

Nurse Becoming Ep.090 - Becoming a Nurse in Media with Dr. P...

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SPEAKERS

Amanda Guarniere, Dr. Patrice Little

A Amanda Guarniere 00:04
Dr. Patrice Liddell, welcome to the show. It's so nice to see you!

D Dr. Patrice Little 00:08
It's good to be here. Thank you.

A Amanda Guarniere 00:10
Of course, I'm excited to share you with my audience today. And I know I've already introduced you in the in the introduction, but I'd love for you to kick off the episode by introducing yourself in your own words, and then we'll kind of take it from there.

D Dr. Patrice Little 00:25
Usually, when I do an introduction, I'm like, "where do I begin?" So I always like to begin where I give like the credit to, I'm first generation American. So I was the first one to be born in the United States, on my dad, and the third one to be born on the United States for my mom. So I have a strong Jamaican influence, which has a lot to do with the work ethic that I have. And and just to fast forward with that, I've always been someone who like the arts, and was passionate about doing entertainment, but with how with our how our culture is, we're always told three things doctor, lawyer and engineer. Okay. So we have all of those in our family, I happen to opt for being a nurse practitioner, which they said what is that. And so when I decided to take that route after working as a high school teacher, so nursing as my second career, it was, it was very new for our family. But what ended up unfolding eventually, like with time is me finally putting my passion together marrying it to what I am as a nurse practitioner. So that's just briefly it just telling about myself. As far as like career personally, um, I've been married for 16

years. And we have two beautiful children. One will be 14 and the next week, at the time of us talking during this interview, and then the other one is eight. So that's basically it. Aside from that, I love to dance and sing.

A Amanda Guarniere 02:01

I love it, you are always so like, full of life, it's always such a joy to talk to you. I feel like you know, the few times that we've had a chance to talk, you know, not in an interview setting. Yes, we talk about, you know, work stuff and nurse practitioner stuff. But it's always nice to also connect with you, personally, because I feel like you really infuse that into all of your interaction. So even in your introduction, that is very evident that you are a nurse practitioner, but you're not just a nurse practitioner, like it sounds like that's not your identity. Would you agree with that?

D Dr. Patrice Little 02:35

I agree it was becoming an NP was something that I like stumbled over quite frankly, my first degree is biology pre med. And I was thinking about going to med school, especially being the oldest there was a lot of pressure on me being the first one. Now, I have a younger sister who is a surgeon. So thank God, like they got their dream. So um, but my identity has always been with the art. I'm very artistic. I love entertainment. I love talking, as you could see, writing, those are the things that that's my element. And that's when I'm at in my most like comfort place. And often people will say oh, step out your comfort zone. But what they have to understand is like when something is like divinely intertwining your DNA and what you're meant to do it there, there should always be a level of comfort, it should always become naturally it should be a form of authenticity that's with it. And it's so obvious, quite frankly, most individuals don't realize and you know, this, Amanda, it's so easy to point out those who function and their authenticity, and those who are just trying to figure out what do I do this or do I do because they're all over the place. And even though like with my platform, which we'll talk about later, NP student magazine, even though it took some time to build the foundation, one thing I could surely stand on is that I've been consistent. I'm not all over the place. It's either me and NP student magazine, or me as an author where I talk about my life story, but either way you go, My gift is communication. And that's what I share with the world. The magazine was just an avenue for me to open up the doors for other individuals to express their artistic nature that we're not often presented with the opportunity in nursing. Nursing is not nursing is a skill we get to do that. We're trained to do that. But above all, it's important that you stay in touch with yourself.

A Amanda Guarniere 04:39

Yes, I love that. That is such great advice for everyone and I feel I feel like I've only come to that knowing and that knowledge in my 30s I think. You know, I was always someone who really did what was expected of me and didn't listen to what Amanda wanted. And you know once you can to that point in that maturity and that realization, you can't stop doing it and you can't stop telling other people not to.



D

Dr. Patrice Little 05:08

And they know and when people see you in the element, they're going to be like, Oh, my God, that's you. They're going to even there, they will even tell you people will say, "Yeah, you were made for that!" And you're absolutely right, Amanda, that that's exactly what happened to me in my 30s. It was like, What am I going to do what I want to do, and by that time, it's like, you're married, you have the responsibility of being a wife, and a mother and all this stuff, and you haven't, and that's where depression goes in. So I'm, I'm huge about talking about mental health and my challenges with living with PTSD. Which is why sometimes people see me kind of retreat. It's not because I'm a cancer, it's just, it's a form of, of coping, because of the fact that is, sometimes when you are, it's like, there's a social construct that was designed. And we're told to check off everything on that list. And like, and when you do it for, especially for us, women who are tuning in, when you do that, when you're told, get the degree, get married, right after college, that's when you get married, right? Find the guy in college, get married, get the you know, have children, be involved in all the activities and forget you because now it's about grooming them to be prepared to be an adult and repeat the exact same cycle. And it has been it had to stop with me and I you know, I'm not complaining, I don't have regrets. Because there was a lot that I've learned and I can impart and share with others. But you're absolutely right, it comes to a point where when you're not living for you, that's why sometimes things seep up as anxiety. Well, you're anxious because you're doing something that they're not supposed to do. Your depression is because you're depressed because you feel pulled back because you're not even shining as your authentic self. So those were, that's where some of those diagnoses come from when we get there. I mean, there's other things that contribute to it. But oftentimes, it's there's that underlining spiritual aspect. When you're not centered, you're going to end up filling down.

A

Amanda Guarniere 07:09

Yeah. So you said that you kind of always had this knowing and this interest in the arts, and I'm wondering, when it was that you ended up marrying the two, and kind of emerged into being a nurse and also having a media presence, I'd love for you to tell us that story.

D

Dr. Patrice Little 07:30

Will do! So, um, I always like to go back to elementary school, because there's a message behind everything I say, because I'm a storyteller. So oftentimes, we are introduced to who we are destined to be early in childhood, by chance, it's just we're all not paying attention. And when I was in third grade, I won this poetry writing competition. And then from there, I just continued to do writing. But what happened is it kept open up doors, like I would get scholarships from writing an essay or internships, because of how my essay was written, and had the opportunity to even complete my first degree being a published author before I graduated with a biology pre med degree. And usually how it works is everybody knows usually you're not published until you get into your masters level. Well, my writing which was my natural gift, which followed me all the way through, I kept doing it no matter what is what opened up those doors for me. So the so that's the writing part. So the entertainment part how that happened about is that of course, most of you guys could tell because of how poise I am, and it's not that I'm trying, but I did pageantry. So competing in pageants prelim for Miss America, and in prelims for as a married woman for Mrs. America, doing those particular pageants, even though I never won. But what happens is, it actually helps you with preparation

to speak impromptu, and point just how to be poised. But also the cool thing about pageants is early on, you have to identify a platform, something that you stand for no matter what, because the judges can read or write through you. They know if you began that platform overnight and said, hey, you know what, I signed up for the pageant. I want to do this platform for four months, and then I'm gonna compete and talk about it. So they know if you eat, sleep and breathe that platform. So what happens is the my platform, which was really I have a I don't talk about it much, but it was a company called Beyond the voice. And I put that on pause but it was a support group for adult survivors of child abuse. That is my story it I endured physical, emotional and verbal abuse for my dad until I was 27, which is a long time because I was actually married then. So that was the last time he physically attacked Me. So that was a huge part of my platform as far as talking about the disciplines to have in your life as you move forward. Because in order to be functional in society, you really have to understand that any type of childhood trauma, whether it's what I share what I'm sharing with you now, or anything else, even homelessness, people, everyone has different story being in a, there's another nurse who has an amazing story about being in foster care. So any of those types of stories they have those are they play a major role in your life. And oftentimes, people say, Oh, that was then I don't want to deal with it anymore. But when you embrace all of you, you make yourself relatable to individuals. And so that's what pageantry was a platform that allowed me to do that. And through pageantry, I had opportunities that come about, that's where I got my first agent in 2017, to do television. And so one of the judges was like, I think you should do you know, share your story and be on TV, this is how I see you. So oftentimes, when you do not win, because individuals are like, Why do you spend so much money? Why do you sign up for people to judge you, nobody wants to be like, I'm telling you, and I'm so happy, I'm not doing any more, because I mean, I like to eat, you know, I like to be between 810. And sometimes I get up to a 12. But when you do patent entry for that particular platform, because it wasn't like a full figure one, but there's full figure ones out there. But when you do the general one, you do need to be particular size. It just is what it is. So I'm like. So to get back to the point, because I digress a bit, is she said, I think you should do like television, do you have an agent? No. And that's how I ended up on a speaker's bureau. But it was for a Christian speaker's bureau, which is good, because I talk a lot about the religious component that helped me move forward in my life to be where I am today. So that's how that opened up the doors with television, and I would do local television. And then I've always been a writer, and I wanted to be a better mom. So I started volunteering for Atlanta parent magazine, and writing for them. And during like reviews, like medieval times, or going to a park called like play town, Swanee, I would do reviews and write on the reviews, and talk about different types of recall it like theme parks and things like that in Georgia, I'm not really being parts, but like attractions part of me attractions. And so what that allowed me to do was still meet the goal that I wanted to do as a mom and a wife to spend more quality, spend quality time with my family, at the same time, build my portfolio with writing, then we'll fast forward to NP student magazine, because we took the scenic route when I was completing my DNP project, which was focused on unification of aprm voices, so we can be able to increase access to care. So in layman's term, I was really trying to get all the APRN in Georgia to come up with one cohesive message to present to our state legislators so we can get full practice authority. So that's it in those terms. And during the process, I did a lot of interaction with the those individuals at the Capitol and some physicians and there were themes, additional themes that I identified that it wasn't time to pursue because I needed to complete a DNP because a finished project is a good project. All Things start bolding you can't pursue can't be like Dory, when you're doing a DNP program. So that's when I said there needs to be if we're talking about voices, then there needs to be a platform for them to put their voices on. So magazines are completely different from journals. Oftentimes, people come and they try to contribute and I'm like, this is different and they get frustrated. And it's like, don't get frustrated, just adapt to what it is. Magazines are informal, they're informative, and they're

fun, so informal in the sense that we don't use scholarly jargon, we don't use APA format. So that's what I mean by informal not the texting type of vernacular, but they are also informative, what the platform is for everyone to share their story. Like I you know, I'm I'm grateful that I've been able to put this foundation together but this is also a call to action to you guys who are tuning in. This is a great platform for you to share. Everyone has a story. My favorite story and NP student magazine was um, I believe her name is Charlotte Minima. I'm probably pronounced mispronouncing her surname, but she mentioned about what it was like to navigate through a miscarriage while finishing NP school. Those stories and like, those things are relatable because we now as nurses, we see each other as people, oftentimes when we get into the field, it's this, like sometimes this competition instead of camaraderie, and we're not realizing that we're all going through the same thing. And that's why NP Student Magazine, when I built it, the whole foundation has to do with the reflection of the Wheel Of Life. NP school is only one of the seven aspects of life. After that you have, you know, your finances, your love life, that's important. I've had people comment and say, Well, I don't I just don't have one. Well, guess what, based on the statistics, because you know, your girl be studying that majority of the individuals at NP school are either married or actively in a relationship. So I'm sorry, I'm not going to flip my magazine for that one person was like, Well, I just don't have one. Okay, we could talk about that you can contribute that story, because there's probably 1%, that is still out there. That has the same viewpoint. And that is okay. It's always okay. And that's it's important for us to understand that no matter what your story is, it's okay. Because there is someone who can identify with it. But that's what this platform is about. Because I realized, Hey, I've I didn't know. I mean, it seemed like a path unfolded for me. And I said, Why not, I put a path together for individuals to pattern. And then for those who are interested, and who are maybe destined to do it, and then it will continue to unfold for them, most of the times people just need a start. And that's what pageantry was, I didn't win. But it was it was a start for me to segue into that. And I have good news after that...

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Amanda Guarniere 16:49

Well, I just want to say or I want to ask, like, why if I'm a nurse, nurse practitioner and NP student, like why is it important for me to even consider informal publications as opposed to I know you said like, they're all these different domains of life? And and so is it important for me to read and also contribute? Like, how do I know where where I fall? Like, is this something I should be reading? Or should I definitely be writing, even if I don't have a background writing?

D

Dr. Patrice Little 17:21

Awesome. So I think I'm at the for the beginning, you should answer the first question to do what's best for you. So in the moment, while you're in school, technically, you may not have time to contribute an article. So I usually encourage students to, to maybe write during your down season. So we're getting ready to segue into just another break, right? So we get ready to segue into another break. So during your break is when you can write that one article, you don't have to contribute consistently. So that's one thing. The second thing is it's the article serves as a form of mentorship. So originally, when I started it, I was kind of like unsure, and I wasn't as quick with collaborating with anyone, and it may have come across like, Oh, my God, she's mean, he doesn't want to work with anyone know what happened is, I knew what I wanted to do with the magazine, but as far as the unfolding and how to make it work for the best for everyone. And so the mentorship part comes in, where we interview different platforms

out there, like we different types of supplemental resources, like the cool thing is like Amanda with The NP Society, that is a great resource for students to segue into, during when they're getting ready to graduate or even when they need help. while they're in school. It's important that you know what's all out there. That's what magazines do. Our job is to let you know what's in and what's up. Okay. So that's why you should tune into NP student magazine. Now, for the writing part, we want as much people as to write but we have to be real, some of you just don't know how to write. And we have courses for that. But um, you have to also understand that if you don't know how to write, you also need to be receptive to being told that we're not going to publish this, here's a couple courses that you could take that there's really like for a nominal fee. It's just like 27 bucks for you that that we walk you through how to contribute a story from putting together your article. So we're breaking it down into as far as the brainstorming and getting started. So we have all of that for you. So that's that's the two ways hopefully I'm answering that correctly. The first one is, "Well, why should you read it?" Because there's something that's unique for everyone on different aspects of their life, finances, what it's like in for your social life, what it's like transition in school, and it's not just the stories, it's also and we have to be advertisers, that's all magazines go. So for those that are interested, or know any other organizations or schools that want to advertise, the only way you're going to know out there, what's out there is for something to be placed together for you. So the cool thing about MP student is we came, I want to say came out of nowhere. And I say this out of in a historical sense, and not being braggadocious. But you got you have to think about it from the late 1960s, all the way to 2018, which was when our inception occurred, there was no platform solely dedicated to NP students. That's why it was so easy for us to get our trademark! Okay. Even though it took, you know, it takes us we were it takes a while for them to read through everything. But what people have to understand is now organizations, I have literally seen organizations try to target more when I say I'm not talking about the small businesses like mine, I'm talking about larger organizations that are like, oh, yeah, now what's the let's talk about NP students. And this is what we have for them. This is that's not how it works. If you're focused specifically, on the nurse practitioner profession, you can't just squeeze NP students in their NP students is a niche itself. And it takes one who's been working and doing it for the past three years to understand that there are so many needs for nurse practitioner students that most individuals are not aware of, is not just the preceptorship planning a preceptor? It's how do you go about your your day to day with the preceptorship? What do I wear? That's what magazines do that is not like journals focus on the research aspect, which is good. Hey, I've contributed to journals. I've been published in a nursing textbook through Springer. So the thing is, the reason why I could stand so confidently and say that this platform is great is because I've actually experienced and tapped into everything that most people want to do. Most individuals are like, "Well, how do I get paid? How do I publish get published in nursing book?" We have that information for you. "How do I get published in a scholarly journal? We have that for you too. But when you want to build a portfolio and have versatility, you contribute to a magazine, just for fun.

A

Amanda Guarniere 22:16

I love it. I love it. And you know, something that is I think unique about your platform compared to some other educational or content platforms that I've come into contact with, you know, you are in NP, running a magazine for NP students, right? You're not a pharmaceutical company. You're not like a big corporation, that has an ulterior motive or some sort of conflict of interest. Because those things do exist. You know, there are platforms out there that we that we use that if you dig deep into what those businesses are and who they're funded by, and who pays their paychecks. The answer is, you know, pharmaceutical companies, organizations, you know,

not the everyday person who really has your professional and personal interest in mind. And I really think, you know, kudos to you for that for building what feels more of like, I don't want to say grass. Well, I guess I'll say grassroots. Yeah, it is that type of platform. And something I want to ask for listeners who may not have heard of NP student magazine, how do I read it? Do I subscribe? Does it come in the mail? Is it online? Tell me more about that.

D

Dr. Patrice Little 23:38

Yeah, so um, right now we are we just segue back into our digital flip issue. So for that, you can go to NPstudentmag.com. Either way you go we have like, so many domains. So there's NPstudentmagazine.com for the online where you could just see the beginning of the story, and then purchase the the remaining of it for our flip issue. Or you can actually go to NPstudentmag.com. And so what happened is we used to have it as a, because I wanted it to be complimentary. But according to the powers that be, which is called the team. That's, it's, it's not going to help us sustain our platform. So that's why we switch to having a price for it. There's it's a quarterly issue magazine, the next one comes out. So we just had an anniversary issue and then we in January one will come out and then there'll be one in April, and then there'll be one in July and there'll be one in October. What we're trying to do is be consistent with October always being an anniversary issue. Our July being back to school, and our April which I'm so excited about the cover photo contest that we're doing this year for that one to always be for grads where we could highlight what do you do next so they need to know about about like the NP society they need to know about, like Berkeley and fix Gerald and the nursing studio like where do they where do I go to take my to practice for the exam for preparatory. So I said a little bit extra there. But that's where we are. The issue right now is 999 per issue, which I feels very comfortable. If you were to get to catch us, when we have those like flashy splash splash sales, where you can get four issues where you sign up front, you can get them for, we had the lowest at \$29.97 for four issue, that means you would get one free, but normally, it's at like \$39.96, or something like that. So that's how it works. And then in there, you see stories, you see advertisement of different small businesses, as well as we're shooting for larger sponsorship, because that's what this year is about, like for us to really take it to the next level. And so that's it.

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Amanda Guarniere 26:08

Awesome. I think that's great. And, you know, of course, we would all love, we as business owners, as small businesses would love to do, what we do, you know, as price accessible for our users as possible. But I don't think that we need to feel bad about charging for services, because it keeps us in business, right, like, easy to be able, you know, if you're doing this as even just part time, you know, if you're taking away from your potential clinical job to to do this, or if even this is a full time venture for you. You know, if if we can't fund it, then it's a hobby, not a business, right?

D

Dr. Patrice Little 26:53

Absolutely. And it's interesting that you said that, because in the beginning, where it was like we were navigating, and trying to decipher, I really want to share this news, because it's exciting. All of those interviews and everything, there are people watching you. So I want

people to understand there. So show up every day when you start a business and like Amanda says, and, and not a hobby, show up every day, do the best that you can don't be afraid to ask for help. Because this as always, and my life has always been this way things always unfold to something else. So now I have been offered a because I'm hanging up my stethoscope, I've been offered a position to serve as a producer, because that's what I've been doing with a magazine and doing interviews for so long. So now I'm producing a show here in Georgia through Georgia public broadcasts. And that's exciting. And then I have another opportunity that comes up with collaboration that I'll be doing with another major outlet. But that's exactly my path unfolded exactly like I figured it would once I surrendered to it. And so now what I want individuals to understand that even though with the platform, I try to make the prices very economical for individuals, but what happens is, the more people like Amanda and myself, we put ourselves out there the price increase because of the type of skills that we have. And are the expertise, not just and oftentimes, people just get so familiar. They're like, well, she's a nurse, just like me, like no, let's be real, she's not just a nurse, you know, she started a platform from the ground up called The Resume RX and helps like thousands of individuals be able to land their dream job and but there's so much that comes with that, that and that's what individuals don't understand. And sometimes the background work and that's why I'm sharing this I may not display or post some of the background contracts that I do. But those are the things where I know that I bring a lot to the table. Okay, so I don't know any other nurse who produces right now I'm not saying that doesn't exist. I know nurse Alice does some amazing things. I love her. But it's just right now. I don't know any other nurse who's like full fledged in media that has a magazine that interviews like that does all of this stuff. It's a lot. It's an enterprise is not just one small business is the whole platform. So yes, I agree, Amanda, with everything that you said. Because it's like after this year, you know, my prices are gonna jump. I'm just gonna say that. Yeah. Because, you know, I've been shooting for a particular platform and once you see that name, everything but yeah, but ultimately my goal is for the magazine to really Be a I really would like for schools to get on board for schools to cover the subscribership. So students can really get I mean, at the end of the day, that's what that is my dream. So if there's anyone out there who can help me achieve my dream, please hit me up.

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Amanda Guarniere 30:16

Yes. Love it, you got to speak it into existence and also not be afraid to to ask for what you want, which is what you just did. And know, like, I think that's such a great point to see in action, you know, if there's some whether we're talking about someone landing a job, and this is my dream place to work, can anyone introduce me to anyone, you just did the exact thing. And that's how that's how we get these opportunities, right? Because if it all just stays in our head, then we're not taking action to move forward. So I think that's wonderful. I'm so happy for you. So I'd love to know, what else are you excited for in 2022? Any other big projects? Big news, what would you like to share about that?

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Dr. Patrice Little 31:04

Let's see. So the biggest news is about that the production is really for a lawmaker show, and with Georgia Public Broadcast, so I get to be down at the capitol again, this time, I'm not interviewing anyone. I'm actually setting it up. So they can be interviewed by our wonderful hosts. So that's exciting, exciting, because that's a new opportunity for me on a larger scale. And then I will be doing another collaborative with a one of our local local correspondent, I can't

release, you know, the full details now. But that's in the works. It's really exciting to collaborate with this individual. And for us to really bring more awareness of the traumas that are connected to being first responders. Oftentimes, people come to me and they're like, Oh, you experienced trauma, and I'm like, oh, that trauma is a little bit different. I was like, I'm talking about the fact that, you know, we've nurses, just not just nurses, the whole healthcare team, just experience watching people die after like death after death after death out there. Like, there's no way you can process that, like, overnight, that that's so traumatic, um, I, I was not there as a first responder as far as in, in practice in at the hospital. So I didn't witness that. But that doesn't mean I don't empathize with those individuals. So how that works is correspondents are also first responders. And they cover the news footage as far as what's going on the deaths. And also, we just left the year of global reckoning with them talking about George Floyd and just the whole thing, and that's just it that carries the whole energy, itself to talk about racial reconciliation. And so it's just it's a whole energy. My viewpoint is a little different, because I did some exploration with that, when I put did a course together called Are we missing the person rethinking race across the nursing profession. And through that journey of doing that, because I also had a book that I was forming from it, but I had to take a break from writing that book. One of the things is when you get down to the history, and as far as all the things that's happened, and just the whole race, it could put you in a place that's of depression, right? And and I say this in a way because I have to only stand in my truth. And that was one of the ways that my mentor told me standing your truth. So being Western and American, I had the opportunity I grew up most people don't like the word privilege, but I think I grew up grew up even though I experienced challenges with violence from my dad, I grew up very fluid having access to things so I'm a classically trained pianist. I started at five and stopped that I stopped when we moved I think I'm 15 Did you know Did pageants like all this stuff on piece of paper that actually looks good, but it's just saying that I happen to be exposed to some opportunities? Well, one of the things that some of the things that I experienced as a black woman may not be the same thing that a black woman from South Alabama experience, because of it's just different. So I had to take a step back and make sure that when it comes about and I got this from Abraham Hicks, it's her this. They're cool. They talk about laws of attraction. So one of the things that I got from Abraham; it's Esther and I forgot her husband named but they came up with this Abraham Hicks things laws attracting attraction. If I stay focus on we need to get rid of this and get rid of that and get rid of that. That type of energy is going to just function in a way where it's always like anger and pointing blame and whatever, whatever. So during this time where I took a step back, I realized, well, how about why not, we just highlight the great things that have been done with just different work races working together. And then the thing is, with me being West Indian in Jamaica, our model is "Out of many, One people". So we're mixed up like crazy. So individuals who see me they know I have something in me and I do have something in me and I know what it is, right? So I have freckles. But then I'm, you know, my other cousins who don't have as much black as I do, because my mom is black. They have the red hair, the blue eyes, this the blonde hair, and all that stuff. So I say all of that, that for us, we also have to be mindful of what we're saying, because it's almost like you're talking bad about yourself, because some of us are mixed up with everything. I have cousins who are Chinese Jamaican, so I can't have no Asian hate, you know! I say all of that, because I'm really prefacing everything that if we come in a place of and that's when I'm changing up in the book, I'm starting to talk about all the opportunities that I had, that just happened to be connected to individuals who did not look like me. So if I go with that approach, and say, it does exist, how about we talk about what does exists, and shed a light on that? And so what does exist? Now from there, how do we continue? And that's where that nursing with intention and initiative came about that we launched in 2020. About, hey, we know, we know. And there is a there's a pledge. So that's another call to action, please sign up with that pledge. So we can get other nurses throughout across the nation on board. We know that everyone

experiences not the same when it comes to racial the to health equity, and like we're trying to get health equity. But when it comes to racial discrimination, and so forth, we know everyone experience is not the same. And for that, all I'm asking is for people to take the time to reflect and listen. So when someone brings something up, you know, be open and listen and say, "Hey, I hate that that happened to you, what can I do? Or teach me more so I can teach another person who doesn't look like you. So they don't do that". That's what we do. Let's shine a light on really what's going great. If we keep going backwards, the backwards part because I mentioned with the history, you have to know the history. So we don't repeat it. So I that's important. Okay, but moving forward, it's important that we shine a light on what's working. And just real, you know, real quick when I think about, you know, like all of my scholarship opportunities where I did. For my undergrad, I had a public speaking scholarship, which is called forensics, there's three different types of forensics. So you got public speaking, and you have forensic and hospital where you're dealing with correctional people. And then you have forensics, where people die and you do the cadaver stuff. So three different types of forensics. And so the individual who identify with me to do that happen to be a Caucasian male and South Georgia. Okay, so that's one, the individual who selected me for my internship where I was able to become a published author, before I even got my four year degree happened to be another Caucasian male, the individual who mentored me and still mentors me to this day, (she's how I learned about nurse practitioners because she's the first nurse practitioner I met.. and she pretty much grew me she happened to be a Caucasian female.) So I'm not saying this in a way where I'm for people to misunderstand me and say that I'm a sellout because I'm not. You know, I'm definitely a proud Jamaican. But I will talk about the fact that if you navigate through life constantly focusing on division, then you that is what's going to manifest. But if you navigate life, just saying, hey, you know what, I'm the bomb.com! People don't like me, things gonna attract to me, because that's the energy I put out there. What happens is, the universe just happened to us those individuals, and they happen to have that shell for their skin color, but it could have been anyone. So that's why it's so important not to be so attached with being us against them, because I think you'll miss out on some fabulous opportunities. And that's all I wanted to share. So when you get a chance, go visit nursing with intention.org and sign that pledge. Because I mean, there's a whole bunch of other things there as well. We have the course but it's really to take some time to really think about like how do we move forward as healthcare providers, especially with what's his name? Rittenhouse? That's what's his last name the guy...

A Amanda Guarniere 39:47
Oh yeah!

D Dr. Patrice Little 39:49
He wants to be a nurse and I'm like, "Mmmm, NOT!" Like, you need to take my course! I'm Scrappy'Do, let me at em!! Let's sit down. Have a conversation, let's get to the root. Because he's still technically young, anyone who's in their 20s. Like now that I'm in my 40s, I always say anyone who's in their 20s. And they're so fixated on just division and race. Those were learned behaviors. So let me at 'em!

A Amanda Guarniere 40:18

I appreciate you. I appreciate you sharing your thoughts on that. Really.

D

Dr. Patrice Little 40:23

Oh yeah, no problem!

A

Amanda Guarniere 40:25

And you pointed out something that I also truly believe, which is what we focus on expands. So I think that, you know, what you explained is a really, really great example of that. So we're gonna wrap things up and I want you to share with the fine listeners where they can learn from you, connect with you, follow you so that we can include all these links in our show notes, so that people can learn more from your from your awesomeness!

D

Dr. Patrice Little 40:55

Okay, good. So for more on NP Student Magazine, where we're keeping you updated with every aspect of your life in and out of school. You can follow us on IG and Facebook @NPstudentmag, that's @NPstudentmag. For more on self love, relationships and business- follow me at Dr. Patrice Little, that's @drpatricelittle. And other than that, Subscribe today to NP Student Magazine. I'm telling you, things are unfolding! It's unbelievable! And it's blowing my mind so it's about to blow yours! Thank you for having me.

A

Amanda Guarniere 41:27

I love it. Thank you for your stories for your authenticity for your relatability it's just it's always a pleasure to chat with you! So thank you so much.