

Certificate of Completion

THIS CERTIFIES THAT
CALEB FELLOWES

has participated in the following education session:
Why aren't nurses looking after themselves?

Presenter Kay Ross

In this session, you will:

- Discuss the major health issues that nurses face in the workplace
- Identify the reasons that nurses do not make their own health a priority
- Outline the strategies that nurses can use to address their own health concerns
- Develop an individual health goal plan that they can implement immediately

Completed on

15 April 2019 (duration of 1 hour/s)

This equates to 1 CPD Hour/s (Continuing Professional Development)

REFLECTION:

A recent survey shows that nurses are not looking after themselves and many describe their health as "poor or just OK".



Cheryl Dezotti
Director of the Nursing CPD Institute

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Nursing CPD Institute
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