

# 30 Day Writing Challenge



Each year the Practice Development unit at NBMLHD coordinates a fun creative challenge for nurses and midwives aimed to celebrate different aspects of being a nurse, midwife and the things that occur in everyday practice. In 2018 the annual event was a '30 day Writing Challenge' with a focus on 'What matters to you'.

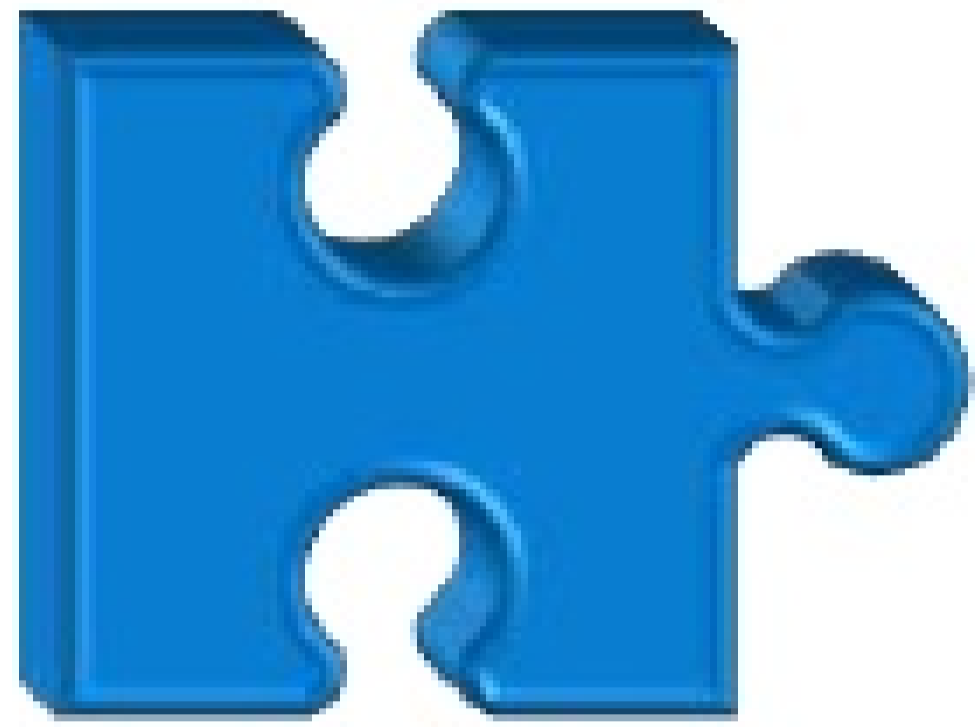
Aim: To provide an innovative way for nursing and midwifery teams to share their stories and experiences using a guided tool in the form of a 30 day story book.



## Passion for Nursing & Midwifery

- The passion comes from within the person and the qualities that they possess expressed as caring and empathetic.
- The reasons and passion to continue to work as a nurse or midwife comes from a place of wanting to care, making a difference and to help others
- Belonging to a profession and a team that offers support was expressed as being important for passion.

*"Becoming a nurse was the most amazing decision I made in my life. I have a caring personality that led me to pursue nursing as a career"*



## Job Satisfaction

- A sense of satisfaction was achieved when staff felt that they were able to make a difference and provide patients with the care that they required.
- A sense of belonging to a community was important for job satisfaction. This was expressed as working with a supportive team, being able to have a laugh and share food and to be part of the 'family'.
- Acknowledgment from patients and fellow staff gives nurses and midwives a sense of job satisfaction.

*"Seeing patients who have been unwell, getting discharged home and walking out with a big smile"*



## Work Place Culture

- A positive work place culture for improved patient care resulted from nurses and midwives being able to spend time with their patients.
- The sense of belonging to a team was very significant for nurses and midwives.
- Acknowledging the lived experiences of nurses and midwives which was expressed by work/life balance and the expectations of nursing and midwifery.

*"No matter how stressful or busy a shift is we can always have a laugh. We love busy and supporting women in our care"*



## Patient Care

- Patient care was described as having attributes that enabled nurses and midwives to care, such as a caring attitude, empathy, kindness and compassion.
- Treating each patient as an individual and tailoring care to the specific individual was important for providing patient care.
- Acknowledging the life span, and the important moments of patient care.

*"Quality care – provide high standard of care by meeting the patients needs through kindness, empathy, advocacy, knowledge, skills and passionate care"*



## Nursing and Midwifery as a Profession

- For many becoming a nurse or midwife was seen as a calling, something they had always wanted to do. This was expressed as a calling, a desire or wanting make a difference
- The diversity of nursing and midwifery was appealing to many. This was expressed by the different career pathways, working in different specialities and variety on a day to day basis.

*"You can change pathways. Old skills can be blended with new skills"*



## Uniqueness – funny stories and antidotes

- Nurses and midwives shared their ability to be able to talk about that things that would be distressing or gross to others, like being able to talk about a wound over dinner in the tea room. These quirky stories is what sets them apart for other professions
- The back stories of how people became nurses and midwives came from the different personal journeys of the individual.

*"I wanted to be a vet. Didn't get the marks for Uni, so went into nursing. Still enjoying it 39 years on!"*



## Individual Contributions: What makes 'Me'

- Knowing self and the personality traits that are needed to be a nurse or midwife, and acknowledging that these are important to be a nurse or midwife. These traits were expressed as caring, wanting to help and to give back to the community
- Acknowledging the individuals past experiences and how this can shape the nurse or midwife that they become

*"I had great postnatal care when I had my son and twin daughters. When I found out there was a shortage of midwives and a BMID course, I wanted to help other women to become mothers. I love working in the postnatal area"*

Conclusion: The story book allowed nurses and midwives to reflect and share their experiences about what it means to be a nurse/midwife. The key themes demonstrate what matters to nurses and midwives in the NBMLHD and how this is reflected in their teams and the person centred care they provide.

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