



SwingShift Nurses Notes



2020
INTERNATIONAL YEAR
OF THE NURSE AND
THE MIDWIFE

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Nurses recognised in 2020

In mid May SwingShift Nurses celebrated International Nurses' Day. Held on 12 May, the anniversary of Florence Nightingale's birth, it is a global day of recognition for the work of nurses. This year International Nurses' Day took on even more significance due to the frontline role of nurses in responding to the coronavirus pandemic and the fact that the World Health Organisation (WHO) designated 2020 the



Mental Health
Foundation Australia

Australian Mental Health Awards

Mental Health Foundation Australia has launched the Australian Mental Health Awards for 2020. The annual awards recognise outstanding individuals and organisations who have contributed to the mental health sector. The awards are presented in four categories:

- mental health advocate of the year
- mental health organisation of the year

'International Year of the Nurse and Midwife'. Nurses and midwives play a vital role in providing health services and are often the first and only point of care in their communities. The world needs nine million more nurses and midwives if it is to achieve universal health coverage by 2030 and WHO has initiated a campaign to strengthen the workforce. The organisation is calling on all countries to invest in nurses and midwives as part of a commitment to health for all.



Avoiding burnout

Burnout is a state of complete mental, physical and emotional exhaustion. When not managed, short-term stress can lead to burnout and the consequences can be severe. Your productivity can drop dramatically and that not only impacts your career but also your personal life. Identifying the signs of burnout early is important as it can help you put preventative measures in place. Some strategies that can help you manage short-term stress include keeping a 'stress diary' to document what routinely causes you stress as well as practicing deep breathing, meditation and other relaxation techniques. If you are feeling stressed and would like to chat to someone you can call Nurse and Midwife Support on 1800 667 877.

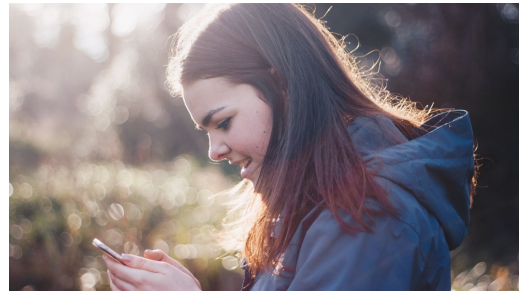


Share the dignity

SwingShift Nurses continues to support Share the Dignity — an Australian charity that makes a real difference in the lives of women and girls

- mental health volunteer of the year
- young mental health icon of the year.

[Nominations](#) close on 10 July and the awards will be presented at the National Mental Health Month launch in Canberra in October.



Keep your availability up-to-date

SwingShift Nurses continues to be one of the most utilised nursing agencies in Victoria due to the high quality of the nurses and service we deliver. To provide you with the best employment opportunities it is important that our records are current. Please contact us today to ensure that your employment preferences, availability and personal data are up-to-date.



Renew your registration now

More than 400,000 nurses and midwives registered with the Nursing and Midwifery Board of Australia are due to renew their general or

experiencing homelessness, fleeing domestic violence or doing it tough. Support services across Australia have registered an increase in the number of domestic violence cases during the coronavirus lockdown. The federal government has set aside an extra \$150 million to address this issue and Share the Dignity is playing a role by distributing period products to charities. You can help by [donating](#) today.

non-practising registration by 31 May 2020. As a registered nurse, enrolled nurse, midwife or nurse practitioner you should have received an email from the Australian Health Practitioner Regulation Agency providing access to [online renewal](#)



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