

# Taking care online protects Nurses' professional responsibility



## ARE YOU FRUSTRATED ABOUT SOMETHING THAT HAPPENED AT WORK?

### **AVOID VENTING YOUR FRUSTRATION ONLINE!**

After a long shift at work, it is easy to let your guard down on social networks like Facebook, Instagram, Snapchat or Twitter, but it is important to remember that anything you share online could be seen by your employer, a co-worker, or a patient and their family.

So when you login to your social media accounts, remember that you are representing both yourself and the entire Nursing Profession.

Here are some helpful tips to help nurses online:

- Know your legal and ethical responsibilities to maintain privacy and confidentiality as a nurse.
- Respect the privacy of your patients, residents and clients and protect your own privacy.
- Avoid making remarks that could be seen as disparaging or embarrassing about your employer, your coworkers or your patients, residents and clients.
- Remember that words written on social networking sites have the potential to live on forever.
- Educate yourself about the privacy settings and policies of the social networks you are interested in joining.
- Respect professional boundaries – becoming a patient's online "friend" or having communication with them through social media sites may exceed the scope of professional responsibility.
- Create strong passwords and change them frequently. Do not share passwords with others. Log off or turn off your computer or laptop when not in use.