

Tamara AL-Yassin

Together nurses are stronger,
and together nurses can, and will, make a difference.



2019 American Nurses Association
Membership Assembly

Nurses can change the landscape of politics, the health and welfare of the communities served, and can advance the nursing profession.

The importance of advocacy, shared leadership, and commitment to professional organizations proved necessary from the inception of Tamara AL-Yassin's career. Throughout nursing school, she found herself drawn to members of the **California Nursing Student Association (CNSA)**, a group of like-minded individuals devoted to elevating the standards of professional engagement. It was within the association meetings that she learned about an opportunity to apply for the **Nursing Student in Sacramento Internship (NSSI)** with the **American Nurses Association of California (ANA/C)**. After acceptance into the program, she gained an understanding of the importance of mentorship and began to explore her potential for advocacy. Through NSSI, Tamara participated in **RN Lobby Day** in Sacramento; it was within the walls of Capitol Hill that she began to bridge her clinical voice with advocacy for policy change on a statewide level through translating the knowledge she had as a nursing student. After receiving her nursing license, Tamara knew she would have a stronger voice as a registered nurse and felt committed to pursuing the advancement of the profession.

From 2015 to 2017, Ms. AL-Yassin was elected to serve as the California State Representative at the national ANA Membership Assembly in Washington, D.C. **She was the voice of California members committed to shaping national policy priorities.** With years of commitment to engagement, she was able to walk into legislative offices and articulate the voice of a registered nurse at the bedside for policy change. Tamara led discussions with senior policy fellows for state senators that she only previously knew via ballots or TV broadcast on issues such as **safe patient staffing** and **workplace violence**. In addition, during the Membership Assembly, Ms. AL-Yassin participated in policy cafes designed to offer perspectives from the bedside nurse on greater community issues such as the **opioid crisis**. Through these experiences, she realized that collectively, nurses could change the landscape of politics, the health and welfare of the communities served, and can advance the nursing profession.

While working as an RN in Stanford's Emergency Department, Ms. AL-Yassin has been fortunate to represent California at the 2018 and 2019 ANA Membership Assembly as an elected Voting Delegate on behalf of the ANA of California. In addition to RN Lobby Day, she voted on bylaws, which elected leaders within ANA that guide nursing on a national level. It was during this period that **Ms. AL-Yassin helped elect the first male president, Ernest J. Grant, in ANA's 124-year history.** She found that the power of voting, professional engagement, and leadership were evident and inspiring. In the fall of 2018, she was able to share her story as a speaker at the ANA\IC General Assembly in Newport Beach, California. **Her presentation focused on advocacy and empowerment through mentorship, engagement, and leadership.**



"Nurses must take the next step as leaders so that they can innovate and transform the healthcare system and community."

Ms. AL-Yassin believes that nurses must bridge the gap and go beyond the bedside to advocate for the continued growth of the profession and the communities served. Nurses must take the next step as leaders so that they can innovate and transform the healthcare system and community. Ms. AL-Yassin believes that nurses shouldn't doubt their potential as leaders. Nurses have the immense capability, beyond measure, simply by virtue of licensure. She believes that professionals should take that next step, find their passion, and fulfill the role of the leader that they are destined to be. If one finds themselves unsure, **Tamara advises to identify a mentor and ask for their assistance in pursuing their potential.** Ms. AL-Yassin's journey would not have been successful without mentors, which have ultimately strengthened her determination to serve as a preceptor within her department.



"Working as a clinical nurse at Stanford's Emergency Department has inspired me to believe that nurses in all settings have the ability to positively influence change. SHC is an institution that champions the profession of nursing. As an SHC RN, I have been given opportunities within an empowering environment to engage in my professional community and advocate for nursing involvement in healthcare policy change, leadership, and legislation."

As a preceptor within the workplace at both Stanford and other facilities, **Ms. AL-Yassin has had the opportunity to share her experiences in advocacy and create a culture that understands that leadership is a verb.** One must step in, commit time and resources to develop avenues to succeed. The dividends paid by leadership are profound, and they continue to affect others, and the communities served. She believes that nurses can be the preceptor that teaches the bedside mechanics of one's department, or they can be the mentor that mends collegial inspiration with curiosity to forge professional relationships that can change communities. Even if one has reached the destination of a strong nursing leader, nurses should continue to seek mentors that aid them in reaching their full potential. **Together nurses are stronger, and together nurses can, and will, make a difference.**