

Patrick Gould “Clinical Nurse Educator - Inpatient Mental Health, Eastern Suburbs Mental Health Service”.



What motivated you to join the Nightingale Challenge?

It was the opportunities that were offered in the challenge to be part of something, particularly from the social media aspect. To see what other young nurses are doing around the world and in the district and that was really exciting, as these communication channels are not usually there. Nursing Now as an agency is really fascinating and I am keen to see what everyone is doing from around the world even if the posts are in different languages sometimes. Developing networks is the main reason for me joining the challenge.

What do you hope to get from your leadership program and how have you achieved this so far?

At the start of the Effective Leadership Program in February 2020 I was hoping to get the skills that would enable me move into a formal leadership position. This has happened and I've just recently become a Clinical Nurse Educator. I'm very grateful for the first 2 sessions in particular for Kouzes and Posner and the 10 commitments that align with each of the five leadership practices. As I'm quite inexperienced in this role I didn't think I'd be reviewing literature and reflecting on how I can apply these behaviours to my role. It's been really useful. In the Bachelor of Nursing you don't really go into leadership very much so being exposed to these new leadership behaviours has been very helpful.

How do you hope to influence nursing at your site and how do you think this will translate on a global scale?

My current focus in the sites I'm working in is practice development, and rather than teaching staff about their specialty it's giving them the skills and confidence to become more experienced and learn within their roles. I've been encouraging people to do the nurse in charge program and coaching them through this, as well as quality improvement programs, and post grad study in mental health nursing. This will hopefully enable them to flourish in their roles. Having a higher level of knowledge and practice in nursing and having advance nursing practices will help our service in the future to lead the change we want to see. It will play an important role in encouraging new staff and nurses to come and work in mental health as it's one of the least preferred specialties where people want to work. By promoting nursing excellence in mental health this will encourage people to come and work in our services.

How can senior nursing & midwifery leaders support your leadership development in the future?

Having conversations with leaders and encouraging people to join programs even if they are young. There seems to be a culture in nursing that you have to 'earn your stripes' before you can do these things. Supporting and encouraging younger nurses to enrol in a program like the Effective Leadership Program is key for me.