

## New Year – New Changes



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My dear readers,

Happy New Year to you! 2024 is here! FINALLY!

I hope you have had a good start so far.

Well, well, well... another year, new thoughts, new challenges, and the good old resolutions? Hang on a minute- what are those?

I have been out of the resolution department for years. In the past, I had made resolutions for the new year and broke them within the first 24 hours after the new year had started J! But I guess I am not the only woman on planet Earth who agrees with me.

What I have planned for this year is - there will be a change within my nursing career! And I will stick to it.

For 30 years now, I have been an RN in the acute nursing setting. Thirty years of amazing, wonderful, challenging, sad, funny, colourful, ground-breaking years for me.

Deep in my heart, I know now there is also another side of nursing in me. I know I am a 'proper' ward nurse, not an ICU nurse, not an ED nurse, not a theatre nurse, or a CCU nurse is in me. Ward work has always been my passion.

Last Friday, I started my change process. I did a shadowing shift in a mental health ward for one of the biggest psychiatric hospital trusts in the UK. I was working in a Substance Misuse and Recovery Ward. I worked with two Registered Mental Health Nurses (RMN), two healthcare assistants, a social support group worker and a social worker.

It was so interesting to see the work of the mental health nurses. Because it was a detox ward, I could follow a certain understanding - of the medical way of detox. Of course, mental health is a brand-new area for me, as I don't have this kind of expertise. But over the next months, I shall gain new knowledge J, which is super great – to dive into the work of my great psychiatric colleagues. Everybody was very kind and welcomed me in very warm manners. Of course, my general nurses' eyes were switched on, but I had to remind myself - this is not a general medical ward.

So, I have decided to split my work between general nursing and mental health nursing. It will be my change, and my gut feeling says, yes, this

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is good and will enhance my world of thinking, working, and growing even further.

I can use both skills in two big areas of nursing, which is just a gift here J, don't you think?

I stayed even longer on the ward than expected. Hey, if that is not a good sign, I don't know. I felt uplifted when I walked home and happy with my decision. I did a shift where I did not get any payment (bless me!), and I felt epic. What more do I want J....

It shows what a great profession nursing is. Even with my 30 years of general nursing experience, I can change within my profession. I won't leave my ward work – I love it too much, but a change will take me even further.

It is never too late to try changes and re-evaluate yourself as a nurse. It all pays off at the end of the day!

Many thanks for your time, my dear readers.

Warm regards,

Sabine

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