

Recipient Essay for AAOHN Foundation Scholarship Award

Please accept my heartfelt thank you for the scholarship the AAOHN Foundation gave me to attend the 2017 National AAOHN conference. It was a wonderful experience and significantly contributed to my professional growth in areas of management, leadership and my clinical practice. The knowledge I gained will assist me in my new position at a national headquarters as well as when I assume President of our state chapter next year.

The leadership classes were both enlightening and stimulating. I have already started using strategies learned in the Mindfulness and Leadership Excellence class in my daily practice to help me focus, gain clarity and stimulate my creativity even further. I feel that I am better able to focus on my daily tasks and have lessened my stress by using some of the techniques learned in class.

I also had sessions in Infectious Disease and Travel Health. The information I received in these two sessions were invaluable. As soon as I came back to work I immediately started using the knowledge gained in class. I learned about emerging health threats around the world. I have incorporated that knowledge in the education I provide to our travelers. I also discovered which vaccines are not necessarily indicated for routine business travelers. I gained additional valuable information about the transmission of Yellow Fever, which is a huge concern for my population with the present outbreak. Overall, these two sessions were great and have really helped with my day to day practice.

Thank you so very much for granting me the scholarship and allowing me to attend. I gained many insights that I have already incorporated into my practice. It would not have been possible without the AAOHN Foundation.

With Sincere Appreciation,

Angela R. Day

Angela R. Day, BSN, RN, COHN-S