirates, working full-time as an Education Coordinator in a post-acute service provider, and part-time as an adjunct faculty in a nursing university. In 2019 he was recognized as the Healthcare Professional of the Year by The Filipino Times Awards and is currently a scholar in Sigma's Nightingale Challenge 2020 - 2021.



“If you have nurses, who have the skills, the knowledge, the attitude, or the ability to provide safe care, then for sure the care received by patients will be of high quality and very safe.”

Nursedeck (ND): Welcome to NurseDeck Influencer Spotlight - you have the most impressive CV ever. I know you are a big advocate for safe healthcare systems, how do you think we can go about creating a safer healthcare system?

Jose Arnold Tariga (JAT): Well, first and foremost, I would just like to say thank you to NurseDeck for having me here. In terms of creating a safer healthcare system, I think there's a lot of factors that come into play. First, I think healthcare organizations must adopt a safety culture, meaning leaders should establish safety as the highest priority. I think this should translate into having policies and procedures that focus on safety in all aspects of healthcare services. Another factor would be establishing a body that oversees safety. In the organizations I've worked with we have a quality and patient safety department, and a team that sets some metrics or key performance

indicators they monitor to measure the risks, so we will be able to see if something is not going well and manage it at an early stage, thereby preventing harm from happening. Also, we can use technology - a lot of organizations have been utilizing technology to build a safer healthcare system. So, for example, having an electronic prescribing system that helps prevent prescription errors, or having automated marketing systems that help prevent medication administration errors. But, as a nurse educator, I would say one of the main building blocks of creating a healthcare system is ensuring that you have a competent healthcare workforce, because when you have that it translates into having high-quality and safe care. If you have nurses, physicians, or allied health care workers who have the skills, the knowledge, the attitude, or the ability to provide safe care, then for sure the care received by patients will be of high quality and very safe.

ND: That's so true, especially about the automated systems coming into play. How do you get nurses to buy into some of these systems that they may - at the bedside - view is tedious? How do you help nurses understand how important it really is?

JAT: I think this is true about everything when there's a system's change: it's quite difficult initially to get the buy-in, but as they see an improvement in the care that they provide, the errors have been minimized. I think this is where the metrics are important, because it lets them see there is actually data that can prove whatever you're doing right now is effective. It protects the patient and it also protects them as healthcare professionals, because if they make a medication error - on this side of the world - their licenses can be cancelled.

ND: I think that's so true; when you see the numbers there's no refuting that. Tell us about being a Sigma Nightingale Challenge Scholar. What does that mean?

JAT: Oh, it is quite exciting, and it was one of the best experiences I ever had as a nurse. You know, it's one thing to be a member of Sigma Theta Tau, because it's the second largest nursing organization in the world, but being a Sigma Nightingale Challenge Scholar gave me a whole new perspective as a nurse, educator and leader. The Nightingale Challenge helped me clarify my vision and mission as a professional. I think we all set goals, but before I never thought I was setting a specific vision or mission of myself. When I joined the Nightingale Challenge, I was able to develop that and have proper personal and professional granting, which I think is so important for us nurses who want to educate other nurses. The Sigma Nightingale

challenge gave me the opportunity to be mentored by seasoned nurse leaders, who are known experts in their respective fields, and they have given me access to a lot of resources to build my leadership and education skills. Plus, one of the best things was having the opportunity to network with amazing and dedicated nurses all around the world.

ND: They say you're a cumulation of the five people around you that have the most influence on you, so I can only imagine being in that environment, it must have been very motivating and inspiring. Going back to the very beginning, how did you get your start in nursing? And what advice would you give to new nurses just starting out?

JAT: Before I started as a nurse, I was actually scared to be a nurse because I don't like the sight of blood. When I was first exposed - in the operating theatre - I fainted, but then I started to fall in love with nursing. When I finished nursing school, I started as a



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My advice for new nurses... is to make sure that you look after yourselves.



nurse volunteer at a small community hospital within the district where I live, because 13 years ago there were a lot of nurses so if I wanted to work in a hospital to gain experience, I had to pay them instead of them paying me, so I just went for a volunteer job. Starting in a community hospital is quite challenging because I had to learn to be creative and collaborative to ensure that I deliver a reasonably acceptable level of care. In a community hospital, we had very limited resources. After a year, I moved into a larger hospital in the neighboring province, starting as a medical surgical nurse and then moving to the ICU. I think I struggled because it was a big hospital, so they had good resources, but the challenge for me was having to deal with very critical patients. The working dynamics were also difficult initially with my seniors. Eventually, though, it helped me become a better mentor preceptor because I

realized I don't want to have that experience, so I don't want that experience to be relayed to the new joiners in my unit.

In 2013, I immigrated to the United Arab Emirates. It was a different struggle then because it's a different country, it's away from home, it's a new environment, and the culture was very different from where I'm from. The language is also different, of course, and I didn't know how to speak the Arabic language so I couldn't understand them. Eventually, I was able to conquer all those challenges, and it's those difficult experiences I had that helped me become the nurse that I am now, and I would say I am stronger and more resilient. My advice for the new nurses, particularly for those who are starting now in this challenging time in our healthcare history, is to make sure that you look after yourselves. By that I mean look after your

physical, emotional, and mental well-being because if you are well, holistically, then you are equipped to face whatever challenge that comes your way.

ND: I think that's such an important message, especially right now, that to care for others, you have to first care for yourself. So, how do you think a community like NurseDeck can be great for nurses today?

JAT: Having a community like NurseDeck is not just great, but extremely beneficial for nurses today. This is a community made by nurses, for nurses, and, for me, NurseDeck fosters a community, a spirit of community, which provides a sense of support and belongingness. I've been in contact with some members of the NurseDeck community, and the support that you get is very, very good. It's enormous. NurseDeck also provides an international platform that showcases the amazing work done by nurses, and I think it actually elevates the image of nursing around the globe. You're promoting respect for the nursing profession, and you're actually encouraging young nurses to pursue nursing itself. I would like to commend NurseDeck for starting this community of practice. Nurses can do a lot of things, and featuring them provides motivation for our young nurses, our budding nurse, or our student nurses, and it gives them an avenue to see the significant impact that nurses can have not just their immediate environment or their community, but even on an international level.

ND: I think most nurses know there is so much you can do with a nursing degree, but it's hard to imagine yourself there. So, we really try to connect those dots for new nurses or nurses looking to make change.

JAT: I totally agree. When I started my nursing career, I never thought I'd go into the educational pathway because when I started, I was more on the leadership pathway. Then something happened in my career here in the Middle East, which then gave me that rerouting into the education pathway. So, things can change, but having NurseDeck share experiences from other professionals, I think it will give an idea to our new nurses that it's okay to change. It's okay not to stick to just one pathway, especially in nursing.

ND: I agree, and interviews like this can open up a whole new world of careers. As far as advancements in health care, what advancements in healthcare would you like to see being developed? Do you think it will help in nurse retention, nurse burnout that we're all experiencing right now?

JAT: There's a lot of advancements we can see nowadays, so it's difficult to really pinpoint a specific advancement that I would want. I would really love to see an innovation that would help minimize the administrative or the non-clinical tasks for nurses so that they can focus more on actual patient care and increasing patient contact time. We've seen a lot of technological advancements in healthcare, but some of these advancements - instead of making nurses' lives easier - make them more difficult because they will usually take you away from the bedside, inputting data and information into the computer. I believe that if this administrative task can be minimized for the nurses, this would help nurses to have more time not just for the patients, but also for themselves, which will then translate into a better quality of life while reducing the risk of burnout.



ND: That's such a good point. So, how do you think the NurseDeck community would be a great resource for nurses and nursing students? Are there any resources you think that we should focus on for nurses?

JAT: The NurseDeck community would be great for nurses and nursing students because it provides them access to invaluable resources. You provide stories from nurses or in the field, insights on how to navigate and succeed in nursing school, points on life from advisors, career guidance, which aids in personal and professional development, among many other benefits. It also provides opportunities for networking and linkages. For me, that opportunity is very crucial in promoting the nursing profession, and NurseDeck provides or fosters a sense of being a part of a family, which is quite important.

ND: Tell us a little bit about the nursing certifications that you've pursued. How have they helped her career? Did you always have this idea, this goal that you wanted to have different certifications?

JAT: When I finished my BSN and started working as a nurse, I honestly did not consider postgraduate studies or certifications, because I was having a hard time balancing work and having to study. When I started my postgraduate, my school motivated me to continuously seek new knowledge. So eventually, when I finished my master's degree, I pursued another master's, which was more focused on gerontology nursing before I left for the UAE. When I came here, I realized that there's a lot of certifications that you can go or apply for depending on what field you want to pursue. So I started with applying for the CP HQ, the certified professional in healthcare quality, because when I started in the Middle East, I was quite interested in patient safety and quality. When I moved into the education pathway, I got the certified nurse educator certification, as well. I would rather use my time for something that will benefit me in the long run. So, I missed all the weekend nights out with friends and all but it has benefited me and really helped me a lot in terms of my career progression. One thing I would like everyone to realize, especially for those who might not be familiar with certifications, is that it validates your skills or expertise in a specific specialization. It provides you the opportunity to advance and gives you a sense of confidence and achievement.

ND: I think it's a good bargaining chip - to know your worth. So, you touched being a competent care provider. What does that mean to you? Why is that important to you? Why is it important for nurses as a profession?

JAT: I strongly believe that competence is the prerequisite for high quality and safe care. I think everyone would agree that we would not want to receive care from a

hospital or from healthcare professionals that might put us at risk for harm. We have to understand that the healthcare setting can be a very complex environment with a lot of opportunities for mistakes. You might have heard of the report from the Institute of Medicine where they revealed that there were 98,000 deaths per year that could have been prevented, and one of the factors that led to this one is competence of healthcare workers. So, this gives us an idea of the significance of competent care as it translates to safe care. If we have a healthcare workforce that is equipped with the knowledge, the skills, and attitude to deliver competent care, then we can minimize the risk of harm and avoid preventable deaths caused by errors and competence.

ND: So true, especially in today's nursing climate. We've reached the end of our questions, but is there anything else you'd like to share about current nursing issues?

“*The current environment for nurses is challenging to navigate on your own, so seek out that help if you need it.*”

JAT: I think we've touched on everything, but I would just like to say to all the nurses out there, especially now with the current environment, that as much as it can be difficult, always try to reach out and ask for help. We are all humans and the current environment for nurses is really very challenging. It's very difficult to navigate on your own, so seek out that help if you need it and other colleagues will be very happy to help out.

ND: That's such an important message. I really appreciate you taking the time to speak to all the nurses out there, and I know they're going to find a lot of motivation.

JAT: Thank you so much for having me. It was a pleasure to be here with you today.



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