



Royal College
of Nursing

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

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**

Health, safety and wellbeing checklist: Standards 11-14

Working together, partners should be agreed in consultation



STANDARD 14

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		Yes	No	N/A	Comments and examples
Z	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.				
	Have you been offered training to help with improving your wellbeing and self-care skills for example, coping skills, compassion fatigue, 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.
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Expression of Interest Form

Become a Nursing Workforce Standards 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? <ul style="list-style-type: none">• RCN Branch• Internet•	