



## Happy CNS Week!

CNS Week is here, which means the next seven days are all about celebrating you! Every day, for the next week, NACNS will introduce new resources and tips to follow to help spread awareness of the CNS role. Today, we will talk about the history behind CNS Week and the CNS role itself.

National CNS Recognition Week (CNS week) is an annual event that acknowledges the contributions of the nearly 90,000 Clinical Nurse Specialists (CNSs) in North America. CNSs are an elite and unique group of advanced practice nurses (APRN) that are the only APRNs qualified to integrate care across the three spheres of influence in health care: patient, nurse, and system.

NACNS established CNS Week in 2009 to commemorate and celebrate the birth of Hildegard Peplau, who was born on September 1, 1909. Dr. Peplau was a prominent nursing theorist whose landmark book, *Interpersonal Relations in Nursing*, emphasized the nurse-client relationship as the foundation for nursing practice and today serves as the basis of the CNS role in health care.

CNS Week is a perfect time for CNSs to celebrate and bring attention to the role, and for hospitals and health care systems to pay tribute to the valuable part CNSs play in health care and health care delivery!

## Happy Birthday Hildegard Peplau!

Hildegard Peplau, RN, Ed.D. (1909 – 1999), is the founding mother of the clinical nurse specialist (CNS) role. In 1956, Dr. Peplau established the first nursing master's degree program with a focus exclusively on clinical practice. Graduates of this program were called clinical specialists, making Rutgers University School of Nursing the birthplace of the CNS role.

Dr. Peplau emphasized the nurse-client relationship as the foundation for nursing practice and the partnership model that focused on a shared experience between a nurse and a client through observation, description, formulation, interpretation, validation, and intervention.



[Learn More about Hildegard](#)



### Say Happy Birthday!

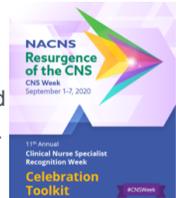
Happy birthday to the founding mother of the CNS role, Hildegard Peplau! Born on September 1, 1909, @NACNS established the first week of September as National CNS Recognition Week (#CNSWeek) in 2009 to commemorate and celebrate her birth. Let's celebrate the role of the

CNS!

## Celebrate with your colleagues!

Check out our [website](#), where you can find everything you need to celebrate and bring attention to the CNS role!

Download our Celebration Toolkit, where we have compiled a list of resources and tips, and drafted readymade content for you to use and share with your audience.

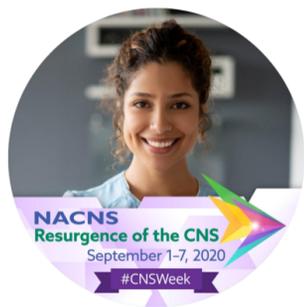


[Download Celebration Toolkit](#)

## Access our new Facebook Frame!

NACNS has created a Facebook frame dedicated to CNS Week! Show off your CNS Pride by adding this to your profile picture!

1. Go to your profile on the Facebook app and tap "Edit" on your profile picture. Then tap "Add Frame." Or Go to [facebook.com/profilepicframes](https://facebook.com/profilepicframes).
2. Search for "NACNS" frames.
3. Choose the NACNS CNS Week 2020 frame from the search results. If it does not fit, try zooming in or out to resize your photo to the frame, or choosing another photo.
4. Click "Use as Profile Picture."



## Stay connected!

Over 2,500 CNSs from around the country are currently sharing and retrieving information on the NACNS Listserv - don't be left out! Email [CNS-Listserv-on@mail-list.com](mailto:CNS-Listserv-on@mail-list.com) to join.

Make sure you are following our social media accounts, and join the conversation with the hashtags below!

- #CNSPride
- #CNSWeek



## Become a member!

The National Association of Clinical Nurse Specialists (NACNS) is the only national association representing the CNS. CNSs are the most versatile advanced practice registered nurses and work in a variety of health care specialties to ensure delivery of high-quality, evidence-based, patient-centered care. NACNS is dedicated to advancing CNS practice and education, removing certification and regulatory barriers, and assuring the public access to quality CNS services.

NACNS membership provides you with the following benefits

- **FREE CEs** for NACNS Webinars - more than 20 contact hours per year free! (\$1400 value)
- At your finger-tips access to **NACNS' Journal- *Clinical Nurse Specialist***™ (\$160 value) – both online and in hard copy
- **Discounted registration** to the NACNS Annual Conference (\$300 discount at Early-Bird, and \$235 discount onsite)
- **CNS certification discounts** from American Nurses Credentialing Center (ANCC)
- **Discounts on liability insurance** from the Nurses Service Organization (NSO)
- **National and state representation** about issues affecting CNSs, like regulation, certification, reimbursement and more
- **Special products** related to the celebration of CNS Week, September 1-7 each year
- Assistance developing **regional and local NACNS affiliates**
- **Networking opportunities** with CNSs from around the country

NACNS exists to support you, we hope in turn you will help us better support the CNS by becoming a member! If you have questions, please don't hesitate to reach out to us at [info@nacns.org](mailto:info@nacns.org).

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