

12 May 2020

MEDIA RELEASE

International Nursing Day – A Message of Thanks

Today is International Nurses Day, an opportunity to celebrate and acknowledge the enormous contribution nurses and other healthcare workers make to Catholic Healthcare and our communities each and every day. At Catholic Healthcare, we thank nurses for their professionalism, dedication and kindness in caring for our residents, clients and patients, particularly during this current time.

This year's theme for International Nurses Day is even more relevant in our Covid-19 world - **Nurses: A Voice to Lead - Nursing the World to Health**. The theme illustrates how nurses are a critical part of meeting a wide range of health challenges across the globe in so many different settings.

The World Health Organisation has also designated 2020 as the International Year of the Nurse and Midwife given that 12 May also coincides with the 200th anniversary of Florence Nightingale's birth - a renowned figure recognised as the founder of modern nursing.

Celebrating International Nurses Day is a great way to bring care communities together by focusing on the value of nursing around the world. For all of us at Catholic Healthcare, it's an opportunity to recognise and appreciate those we work with who are entrusted to provide expert nursing care, comfort and healing.

Six Catholic Healthcare nurses tell us what this year's International Nurses Day theme means to them.

Garima Timalsina Chataut, Registered Nurse, St Anne's Hunters Hill (top left) - Today's theme values the work nurses do around the world. Some nurses work with limited resources and challenging environments. We all deserve recognition for the work we do.

Chris Apthorpe, Registered Nurse, St Peter's Lane Cove (top middle) - During this time it's important to recognise the hard work nurses are doing here and around the world on an emotional and physical level.

Ruth Davis, Clinical Coordinator, Home and Community Services (top right) - It means empowering people towards better health, empowering our clients to take up their own health care, to live in a way that keeps them healthy and happy. It also means being there for my team... mentoring and empowering other nurses and carers to do their work well.

Cedar Yin, Manager System and Reporting, Residential Care, Macquarie Park (below left) - I am proud to be a nurse and I believe there is a strong leadership component in nursing, especially in aged care. With the worldwide pandemic, nurses set positive examples for the general public with their dedication, sacrifice and calmness. They are also the advocate, educator and influencer in promoting the health of the community they serve.

Virginia Morley, Nurse Unit Manager, Lourdes Hospital Community Health and Palliative Care Service, Dubbo (below middle) - The theme demonstrates the importance of nurses in the healthcare journey. It gives us respect for how we work and who we care for. We are often the most important advocate for our clients and their carers.

Angela Livermore, Enrolled Nurse, Holy Spirit Dubbo (below right) - With the current Covid 19 situation, I feel nursing is in the spotlight and being recognised for its importance. The basic practices we do without even thinking, washing our hands for 30 seconds, are now being taught to the public. If everyone is more mindful of their actions and more aware of their consequences, we may have a healthy world through this leading example. Sometimes it feels like nurses are in the background, not always getting the recognition they deserve. This year more than ever the importance of frontline and essential workers are highlighted and recognised by the greater public.

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