

eChapter

Sun nien fail lok

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Happy New Year

Bonne année

No matter your native language or favorite way to express it: *Happy New Year* to all our e Chapter colleagues!!

As is the custom, new goals and resolutions are being made (and hopefully, not broken already!) As nurses, we certainly know the key to making goals is to be specific and measurable (sound familiar?). Going hand in hand with this is another very familiar concept - time management.

Many resources are available for managing our time. Additionally, there are a variety of options for knowing our personality type or profile – what makes us “tick”. Any introverted thinkers among us (ala Meyers-Briggs type assessment)? A past Congress session offered shapes as a way to understand our personalities (circles, squiggles, triangles), and of course, many of us have had our “colors done”.

Recently, I attended a meeting of The Professional Women’s Group of Zürich at which the guest speaker* spoke about time management from an interesting perspective. “Inner time management” or “Chrono Type” is more commonly known as one’s circadian rhythm. Basically, it is the attribute of when a person is most alert and the preferred wake-up time and “prime-time” or maximum energy time during the day.

CHRONO TYPE	PREFERRED WAKE-UP TIME	PRIME TIME (Max Energy)	PREFERRED BED-TIME
<i>Chrono Type 1</i> (extreme Morning Type)	0500-0630	0500-0800	2000-2100
<i>Chrono Type 2</i> (Morning Type)	0630-0745	0800-1000	2100-2215
<i>Chrono Type 3</i> (Indifferent Type)	0745-0945	1000-1600	2215-0300
<i>Chrono Type 4</i> (Evening Type)	0945-1100	1600-2100	0300-0145
<i>Chrono Type 5</i> (Extreme Evening Type)	1100-1200	2100-0500	0145-0300

It is a method to identify an individual’s “energy curve” with the fixed points of wake-up time, beginning of work, breaks, lunch break, end of work, bed-time, etc and how they correspond to the Chrono type or inner rhythm. Having an

awareness of the Chrono type helps determine how best to match the type of work and tasks to the prime times and lower, down energy times.

It was interesting to be one of just a few participants in the group from a clinical work background. There were not too many of us in the Morning Type. For me it was a bit of a “chicken or egg” question – was my inner clock already in synch with the perioperative environment when I began my first job, or after so many years have I become a Morning Type?

When searching for additional information on Chrono Types, it was interesting to note consulting organizations that work with industries with a 24/7 multiple shift environment. Yet another facet in not only effective and efficient, but safe work environments.

The calendar says it is a new year. For eChapter, it is actually mid-year (our Chapter year starts July 1). However, we can still make a resolution for our Chapter – to seat a full compliment of our 87 delegate positions in Denver for Congress 2010! Congress week – a very full and active schedule - probably stretches the parameters of the Chrono Types for most of us. However, no matter your “color” or “shape” or Chrono Type, eChapter benefits from all members serving as delegates. Be sure to review the delegate information on the website for applying for delegate and the delegate schedule of responsibilities. Also, be sure to take advantage of the group registration through the eChapter.

Best wishes for your professional and personal 2010 resolutions!

Cynthia

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Szczesliwego Nowego Roku *Manigong Bagong Taon* *Ein glückliches neues Jahr*

Feliz año Nuevo

Happy New Year

Shana Tova