

Laughter Rx

It Doesn't Taste Funny

It Just Reads That Way



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Celebrate Nurses Week

“Nursing is an art: and if it is to be made an art, it requires an exclusive devotion as hard a preparation, as any painter's or sculptor's work; for what is the having to do with dead canvas or dead marble, compared with having to do with the living body, the temple of God's spirit? It is one of the Fine Arts: I had almost said, the finest of Fine Arts.” Florence Nightingale

According to the [American Nurses Association](#), National Nurses Week is celebrated annually from May 6, also known as **National Nurses Day**, through May 12, the birthday of Florence Nightingale, the founder of modern nursing. As Rawsi Williams defines the profession, “To do what nobody else will do, a way that nobody else can do, in spite of all we go through; is to be a nurse.” Although medicine is a team effort, nurses are the front lines of hands on care responsible for ongoing treatment and positive outcomes.

I remember the time my mother-in-law awoke from a 9 week long coma. She had suffered a stroke and was paralyzed on her left side. She achieved what recovery she could in a specialized unit at Daniel Freeman Hospital in Los Angeles. Thereafter she spent 6 months in my home and I saw first hand the duties and selflessness of her caregivers. It was a real eye opener to know her routine and how it was orchestrated.

Thank you so much to all who choose the nursing profession for all you do, much more than any of us can imagine.

Nurses Humor Resources

[Nurstoon](#)
[The Journal of Nursing Jocularity](#)
[Real Nurse.Net](#)
[Nursing Fun](#)
[Nursing Humor](#)
[Medical Mess](#)
[Giggle Med](#)
[Karyn Buxman, RN](#)
[Patty Wooten, RN](#)
[Stacey Hatton, RN](#)



U.S. Army Maj. Una Alderman.
<http://bit.ly/I81Nw>



Karen's Column & the Birth of Laughter

This month is dedicated to Mothers, Nurses and Teachers. These terms are not mutually exclusive. Thank you to all who serve so selflessly to so many!

Karen Lee,

Chief Cook & Bottlewasher

In the traditional Navajo Indian culture, there is something called "The First Laugh Ceremony."

This ceremony helps insure that every child is continuously attended and watched over.

Tradition dictates that the Navajo baby is kept in the cradle board until he or she laughs for the first time.

The friend or family member

who witnesses the baby's first laugh is given the privilege of throwing a celebration in honor of the child's first laugh—which is considered to mark his or her birth as a social being.



Photo by Vanessa Roanhorse
<http://bit.ly/INcSPQ>

Sign up by email to: Karen@LaughterRx.net and have **Laughter Rx** delivered to your inbox on the first of every month.

"However, my intention in writing this book is to help you go beyond your loss to embracing life fully again and, yes, even laughing again."

Learning to Laugh When You Feel Like Crying

By [Allen Klein](#)

Published by Goodman Beck Publishing
ISBN 978-0-9798755-8-8

I highly recommend this charmingly simple, yet profound book, to anyone before a loss, during a loss or after a loss.

We all face circumstances that seem beyond our ken, our ability to cope or move forward in life.

"Like Elizabeth Kubler

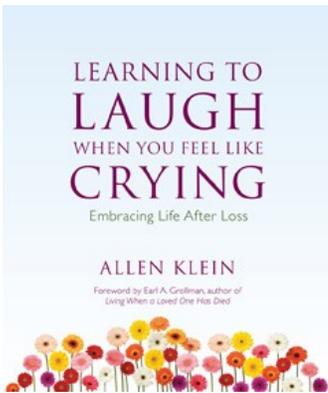
Ross's five stages of dying, Klein has created what he calls 'the five stages of living' after loss. They are: Losing, Learning, Letting Go, Living and Laughing."

Each chapter has an appropriate introductory quote and succinct suggestions to move through each stage. It doesn't matter if you have lost a loved one, a beloved pet, a job or any circumstance, the book addresses your

concerns and hopes for the future.

I found great solace for my feelings of lost childhood innocence due to a difficult upbringing. In my case the advice on forgiveness of others, forgiving myself and asking others to forgive me hit home.

This book is a comfort to all and a blessing in the home of all who receive it.



Motherhood

"Jewish women go to their own childbirthing class, Le Mazel Tov. We sit around saying things like, Can't I pay someone to have this baby?" For us natural childbirth means no manicured nails in the delivery room. How do we prepare the house? We childproof by nailing everything to the ceiling and our husband puts the nursery furniture together with a butter knife and the Yellow Pages."

~ Mary Jo Crowley



Lt. Robin McKenzie, a nurse at the station's hospital, looks over a patient's chart while talking on the telephone. Photo by expertinfantry <http://bit.ly/J3lZuA>

*"Nurses are angels in comfortable shoes."
~ Author Unknown*

Nurse Charting Bloopers

Courtesy [GiggleMed](#)

"Pleasant man lying comfortably in bed. Appears somewhat uncomfortable"

"He is allergic to wives."

When asked if she had a discharge, the patient said "No, but I have Blue Cross Blue Shield."

"nonaudible wheezing noted"

Order "Please feed patient only when awake."

"This is a 981 YO female with a host of medical problems."

"nonverbal, noncommunicative and offers no complaints"

Mother's Daze



Drawn by
TigerTiger/warszawianka
<http://bit.ly/lAtr5l>

I'm at that awkward age: I have a kid who can't wait to get behind the wheel of a car and I can't do it without bifocals.

I'm a terrible cook...I disciplined the children differently...they would say, "Mommy, Mommy, I'll be good...please don't cook dinner."

At our house dinner time was a chicken wing and a prayer.

Things in my kitchen were so bad...last week Ralph Nader dropped by and declared my Cuisinart unsafe at any speed.

We had a traditional marriage. . . My husband went out and got the bacon, and I stayed home and burnt it.

I must be an agnostic. Most of the time I doubt God's existence, but on the first day of school...I'm a believer.

Teachers Day

Why do we have the Lottery? Not many high school graduates read well enough to play B-I-N-G-O

I went to school in LA. We learned to count 1-2-3-Many

Nurses Educating Residents Is a Risque Business

by Stacey Hatton, RN



Nurse Mommy
Laughs



...Cause Laughter is the Best Medicine

When I formerly worked as a pediatric RN in an adolescent primary care office, I learned oh, so many things about teens! Some were eye-opening and others...shocking! Thank heavens for HIPPA because sometimes you need an extra reason to keep your mouth SHUT. What I also learned was that residents were sometimes just as scared as the teens they were treating.

Numerous years ago, at the aforementioned clinic, I was working with a new resident. Unfortunately, these intelligent “newbie docs” have limited hands-on experience with humans since they have spent the last few decades with their faces pressed into books. As many of you know, the sole purpose of residents working in an educational setting is to be molded by the experienced doctors and nurses, so they may communicate with humans effectively by themselves. In the future, if this last ditch training hasn’t sunk in; hopefully, they will work with seasoned office staff nurses for backup! It’s all part of their growth into brilliant physicians, and NOT to be taken lightly by staff nurses.

So with that being said, one of the seasoned doctors instructed this one resident to enter a patient room, ask some important medical questions, and before stepping out of the room have the patient get dressed in a gown. Now the resident had either forgotten how difficult it is to be a teen, or just didn’t think outside the box; because all he told this sweet adolescent girl to do was to put on a gown. Instead of getting her a gown and telling her how to wear it, he pointed to a drawer labeled gowns and left the room.

Now if you have ever gone to various doctors’ offices, it always depends on what part of the body they are inspecting to know which way to tie the gown. Open in back, open in front? This girl had limited experience with the gown concept and without a parent or nurse to clear up the directions; she did exactly what the doctor had told her.

Let me preface this as delicately as possible. This was a full-figured young woman who was well above average on the growth curve. When the doctor and his mentor entered the room to perform her exam, there was a gasp heard in the nurses’ station well down the hall. Then a shuffling was heard, an apology was briskly reported to the girl, then both doctors backed out of the room stifling laughter, and sporting red faces.

This day the gown drawer was empty of normal adult gowns, and the resident would have known this if a little extra effort had been made. A toddler (size 4) gown was accidentally stuffed in the drawer and somehow this teen squeezed into it a bit, tying the strings at her neck so the opening was in the front. Never could this gown cover her, or ANY adult, but with great persistence, she sat there humiliated, as naked as the day she was born, waiting for the young doctor to return. Even though the patient knew it didn’t feel right, she did what he said because he was an authority figure. Talk about humiliating!

I’m sure the resident is probably one of the best educating pediatricians now, wherever he is practicing. His lesson was learned the hard way. But nurses...if you overhear a resident teach a patient something you know is not clear...re-educate! Stand up for the residents, help them out; and as long as you don’t embarrass them and keep them from humiliating themselves, they will appreciate your help. After all, we are a medical TEAM and even some residents might appreciate some constructive coaching!

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Stacey Hatton is a pediatric registered nurse, public speaker and freelance writer for parenting and health magazines. Her humor column can be found in The Kansas City Star news and she has a website where she posts frequent humor stories at <http://nursemommylaughs.com>