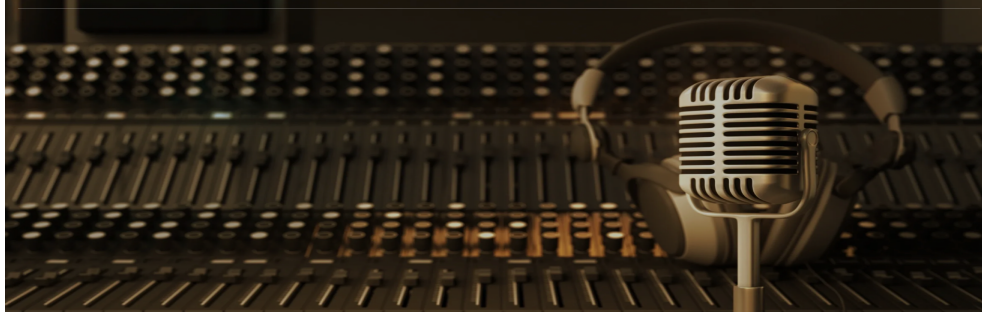




## *The Digital Stethoscope Newsletter*

### *November 2025*



"AI for Nurse Educators & Leaders — Practical, Ethical, Doable."

***AI & Gratitude in Nursing Education***  
***In the rush to innovate, let's not forget to appreciate.***

Welcome to the November Issue of *The Digital Stethoscope*!

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This month, I've been reflecting on how gratitude and AI can coexist in the same conversation. AI gives us efficiency, insights, and possibilities—but gratitude reminds us *why* we use them. In nursing education, every prompt, simulation, and algorithm becomes more meaningful when guided by appreciation: for our students' growth, our colleagues' collaboration, and the collective wisdom that propels nursing forward.

Let's use this season to thank technology for what it frees us *to* do: think critically, connect deeply, and teach creatively.

And if you're looking for community, Dr. Irina Koyfman and I created new LinkedIn and Facebook groups **#Nurses for AI™**, and the groups are growing fast - come share wins, worries, and workflows. We're writing this playbook together. Coming soon are CE webinars!

You can join the LinkedIn "Nurses for AI" Group with this link: <https://www.linkedin.com/groups/14944079/>

Facebook Group "Nurses for AI" with this link: <https://www.facebook.com/groups/778335102032483>

Dr. Susan Deane  
Online Education Consultant

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## *Spotlight Feature: “Educator’s in Action”*



*(All faculty and scenarios are fictional, designed to illustrate best practices in AI-powered teaching and learning.)*

Each month, *The Digital Stethoscope* will feature a short story from the field — inspired by nurse educators who are exploring new ways to blend AI with authentic teaching. These “micro-moments” showcase creativity, compassion, and courage in the classroom (and yes, sometimes a little chaos too).

### *This Month’s Focus: Gratitude in Action*

#### **Meet the Faculty: Dr. R.C., MSN, RN**

When Dr. Collins introduced an “AI Gratitude Wall” in her online nursing course, she wasn’t sure how students would respond. Each week, learners used ChatGPT to generate short gratitude reflections—one for a peer, one for a patient, and one for themselves. What began as a simple discussion board evolved into a powerful culture of recognition and encouragement.

By the end of the term, her AI-generated “Wall of Thanks” included over 150 student messages—expressions of empathy, teamwork, and growth that otherwise might have gone unsaid. Dr. Collins now uses the same strategy in faculty meetings, reminding her colleagues that technology can connect us more deeply when we use it with intention.

“AI didn’t change what my students were thankful for,” she says. “It just helped them *find the words* for it.”

#### **Educator Takeaway:**

Try starting your next class or meeting with a *30-second AI gratitude prompt*. It’s a small step that can shift the tone of learning, build trust, and re-center the heart of nursing education: human connection.

## *“AI, Authenticity, and the Heart of Reflection”*

If October's conversation was about *trust*, November's is about *truth*.

As AI becomes more common in reflection journals, discussion boards, and student portfolios, nurse educators are asking an important question:

“How do we encourage authentic reflection in the age of generated text?”

AI can scaffold thinking, but it shouldn't replace it. The key is transparency—teaching students *how* to use AI to deepen insight, not outsource it. Encourage them to share their process:

- “I used AI to help me clarify my ideas...”
- “I asked ChatGPT to reframe my reflection through a patient’s perspective...”
- “I compared my initial draft with the AI version to identify emotional depth.”

When we normalize disclosure and reflection about AI use, authenticity doesn't disappear—it grows stronger.

Gratitude, in this sense, becomes the bridge between honesty and innovation.

**Educator Tip:** Try using AI for “meta-reflection”—have students reflect on *how* AI helped shape their thinking, not just what they learned.

### *Practical Insights: “Turning Gratitude into Growth”*



Gratitude isn't just a feeling—it's a teaching strategy.

When we invite reflection and appreciation into our classrooms, AI can help us notice the quiet victories that traditional evaluations often miss.

### Case in Point: The Reflective Debrief That Changed Everything

After a particularly challenging clinical rotation, try shifting the focus of post-conference from “*What went wrong?*” to “*What went right - and why?*” Using ChatGPT, here are three reflection prompts:

1. “Describe a moment during clinical today that you’re grateful for.”
2. “What did that moment teach you about your nursing practice?”
3. “How might you recreate that moment of success for future patients or peers?”

The result? Students may begin identifying their own strengths before an instructor did. Instead of defensive reflection, the debrief becomes a gratitude-based learning dialogue—fostering confidence, emotional intelligence, and professional identity.

Here’s how you can bring that same sense of gratitude-driven reflection into your own classroom—one AI-powered practice at a time.

### Micro-Practice: Gratitude Mapping with AI

Use an AI tool to analyze weekly reflection journals or discussion posts for recurring words like “*thankful*,” “*supported*,” or “*proud*.” Create a **Gratitude Word Cloud** to visualize the emotional landscape of your classroom. Display it at midterm as a conversation starter: *What themes of gratitude are emerging in our learning community?*

→ Bonus: AI sentiment analysis can also reveal hidden opportunities for peer recognition or mentorship pairings.

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### Faculty Reflection Exercise: “The 5-Minute Appreciation Loop”

Each week, ask AI to generate one short gratitude statement related to your teaching—for example:

“This week I’m grateful for how simulation technology allowed my students to think critically before acting.”

Save these into a running “AI Appreciation Log.” Review at semester’s end to identify patterns of progress, innovation, and joy in your teaching.

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### Key Takeaway

AI isn’t just a data partner—it can be a mirror. When we use it to amplify gratitude, we cultivate the kind of self-aware, compassionate learning environments that make both educators and students thrive.



Gratitude isn't just a warm feeling — it's a measurable force for well-being, resilience, and learning. This month's research spotlight explores how AI can help educators *capture, analyze, and amplify* the reflective moments that sustain both faculty and students in nursing education.

**Here are some articles of interest:**

[Advancing AI initiatives in nursing academics: Case studies and insights from thought leaders](#)

National Digital Inclusive Alliance (NDIA). [An Exploration of AI in Community Learning](#)

*The World Health Organization (WHO)* released a brief on **AI for Workforce Well-Being**, noting that gratitude and reflective practices are essential to sustain digital transformation in global nursing education.

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*Educator's Toolbox: "The Reflective Toolkit: AI-Powered Gratitude in Nursing Education"*



**This Month's Feature:**

**"Gratitude Prompts" for AI-Powered Reflection**

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Discover simple yet powerful ways to weave gratitude into your teaching through the lens of AI. These tools and prompts help nurse educators turn reflection into renewal—reminding us that innovation begins with appreciation.

Use these AI prompt starters to encourage gratitude and reflection in nursing classrooms:

- "Generate reflective journal questions that help nursing students connect gratitude to professional resilience."

- “Create discussion board prompts linking acts of compassion in clinical practice with emotional intelligence.”
- “Write a short narrative from a nurse educator’s perspective on how technology enhances—not replaces—human connection.”
- “Create discussion board prompts linking acts of compassion in clinical practice with *Try them in ChatGPT, or as a guided activity in your LMS discussion board.*

## Closing Note



As we close this month’s issue, let’s remember that gratitude and innovation aren’t opposites—they’re allies. AI may streamline our teaching and research, but gratitude keeps our work grounded in purpose and connection. When we pair technological curiosity with genuine appreciation, we not only transform nursing education—we elevate it.

Here’s to moving into the holiday season with thankful hearts, creative minds, and a shared commitment to shaping a future where AI amplifies the humanity at the heart of nursing.

 **Susan**

*Feedback:* Please share your feedback, experiences, questions, and ideas or articles for upcoming issues. Send email to: [susan@thedigitalstethoscope.com](mailto:susan@thedigitalstethoscope.com) or [susandeane119@gmail.com](mailto:susandeane119@gmail.com)

