

- Nursing support workers, NSWs [nursing associates (NAs), trainee nurse associates (TN assistant practitioners, health care assistants (HCAs), clinical support workers (CSWs), cand health care support workers].
- **Student nurses** (BSc students, MSc students, PGDip students and nursing apprenticesh students).

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The **registered nurse (RN) lead** is the individual leading and supporting a team and/or service such as: team leaders, managers, charge nurses, sisters, matrons, senior nurses, and directors/associate directors of nursing.

The Standards Checklist can be used:

• as a **self-evaluation**idi

Health, safety and wellbeing checklist: S andards 11-14

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	Do you feel valued?			
	Do you feel respected?			
	Do you feel that you are treated with dignity?			
	Do you feel your manager listens to you?			
	Do you engage in team building activities?			
	Do you feel included?			
	Does your workplace value diversity?			
	Are you encouraged to come up with solutions or make suggestions?			
g	Are you aware of learning gained from formal investigations of serious incidences?			
	Do you feel able to report incidences or tiga?	g	olution	

	Do you take your allocated breaks?		
	If not, do you get that time back?		
	Are you able to use 'time off in lieu' (TOIL) or overtime?		
	Is your roster ref ecting your hours worked?		
	Do you have an easily accessible breakroom?		
	Do you have access to drinking water, hot food and food storage facilities for example, microwave oven, fridge or 24-hour canteen?		
	Do you have the right equipment and training to undertake manual handling for example, slide sheets, hoist, patient-assisted transfer (PAT) slide?		
	Have you had your IPC training and update in the last 12 months?		
	Do you have access to the right personal and protective equipment (PPE) at work?		
	Have you had training to use the equipment you use at work for example, observation machines, blood glucose meter, hoist and sliding sheets?		

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	_				Yes	No	N/A	Comme	ents and examples
	Do you engage in self-care and wellbeing activities?								
	Do you have access to an area where you can have restorative time eg, wellbeing hub, quiet rooms, prayer rooms, wobble room, chillout rooms?								
	Are you supported with debriefs after diff cult and challenging situations at work? For example, violence and agression, medical emergencies (CPR), complaints and allegations.								
Ž	Have you been offered training to help with improving your wellbeing and self-care skills for example, coping skills, compassion ltatigue, re								

The Nursing Workforce Standards Champions (Standards Champions)

Standards Champions are individuals who have made positive workplace changes by using the RCN Nursing Workforce Standards.

Role of a Standards Champion:

- To support workplace improvements
- To share success and promote best practice.
- To raise concerns when the Standards are not met.
- To work with an RCN representative, local RCN branches and RCN staff in promoting and using the Standards.
- To be part of the network of Standards Champions who support others, promote best practice, and work with organisations to implement the Standards in practice.

Expression of Interest Form

Become a N rsing Workforce S andards Champion

Title	
Name	
Last Name	
Job Title	
Employer	
Mobile/Telephone	
Email	
Can you commit to at least four meetings a year to network, share learning and celebrate with other Nursing Workforce Standards Champions?	
Are you an RCN Member?	
How did you hear about the Nursing Workforce Champions? RCN Branch Internet	