

Always remember that if the weather or the wait time determines your "need" to come to the ER... It's not an emergency



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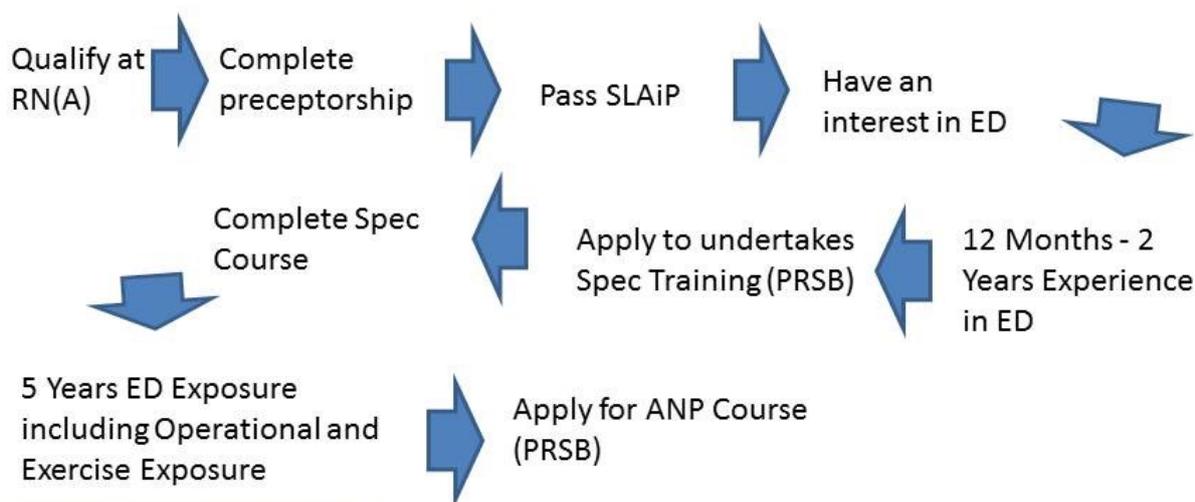
QARNNS Emergency Nurse Newsletter


TRAIN
HARD
AND
FIGHT
EASY

Emergency Nursing Cadre

The cadre is growing in size and capability due to the changes in service requirement. We are leading the way on many aspects of change to the QARNNS and RNMS, particularly within Pre-Hospital Emergency Care and Advanced Nurse Practitioning in Secondary Care. This is made possible through the dedication, commitment, knowledge and professionalism of all members of the cadre.

EM NURSING CAREER PATHWAY



Hospital Vs
PreHospital



Look at the QARNNS Face Book page or

www.QARNNS.co.uk



Issue 1

A Message From EN Cadre SNA

Welcome to the first QARNNS ED Cadre news letter. There has never been a better time to be a part of the branch with the introduction of Advanced Practice and MITC. As a cadre, the breadth of influence across very busy clinical areas, on deployments, within the Navy and wider Services has been immense and I would like to thank you for your hard work in making the cadre what it is.

With regards to manning, we will be up to full strength by next year. There will be still be PRSB each year for EN spec courses and a trickle of personnel will go though to prevent a manning shortfall in the future. These numbers will be dictated by manning trends throughout the year so can change depending on service leavers, personnel commissioning and personnel joining. As this is now the case, it has set the standards expected for future ENs and it is imperative that candidate demonstrate their spare capacity, a strong Naval ethos, adaptability and show how they will be ambassadors, not just for the EN cadre, but for the QARNNS.

Please continue to provide the best of clinical care, work hard and lead from the front with drive, passion, good initiatives and forward thinking ideas.

This news letter is a forum to let each other know what we have been up to and to pass on any information or tips that you feel us ENs should and would like to know so please contribute as much as you can.

*Kind Regards,
Senior Nursing Advisor (SNA) QARNNS EN Cadre.*



Current Work Strands

- **MiTC Role and Equipment, training and Module review**
- **TORs, Job Spec and PiD review on Commitments**
- **ANP Training implementation and review including PiD's, and TOR's**
- **Pre-Hospital Clinical Placement opportunities across all DMG Units**

We're Here for You

Any ideas for furthering the ED Cadre, courses to attend or other ideas please contact SNA or DSNA's. They are here to put your ideas forward to command and help us make changes and the difference between a good Cadre and a Great Cadre.

PRSB

Just a reminder that there are opportunities to train to Level 5 Coaching and become a Coaching Champion.

April 16 PRSB should e-mail their e-portfolio to NEA by **5 Apr 16**. Those applying for L7 or 8 study must be available to attend PRSB for interview on **19 Apr 16** at DMS Whittington.

ALL NURSES
Are made equal
but
only the finest
become EMERGENCY NURSES

Comments from Drafty

Bottom line up front: PLAN YOUR SHORT TERM, MEDIUM TERM AND LONG TERM CAREER GOALS

- Look at your short term goals within years 1-5, think what course you need to achieve to get you promoted the clinical experience and what commitments you want. Think about your specialisation and where you want this to take you.
- Consider the medium term planning of your careers, it is all too easy to focus on your clinical development, you are more than just an EN and you will need to broaden your portfolio to ensure you have a balance of clinical, operational and wider Naval/military experience.
- Consider the timing of doing a command and staff job. Think about what is the right time and ask advice from your DO/SNA/DSAN/Drafty, i.e. a year after ED course and before you start getting ready for L7? At what time do you expect to reach your career goals, such as being promoted to CPO, Commissioning or Advanced practice.
- Give yourself opportunities within your objectives to provide supporting evidence (especially at a time when you will be coming into zone for promotion) for your SJAR/OJAR that you are able to achieve in more arenas than just your primary one. This will give you the edge when you come in line for promotion.
- Don't forget to integrate your career aspirations with your home/relationship/personal aspirations to ensure they work together to enhance both each other.
- If you plan your career goals and know what Command and Staff roles you are interested in, annotate this in your preferences on JPA and discuss with your CoC and Drafty to give yourself the best chance of achieving these goals.
- Ensure your drafting preferences, objectives and aspirations are kept current on JPA.
- There are many 'out of branch roles' that are available at all levels from teaching and instructional posts at Raleigh, RNLA and DCHET to QARNNS recruitment. Drafty will be looking at the well manned spec cadres to fulfil these appointment. Use this opportunity to develop your CLM and career opportunities and bring this wealth of experience back to the EN cadre and QARNNS.

