



Dear colleagues,

Today, May 12 is International Nurses Day. This year's theme is "***Caring for nurses strengthens economies.***" We live and work in a challenging world, in services which sometimes feel like we are "pushing sand uphill with a toothpick." But, with challenge comes opportunity - the opportunity to change how we do business, to seek out innovation and embrace new technologies.

2025 is a very different landscape and while sometimes we can bemoan the busyness of our world, importantly, you all need to be proud of where you work and what you do every day to care for the patients, consumers, families and loved ones who attend our services. Always remember, you are not a silent participant in a busy environment. Every day, it is our responsibility to come to work with our moral and ethical compass on. If and when you see behaviours of colleagues, patients and family members which are not ideal, you have a professional responsibility to act or address these as best you can. I understand the difficulties that this sometimes poses, but as professionals you are valued, your opinions matter and your reactions and actions will often help to reduce incidences, behaviours and adverse events. Importantly, compassion and tolerance must be at the cornerstone of every interaction you have with your patients, your colleagues and others.

You are well respected by the community at large, the patients and families who attend our services as well as your colleagues, those working alongside you and executive teams. As part of my role, I sit at many executive tables, and can genuinely say that at all these meetings and discussions, the role of the nurse (and the midwife) is greatly valued, much admired and our input matters. It is also important that we respect and admire each other. Every person, regardless of background, culture, educational level, or ethnicity is an important cog in a very big wheel and together we can make such a difference. We work in the best profession, so be very proud of what you do and how you have such a positive influence on community, and, as our theme for 2025 indicates, the economy.

This year, I would also like to acknowledge the many executive members at our facilities and directorates who have nursing and/or midwifery as a background vocation but undertake roles which don't incorporate traditional nursing functions. I am so very proud of the fact that many of the Executive Directors in our health service have nursing qualifications. I would also like to point out that our Chief Executive, Jackie Hanson started her career in health as an Assistant in Nursing, working her way through various nursing roles, undertaking her registered nursing training and eventually (after a few years) into senior executive roles. Now she is the Chief Executive of the nation's largest public health service. What that says to all of us is that nurses can do anything. We are highly capable individuals, not only with the skills to provide the best possible care at the bedside, but the ability to inform the delivery of great

care. Congratulations to every nurse in the organisation for the work that you do. As the Chief Nursing and Midwifery Officer, I am very privileged to work in Metro North and so proud to call all of you my colleagues.

This year in 2025, I want you to think outside the box. Work on new ways of doing your job, be brave, be bold and be innovative. Patients, consumers, and your colleagues depend on you. Our mantra of 'Prepare to Care,' should be at the heart of everything you do. Think about how you do what you do and why you do it that way. Consider how to make it better for yourself and better for the patients you care for. Remember nurses and midwives in Metro North are the ***Heartbeat of Health!***

Enjoy your special day and celebrate all you do!

Warm regards,
Alanna



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