ARE YOU AN EMPOWERED NURSE?

Are you ready to find out what kind of nurse you are? Take the Empowered Nurse Quiz and see! On a scale of one (1) to five (5) with five being strongly agree and one being strongly disagree, read each question and circle the appropriate number that applies to you. Once you have finished, add up all of the numbers from each question to find out your total score and see what category of nurse you fall under!

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<thead>
<tr>
<th>Strongly Disagree</th>
<th>Disagree</th>
<th>Sometimes</th>
<th>Usually</th>
<th>Strongly Agree</th>
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1) I have strong opinions on how to improve patients’ care and am comfortable voicing my opinions to management and administration.

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2) I know all of the laws that can affect my nursing license.

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3) My documentation will protect me from malpractice?

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4) I work in an environment where I feel comfortable and we work together in a high performance team.

   Strongly Disagree  Disagree  Sometimes  Usually  Strongly Agree
   1                   2         3          4     5

5) I love my current job.

   Strongly Disagree  Disagree  Sometimes  Usually  Strongly Agree
   1                   2         3          4     5

6) I am seen as a leader or the go-to person at work.

   Strongly Disagree  Disagree  Sometimes  Usually  Strongly Agree
   1                   2         3          4     5

7) My input is valued and respected at work.

   Strongly Disagree  Disagree  Sometimes  Usually  Strongly Agree
   1                   2         3          4     5

8) I communicate with clarity and impact while speaking and writing.

   Strongly Disagree  Disagree  Sometimes  Usually  Strongly Agree
   1                   2         3          4     5
9) I believe that I can create change in my nursing environment.

   Strongly Disagree  Disagree  Sometimes  Usually  Strongly Agree
   1               2         3         4          5

10) I am more focused on giving the best care to my patients rather than completing my assignments.

   Strongly Disagree  Disagree  Sometimes  Usually  Strongly Agree
   1               2         3         4          5

11) I am a member of Empowered Nurses Organization?

   No                     Yes
What kind of Nurse are you?

A) **40-50- Highest Score**- Empowered Nurse

You love being a nurse and your patients come first. You are committed to providing the best care and improving your profession. You are seen as a leader and people can come to you for advice or questions. You give freely of yourself and do not expect in return. Things run smoothly because you are there. You stand in your power, speak your mind, and are a change agent for improving patient care.

B) **25-39- Medium Score**- You want change, but need the tools

You are a good nurse and care about your patients, but you do not have the tools necessary to express this. You are afraid to speak up for fear of getting in trouble, losing your job, or getting reported to the Board. You do not want to be the squeaky wheel, but you want to make change and are just not sure how to do it. You know there must be a better way. The good news is that you can learn the tools.

C) **0-24 - Low Score**- Going with the flow

You are a good nurse and care about your patients, but do not have the tools to fully experience the joy of nursing. The good news is that you can shift your mindset and learn these tools to help you communicate more effectively, speak your mind, and stand in your power. Remember there is freedom in expressing yourself. Even if you do not currently see yourself as a leader at work, you are a leader in your life.