

NNNG Update

Sarah Brownlie, NNNG Communications Officer

2023 began with the introduction of a new NNNG Committee. Natalie Welsh moved into the position of NNNG Chair, providing passionate leadership, and Georgie Adams took on the Vice-Chair role, encouraging nutritional education and shared learning. Jessica, Charlotte, Ben and I have been welcomed onto the Committee, and are now starting to bed-in to our new roles. It is clear we all have a common goal: *providing a space for nutrition nurses and those in the nutrition community to learn and share best practice.* See: <https://nng.org.uk/about-us/committee/> for further information on the 2023 NNNG Committee.

This year we focus on 'Nutrition through a different lens' and encourage view points from all members of the nutrition community. This idea will be developed upon at our upcoming conference in June. We welcome all members of the multi-disciplinary team (MDT) to join us at this fantastic event!

Furthermore, 2023 will see our first Clinical Supervision Programme – Reflect, Restore, Regain (RRR) – come to fruition. Created by NNNG Committee members Sharlene Haywood and Angela Cole, exclusively for NNNG members, this is a fantastic opportunity for nutrition nurses to share in a safe space the complexities of the nutrition nurse role and everyday challenges that may not be fully understood by others. Angela and Sharlene sat down with me to explain more about the new opportunity and how it has evolved from an idea to reality.

How did the idea for RRR come about?

Following the COVID-19 pandemic, there has been a wide call among nurses to promote professional and personal wellbeing. We are aware that clinical supervision has been successful in many of our AHP colleagues' practice. Over the years it has been attempted in nursing but with varying success rates. Many nurses report never having access or the opportunity to partake in such groups. The Chief Nursing Officer, Ruth May and Health Education England launched an initiative called the Professional Nurse Advocate (PNA); a MSc module programme using the AEQUIP model to guide PNAs to incorporate and facilitate Restorative Clinical Supervision into nurses' routine and daily practice. Other nursing leadership organisations, such as the Foundation of Nursing Studies (FoNs) and The Florence Nightingale Institution, have also provided support and directive studies to introduce and develop a culture where clinical supervision and wellbeing are at the heart of practice. We felt it was about time a space for nutrition nurses exists.



How will you both support the process?

We are both qualified PNAs. Angela also attended a FoNs Resilience Based Clinical Supervision programme and facilitated a clinical supervision programme for paediatric nutrition nurses in 2022 – this had amazingly positive feedback and so we knew we needed to bring this opportunity to the wider nutrition nurse community.

What does the process look like for nurses taking part in RRR?

Six sessions will be delivered over a 6-9 month period. It is hoped that sessions 1, 4 and 6 will be held as face-to-face and the remainder on a virtual platform. The virtual sessions will be 1-2 hours in length and the face-to-face slightly longer at 5-6 hours. The sessions will provide a safe space for sharing experiences, listening and creative conversations to enable the development of personal action and to build skills for quality improvement projects. This will include reflecting on experiences for learning that enhances compassionate care.

How will having RRR benefit the nutrition nurses?

Accessing clinical supervision has hurdles for many nurses – namely time, coupled with many clinical nurse specialists (CNS) having a line manager that is not a CNS and that may not understand the speciality. This can make it hard to gain speciality support, practice reflection or even a sounding board. RRR will incorporate the skills of mindfulness, positive re-framing and recognising the inner critic to support personal and professional fulfilment.

What will taking part in RRR mean for the future of each participant?

Each participating nurse will be encouraged as part of the last session to describe/discuss a quality improvement project that they have recognised during the programme or a change in practice that has enhanced compassionate care giving or wellbeing in their team.

If this is something of interest to you or you would like to find out more visit: www.nnng.org.uk/course/restorative-clinical-supervision-programme, or scan the QR code.



If you're part of the nutrition community but not a registered nurse, please let us know if an MDT clinical supervision session would be of interest to you:
Email: info@nnng.org.uk

SAVE THE DATE

The NNNG Conference - Tuesday 13th - Wednesday 14th June 2023, The Principle, York

Join us: www.nnng.org.uk
Email us: info@nnng.org.uk Follow us: [@NNNGUK](https://twitter.com/NNNGUK)