



Vickie Hughes

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Abstract

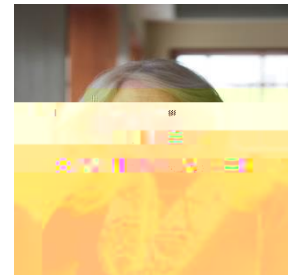
As the demographics in the United States continue to change, nurses must deliver care to patients from diverse cultural backgrounds. Cultural humility is a lifelong process of self-reflection which is also defined by that individual. It allows an individual to be open to other people's identities, which is core to the nursing standard of providing holistic care. Embracing and incorporating cultural humility is essential for creating a comprehensive and individualized plan of care. One of the ways to achieve cultural humility in nursing is to train future faculty to become agents of cultural humility. This also helps to create a pipeline of nurses who have respect and empathy for the patients they serve.

The aims of this presentation include: 1) define cultural humility and its importance to healthcare professionals; 2) explore the intrapersonal, interpersonal, and system levels of cultural humility; 3) provide insight on how to promote cultural humility; 4) reflect on best practices across a variety of healthcare disciplines; and 5) provide suggestions for practice.



Biography:

Dr. Vickie Hughes has serviced in various clinical, educational, and leadership positions over the past 30 years. Dr. Hughes spent 27 years as an Air Force Nurse Corps Officer. She obtained the Adult Psychiatric/Mental Health Clinical Nurse Specialist certification in 1996, license as a Psychiatric Advanced Nurse Practitioner in 1998, and was recognized as an Internationally Certified Alcohol and Drug Abuse Counsellor in 1998. Dr. Hughes has served in clinical leadership positions as a Psychiatric Consult-Liaison Nurse, Psychiatric CNS, Substance Abuse Program Nurse Manager, and outpatient child/adolescent and family therapist. She has served in administrative leadership positions as a site director for a health promotions program, a



director of nursing for 3 facilities, a chief of nursing research at a medical center, and a clinic CEO. She has 12 years of teaching and course development experience to include serving as a Dean for a Health Science School. Dr. Hughes has published 28 papers in credible journals and currently serves as an Assistant Professor in the School of Nursing at Johns Hopkins University.

Speaker Publications:

1. Hughes, V. (2016). "Selflessness and dedication of military nurses." *American Nurse Today*, 11(11), 30-31.
2. Hughes, V. (2016). "Safe night shift work." *Nursing Management*, 47(8), 30-36.
3. Hughes, V. (2016). "Leading through loss." *American Nurse Today*, 11(6), 2-5.
4. Hughes, V. (2016). "Leading through failure." *American Nurse Today*, 11, (2).
5. Hughes, R. V. (2015). "Leadership strategies to reduce risks for night shift workers." *GSTF Journal of Nursing and Health Care*, Volume 3, Number 1, 128-137.

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