



Candidates' responses to the Q&A are presented in their entirety without changes, edits, or corrections.

BOARD OF DIRECTORS

Amy Brunson, MSN, RN, CNOR, NE-BC

1. Describe what makes you the most qualified candidate for the office of Board of Directors.

I have experience in different leadership settings including local and national AORN capacities, and at a large tertiary hospital which is part of the largest healthcare system in Texas. Through these experiences I have learned communication, building relationships, and problem solving. Strategic planning for the Association is important to ensure the continuation of our profession. I have learned that as a leader you must have a clear vision with strategic outcomes. Communicating this vision through a strategic plan is vital so your colleagues not only know where they are headed but also so they can see where they fit into this vision. I have experience with not only creating these plans but also sharing the vision of desired outcomes. Being responsible for a large department has given me the opportunity to work with multidisciplinary teams and to seek counsel from colleagues across the state and nation on current issues.

2. How do you plan to engage with our members and stakeholders to ensure their voices are represented in our organization's decision-making processes?

I love to engage with members through ORNurseLink. There is an amazing wealth of information and expertise in this forum. I plan to continue using this platform to connect with our members seeking input on critical issues, finding out what is important to them, and share updates with national AORN, when applicable. Our specialty assemblies and local chapters are another great opportunity to engage with the members. As a board member, attending these meetings will be critical to speak directly with my colleagues and listen to their concerns as well as ideas! Social media has created another unique platform to communicate with perioperative nurses across the globe. Through Facebook I have joined many chapter group pages and enjoy seeing all the wonderful work other chapters are doing. Being the representative voice of our members in the Association's decision making is an honor and important role as a BOD member.

3. What activities or interests outside of your professional life do you believe contribute to your overall well-being and your effectiveness as a leader?



I have found that self-care must be a priority to be the leader I truly want to be. I have a morning routine that requires me to get up a little earlier which can be tough by the end of the week. I spend 10-20 minutes practicing yoga and meditating in prayer focusing on gratitude. I have recently come to realize that when I skip this critical “me” time I struggle at work and at home. Spending time with my family is another way I fill my cup allowing me to be an effective leader. This can be a family outing or just snuggled up on the couch watching a movie with my kids. My faith has been and continues to be a significant contributor to my overall wellbeing. Through tough times faith and family have been my rescue and refuge and through good times they have been my celebration.