The change process I have gone through in the last three months has been dramatic and part of my philosophy is never be too humble to say you do not know something. I would much rather someone said to me that they were unsure than went ahead and did something when they did not really know what they were doing. To me, that is safe practice. Many nurses I have met are resistant to change, but my message is if we do not embrace it, how is our practice going to change?