



WE HAVE BEEN HEARD

MEMBERS IN NORTHERN IRELAND CONSIDER OFFER FOR PAY PARITY AND SAFE STAFFING



NEW RESEARCH:
NURSES UNDERVALUED
AS MOST ARE WOMEN
P3 NEWS

DOES NURSING FEEL
LIKE AN EMOTIONAL
ROLLERCOASTER?
P7 OPINION

JESS FIGHTS FOR
BETTER SUPPORT FOR
VICTIMS OF RAPE
P9 FEATURE

FIND YOUR NEXT
NURSING JOB
P17 CAREERS

Nurses are undervalued because they are mostly women, new study finds

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Have your say on how the RCN is governed

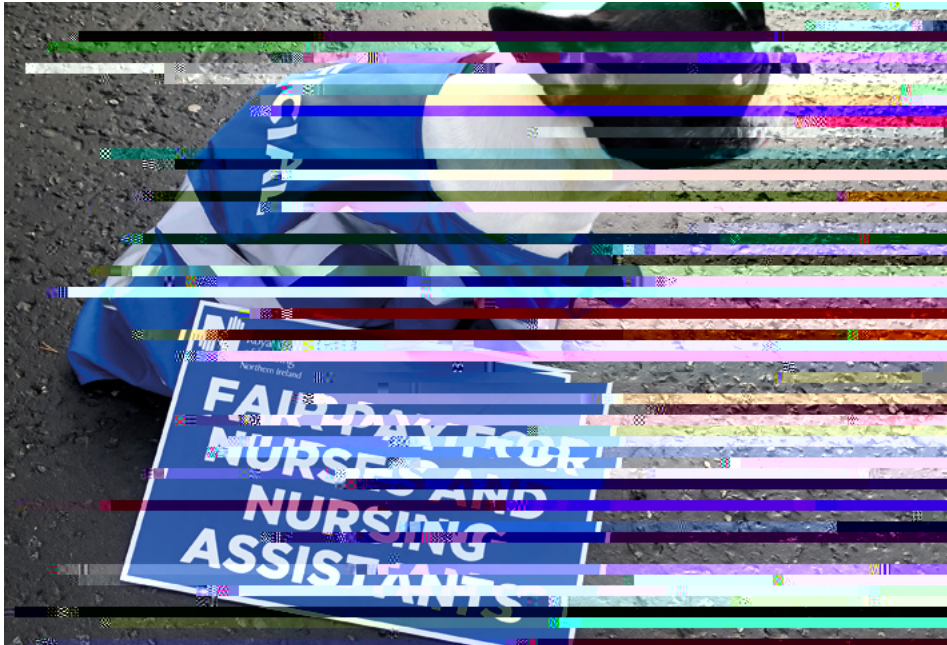
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rcn.org.uk/governance-review

4 NEWS

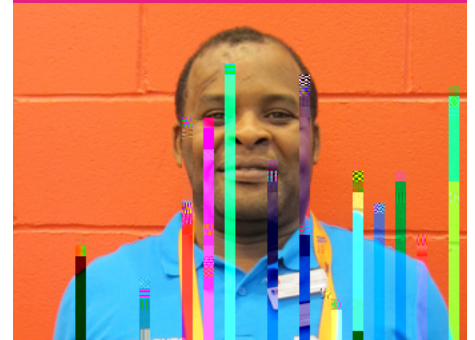


The big picture



Dogged determination on the picket line in Northern Ireland makes ministers pause for thought on pay parity and safe sta ng.

MEET THE MEMBER



Each month RCN Bulletin asks a member to share a little bit about themselves

Name: Olatunde George
Role: Nursing student (third-year mental health)

Describe your job in three words:
Busy, challenging, steady.

How did you get where you are now? By chance. Someone told me a local medium secure unit needed HCAs. After 10 years working there, I decided I had enough experience to train to be a nurse.

If you weren't doing this, what would you be doing? I have a business degree but a part of me has always wanted to care for people.

What item can't you do without at work? R c H H

What's the best bit about your job? Going home knowing I've made someone's life a bit better.

How do you unwind? Mindfulness and I also enjoy photography.

If you could have a superpower what would it be? Making everyone well.

What's the best lesson nursing has taught you? That if you give out a good attitude, you will be treated well.

rcn.org.uk/myrcn



PATIENT PERSPECTIVE

Sean explains why he supports nursing sta who went on strike in Northern Ireland

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6 OPINION



Jincy Bilgy
Nursing sister

What you've been saying

Achieving goals

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 [Danielle on Facebook](#)

Retirement reminisces

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QUOTE OF THE MONTH

We should never have allowed our nurses to be pushed to a point where industrial action was the only thing they saw as an option as to how they get the message across

New Northern Ireland Health Minister Robin Swann speaking about the recent VWULNH DFWLRQ IRU VDIH VWDdQJ DQG SD\ SDULW\ LQ 1

FOUR THINGS TO DO IN JANUARY

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8 FEATURES

Get that interview

RCN careers coach Julie Watkins considers how to make the best first impression on a potential new employer



TOP TIP

Want feedback on your CV? Have it checked for free by our team of expert careers advisers. Email it to career.service@rcn.org.uk, along with your full name and membership number or postcode. Please include a brief summary of your current career situation and what types of roles or areas of practice you're interested in. You can also get feedback via telephone coaching. Phone 0345 772 6100 to book an appointment.



Back to a safe place

Jess is pushing for the law to be changed in Scotland, so victims of sexual assault are better supported, and nurses play a bigger role in collecting and presenting forensic evidence

Beyond the bedside

What can we learn from American nurses growing a national movement to improve working conditions and protect patient safety?

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revolution for safe patient care

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What was the key to their
safe sta ng success?

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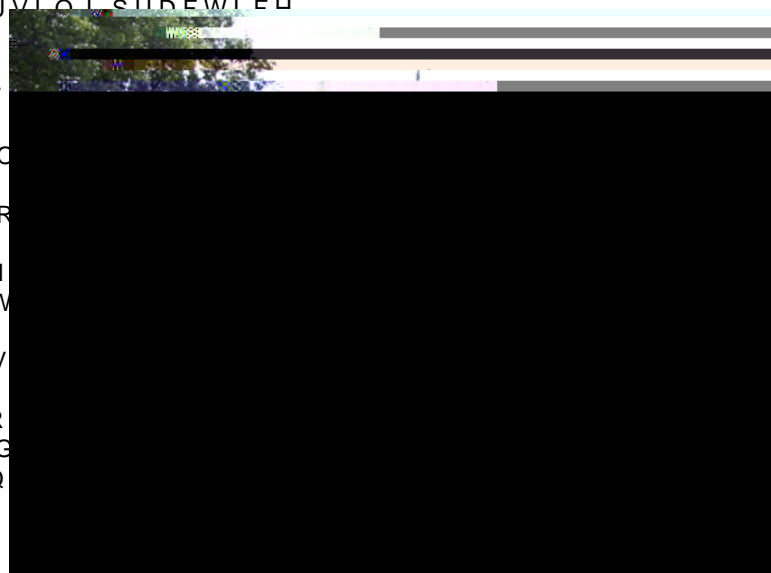
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community organisers to support

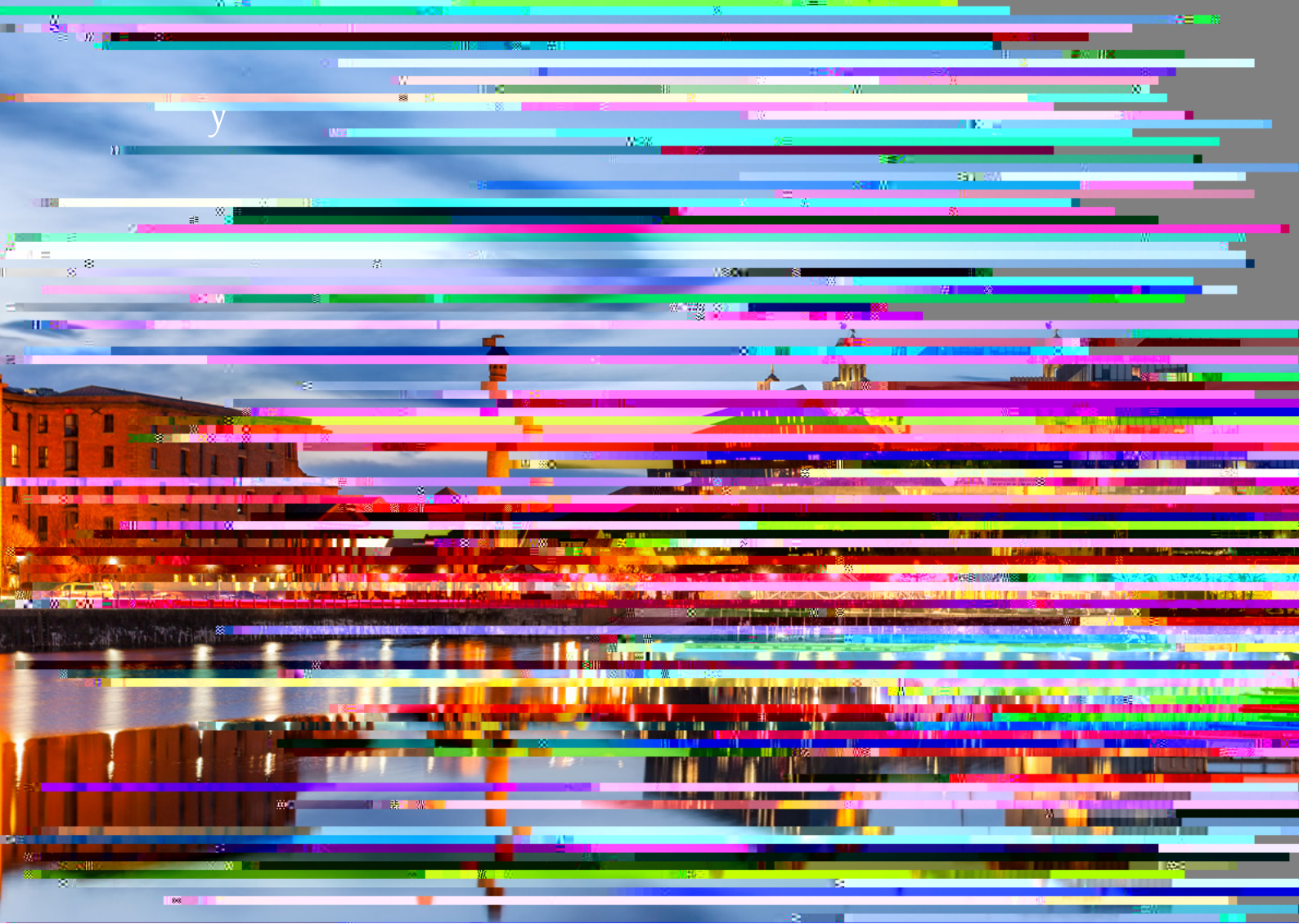
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We know
we can't be
e ective nurses
if we can't
be e ective
advocates



SRWLRQ



Race-related harassment: we'll help you fight back

Rahul* had been the victim of religious and race-related harassment at work for more than two years. When things came to a head, he sought support from RCN legal services and received more than £6,000



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6 The apology was the most important thing, as well as being able to work without being bullied

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DQG RIIHQVLYH WKLO J S H Z W R Q Z K R I G F D X V H G W K D W
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The man's name has been changed. Words by Zara Davies

14 FORUM FOCUS

ECHO chamber: sharing best practice in palliative care

Nigel's using teleconferencing technology to help train clinically isolated sta



By involving everybody in discussions, everybody recognises they've got knowledge and skills to share

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Creating a virtual community

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uses Zoom, a teleconferencing

16 EVENTS

For details of more events visit the region and country pages of the RCN website or go to rcn.org.uk/events

London

Fertility nursing conference

14 March
RCN HQ
20 Cavendish Square
London W1G 0RN

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CAREERS

18 CAREERS

For more information about RCNi Nursing Careers and Jobs Fairs
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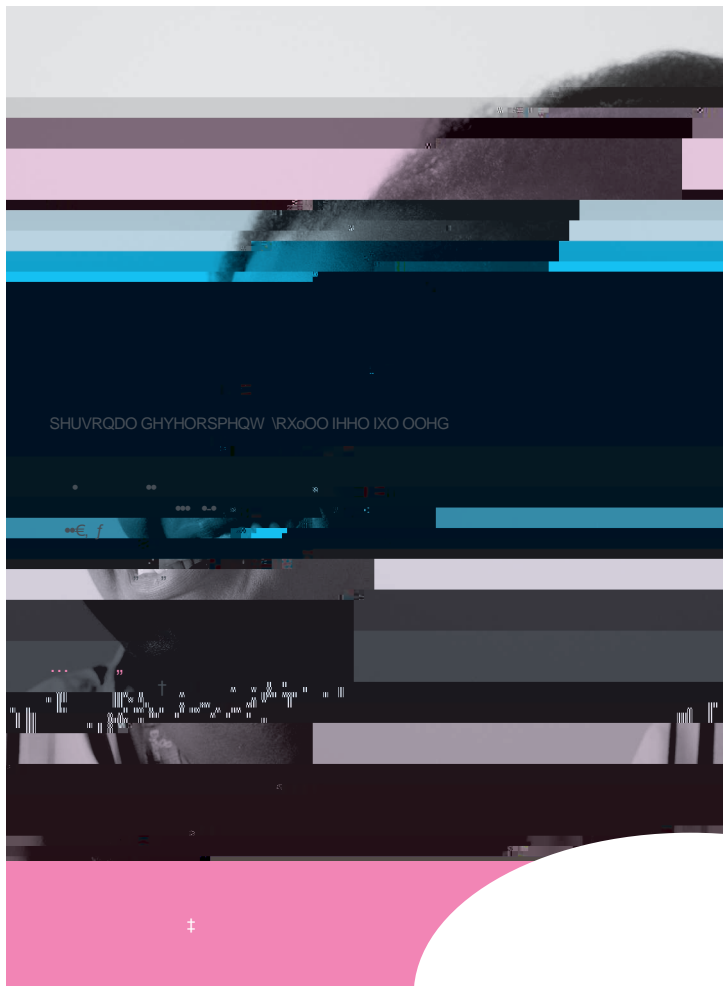


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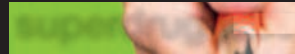
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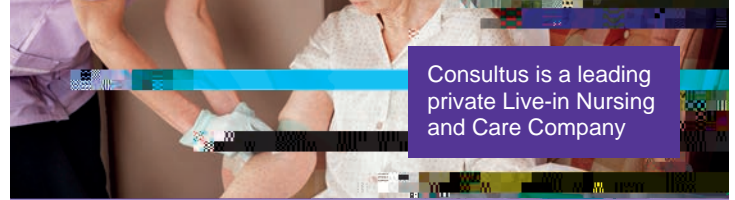
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17 332 8(343)4(024343 0.1(343)343 (2)-21 ()3110(006 3-90(2

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