

THE NURSE'S GUIDE TO GOOD LIVING

SPRING 2010 \$2.

scrubs

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Take
care of
yourself
for a
change

- Beat burnout
- Rx for back pain
- Make the most of your time off

GARRISON KEILLOR ♥ NURSES

HOW TO SAVE \$50 A DAY

AN RN GETS A CHIC NEW LOOK

NURSING AS A FAMILY TRADITION



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ON THE COVER Nadine Heimann in Cherokee Workwear.
Photography by Lionel Cassini.

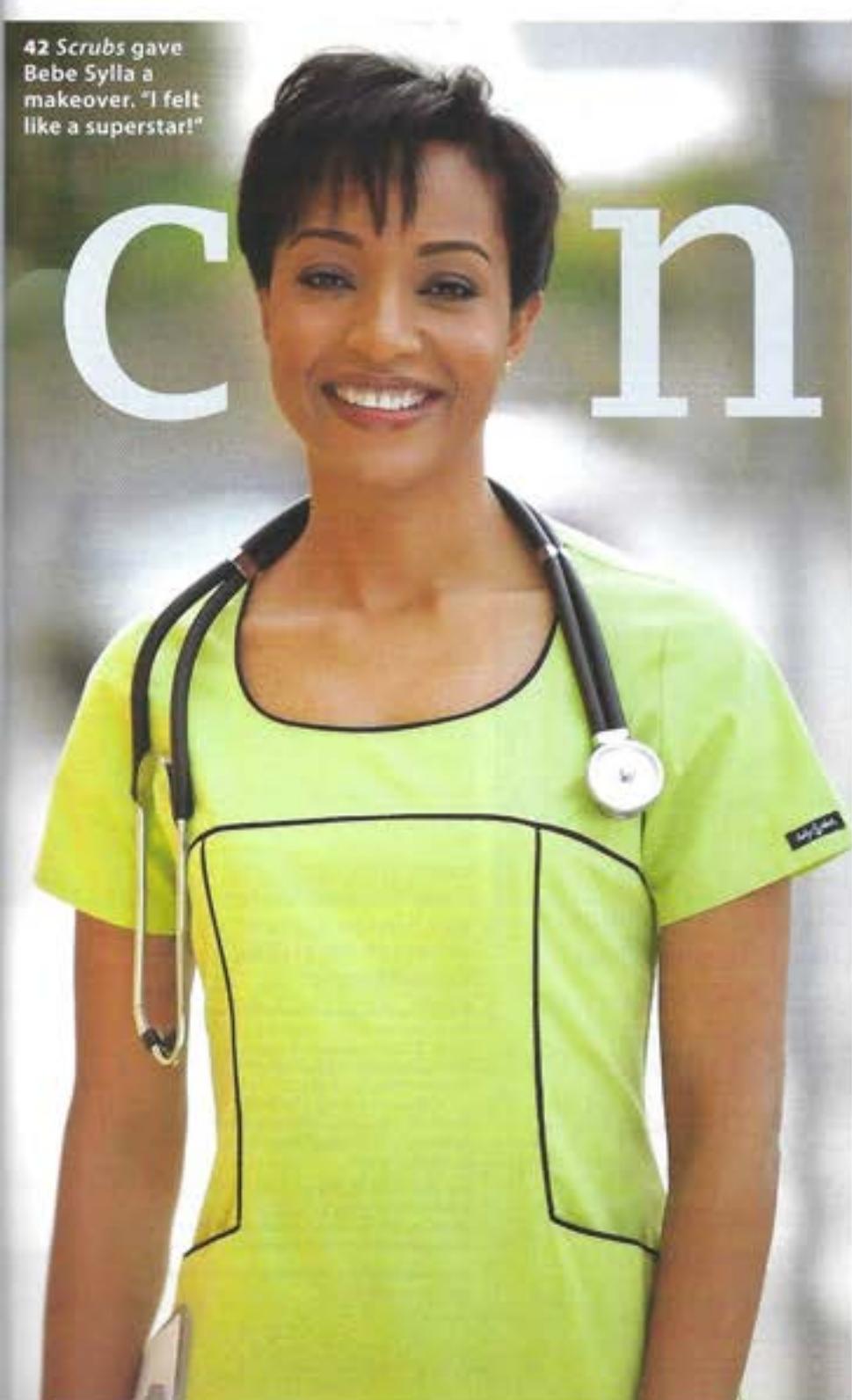


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By Nina Malkin

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By Catherine Ettlinger

24 Balancing Act The Battle Against Burnout It begins and ends with taking better care of yourself—in between are time-proven strategies from nurses in the know. By Theresa Brown, RN

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By the editors of Kiplinger's Personal Finance

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By Millie Topper

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cover story

This Is Your Life

SHORTLY AFTER THE FIRST ISSUE of *Scrubs* was published last November—yes, this is our second issue!—a reporter asked me why I thought there had never been a lifestyle magazine for nurses before. I replied without missing a beat, because I'd been asking myself the same question from the moment I started working on *Scrubs*. "Sometimes the most obvious of ideas is overlooked," I explained. "Indeed," the reporter agreed.

Knowing that you have reams of clinical information from nursing journals at your fingertips, we set out to fill this magazine with articles on how your personal life intersects your work life. *Scrubs* is about you as a whole, on the job and off, and its stories are specific to the lifestyle issues that you, as a nurse, face day after day. Take "Bouncing Back from Back Pain," page 28. Sure, there are plenty of articles about bad backs in other magazines, but they don't address the very unique problems—and solutions—you need to confront each day in your job. In this feature, you'll hear from nurses like yourself who have experienced all sorts of backaches, as well as from the experts who have helped them heal and deal with the inevitable daily triggers.

The same holds true for our story about how to get the most out of your free time. Lots of magazines tackle this subject, but in "Off Duty at Odd Hours," page 13, you'll find information that's pertinent to nurses' often-wacky schedules, including how to maintain relationships with family and friends who are working when you're not and how to stay tuned into the "real" world if you spend the bulk of your waking hours holed up in a behemoth medical center.

For these reasons as well as many others, nursing may take the cake for having one of the highest burnout rates among professions. In "The Battle Against Burnout," oncology nurse Theresa Brown, who blogs for the Health section of *The New York Times* and has a book, *Critical Care*, coming out in June, addresses an often-asked question about caring for desperately ill patients: "How do you do it, then go home and live a normal life?" The short answer, she writes, is that you can either make peace with the emotional demands of the job or find a different one. The longer answer begins on page 24.

You'll also meet five families who have figured out how to juggle their personal and professional lives in "Generations of Caring," page 18. Nursing doesn't just run in their blood; it runs through their hearts, too, with children who follow in their folks' footsteps. These portraits reveal how nursing can define not only an individual, but an entire family, too.

On a final note, you won't find a page for your letters in our magazine. That's because we chose to devote every page to articles for you. However, you will find a special place on our website, scrubsmag.com/letters, where you can tell us what you think about *Scrubs* and what you'd like us to cover down the road. Our next issue will be coming out in August. Until then, see you at scrubsmag.com!



On page 48, you'll find a painting by trauma nurse Madonna R. Walters titled "Calla." (Her "Last Anemone" is pictured above.) We plan to showcase more of your creations in this column, "Expressions," in the future. They can be paintings, drawings, sculptures, quilts—anything that is a visual representation of you and your life, whether at work or at home. Share your personal expressions with us at scrubsmag.com/art.

Catherine Ettlinger
Editor-in-Chief

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EDITOR-IN-CHIEF
Catherine Ettlinger
CREATIVE DIRECTOR
Maxine Davidowitz
EXECUTIVE EDITOR
Renee Schettler
DEPUTY EDITOR
Nina Malkin
DIRECTOR OF PHOTOGRAPHY
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CONTRIBUTORS
Theresa Brown, RN
Daryn Eller
WEB SENIOR EDITOR
Miriam Bokey
WEB EDITOR
Paris Lia
USER EXPERIENCE EDITOR
Halie Rosenberg
WEB ASSOCIATE EDITOR
Jennifer Fink
NATIONAL SALES DIRECTOR
Karen Rogala 917-692-6658
karen@mindovermedia.net
NATIONAL SALES MANAGERS
Debbie Kniffen
Fern Kershon
RECRUITMENT & EDUCATION
SALES MANAGER
Michelle Haskell
DIRECTOR OF MANUFACTURING
Johanna Leovey
PUBLIC RELATIONS
Dayna Macy
dayna@mindovermedia.net
MIND OVER MEDIA, LLC
Custom Publishing Group
702 16th Street
Santa Monica, CA 90402
310-576-0512
www.mindovermedia.net

PARTNERS
Susan Gates
Amy Rappeport
STRATEGIC MEDIA GROUP
9800 De Soto Avenue
Chatsworth, CA 91311
PUBLISHER
Michael Singer
EXECUTIVE VP, MARKETING
Marty Morawski
VP COMMUNICATIONS & INDUSTRY RELATIONS
Wendell Mobley

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Copies of the magazine are available for purchase at scrubsmag.com/buy for \$2.95 per copy plus shipping and handling. Bulk orders are available in boxes of 75 issues for \$1.00 per copy including shipping and handling.

BPA Worldwide Consumer Magazine Membership applied for March 2010.

True Colors

AN RN'S AVOCATION INFORMS HER VOCATION, AND VICE VERSA.



"I'm one of those right brain/left brain conflicted people," admits **Madonna R. Walters**, a trauma/injury prevention specialist at St. Joseph Mercy Hospital in Ann Arbor, Mich. Fortunately, for the past 30 years or so, she's been able to strike a balance—painting to tap her creative side and nursing to satisfy her scientific side. "It's subliminal, but taking care of patients, working with colleagues and managing crises can't help but be expressed in the art," she says. By the same token, her art helps her handle the rigors of the job. "When I take a long weekend to paint, it has an invigorating effect—it reboots my brain," explains Walters, 61. Clearly her creations strike a chord: She's sold more than 100 paintings. "They're all over the place. I don't keep track of where I've adopted them out." —*Nina Malkin*



CALLA
ACRYLIC ON CANVAS
50" X 70"