

SameYou Nightingale Challenge Global Solutions Initiative
Things to think about when taking part in the challenge

As SameYou are the first organisation to sponsor Nursing Now's Nightingale Challenge Global Solutions Initiative, we thought it might be useful to provide some points to help you think about your approach to this particular challenge.

We are not medical professionals, but we do have first-hand patient and carer experience, and so we would like to encourage you to think about the SameYou challenge through the eyes of the patient and their family.

Nurses are the primary contact for everyone coming into an acute hospital ward or emergency room after a sudden trauma. Experiencing an acquired brain injury is always a massive shock and nurses can be a much-needed point of continuity and security.

SameYou sees recovery care encompassing the whole person, this means providing emotional, neuropsychological, cognitive, physical and practical support to help people feel as close to the same person as they were before. Acquired Brain Injury (ABI) is complex which is why the issue needs multi-disciplinary rehabilitation support. This seldom happens in a systematic way, whichever country you are in.

Finding ways to increase access to neurorehabilitation services for people after acquired brain injury is the heart of the SameYou mission.

We believe that nurses could grow to become the cornerstone to help patients and their carers navigate their own personal recovery journeys.

Here's a simple practical example of how nurses could make an immediate difference to brain injury survivors in an acute setting: **In your place of work identify where the nurse could find a quiet space for the patient and**

their carer, then take the time to find out their particular experiences, and talk to them knowledgeably about what has happened and help them go through the first stages of shock and readjustment. If you can find suitable rehabilitation services so much the better. We know from our personal experience what a difference this can make.

When thinking about this challenge SameYou believe it would be helpful if you:

- first find a mentor or coach in your place of work who you can help you think through your ideas and their practical application
- gain permission to talk to a patient who had been discharged and is already in recovery to ask what could be improved in their aftercare
- talked to some neurosurgeons and interventional radiologists to understand the rehabilitation services currently available
- discussed your ideas with rehab therapists
- researched your local area to find out what multi-disciplinary rehabilitation services are available outside your place of work
- developed a project plan with a timeline to meet the submission date and to map out the milestones you believe you need to make to win the challenge
- considered the finances needed to make your challenge work
- considered what are the barriers to making this happen today
- really stretch yourself to have “sold” your idea to your place of work and already arranged a pilot of your idea - whether you are the winner or not!

SameYou is here to help you after you win. We will arrange for video calls with you at checkpoints along the way to offer advice on how you can get your challenge implemented

We are happy to talk to your management as well and to help them understand the importance of this project for you, for us and for ABI patients and their families as well.

SameYou will feature the winner on our website and on our social posts and we will write a profile about the winner. We will interview the winner to find out what motivates them and what the winner wants to achieve in their career and why they are taking part in the SameYou Nightingale Challenge Global Solution Initiative

Good luck to everyone from Emilia and Jenny and the SameYou team and we look forward to meeting the winner and presenting them with their trophy!