

# Stay Strong and Our Work will be Rewarded



*by Jane McCurley*

**Several** years ago, Methodist Hospital and Methodist Children's Hospital in San Antonio took The Pickle Challenge for Charity. Our Pickle Squad raised \$7,000 for the HCA Hope Fund by encouraging our colleagues to turn complaints into contributions. We celebrated with pickle cookies, pickle parades, pickle costumes, and all other things pickle. It was great fun. More important, The Pickle Pledge has had a positive and lasting impact on the culture of our organization.

The complaints that caregivers can make about the challenges, and the sacrifices, created by the coronavirus pandemic are serious, real, and legitimate. Like hospitals everywhere, at Methodist Health we have had to ask people to go above and beyond the call of duty, and then to do it again and again. Like hospitals everywhere, we have had to manage distribution of the personal protective equipment our people need, and have had to come up with creative ways for them to communicate with their patients, and to help their patients communicate with their loved ones.

Like caregivers everywhere, our people are often anxious, frustrated, and exhausted. So how can we ask them to turn these very legitimate complaints in the blessings and constructive suggestions? This is the paradox that Joe Tye describes in the introduction to this book: it's hardest to do just at the time we need it most.

More than ever, we need to remind ourselves to be grateful for the privilege of caring for people who are sick and lonely; for the privilege of working with colleagues who share that calling; and for the miracles that modern medicine make possible within the walls of our hospitals every day. More than ever, we need to remind ourselves that the most daunting problems call for the most creative and constructive suggestions.

The year 2020 will be remembered for tragedy and heartbreak. But it will also be remembered for the things we have learned and created that will help us to better serve our patients and our communities long into the future. In 2 Chronicles 15:7 we read: "But as for you, be strong and do not give up, for your work will be rewarded." May 2021 bring us all renewed strength, purpose, and courage.



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“One of the most exciting fields of neuroscience today is that of brain plasticity – the ability of the human mind to reconfigure its internal wiring in response to experience and thought. This has tremendous implications for making a daily commitment to reciting The Pickle Pledge (including the footnote). Do this often enough and for long enough and you will be hardwiring your brain for positive thinking. In other words, by changing the software of the words you use you can actually change the hardware of the brain that processes those words.”

Joe Tye and Bob Dent: [\*Pickle Pledge: Creating a More Positive Healthcare Culture – One Attitude at a Time\*](#)



Jane’s colleagues celebrated her “Proceed Until Apprehended” philosophy when she was promoted to the position of system Chief Nurse Executive.