Student voice

Smooth European mobility for children's nurses

The value of children's nursing is understanding that a child is not merely a miniature adult. The UK branch system allows us to develop into practitioners who work in partnership with children and families, to understand and minimise the impact of illness on families, and effectively communicate and manage illness when a child may not even be able to tell you they are in pain.

The UK stands alone in Europe with its branch system. In my role as president of the European Nursing Students' Association (ENSA), I am proud to advocate for the specialty and the value it brings to outcomes for children, young people and their families in the healthcare system.

Children and young people deserve the best quality care. To raise European

standards we need to convince people of the benefits that appropriately qualified nurses bring to the health outcomes of children, because general training does not provide the necessary preparation.

There are 27 countries in the European Union (EU), which has created a new context of workforce mobility. We have academic comparability with our European counterparts but not professional comparability at the point of registration. Our horizons have been broadened beyond such popular emigration destinations for nurses as Canada and Australia.

It is a fallacy that UK children's nurses cannot work anywhere in the EU – it is just the process of application that is different to that for adult branch colleagues, who have automatic geographical mobility rights.

A children's nurse would first need to find a job in the chosen country and then seek for their qualification to be ratified to practise on a children's ward or unit. This process needs to be simplified and general nursing principles accepted as integral to our training, as with the adult branch.

Our duty – and what I will endeavour to do – is to champion our branch and collectively lobby the European Federation of Nurses to reopen the discussions about EU Directive 36, which is drafted to consolidate and modernise the regulations on the recognition of professional qualifications to acknowledge the general nursing skills that underpin training for all students.

Saffron Brown is a third-year nursing student at Northumbria University, president of ENSA and a student member of RCN Council

Book reviews

A Beginner's Guide to Evidence Based Practice in Health and Social Care

Helen Aveyard, Pam Sharp
Open University Press
£18.99 | 224pp
ISBN: 9780335236039

EVIDENCE-BASED PRACTICE is a concept most students find challenging, but this book offers a gentle introduction. Key words are defined and clarified with examples, research methods are highlighted – outlining their strengths and weaknesses – and reference is made to websites and books to support the reader in critical appraisal skills. Key questions help the reader develop their ability to critique research. The step-by-step approach can assist students in writing literature reviews or research proposals, and allows students to develop their understanding of evidence-based practice in a easy way.

Pamela Bediako Poku, nursing student, Kingston University, St George's University, London

Diabetes Through the Looking Glass – Seeing Diabetes from your Child's Perspective

Rachel Besser
Class Publishing
£17.99 | 310pp
ISBN: 9781859592090

THIS BOOK gives a good insight into how children and young people feel generally about their diabetes and about the specifics of the condition. The book can help parents and professionals alike to gain a better understanding of the feelings and challenges involved in managing diabetes.

The reader is taken on a logical journey through some of those challenges, and young peoples' words are used to describe their feelings, which helps the reader to gain varied perspectives. The inclusion of adults who had diabetes diagnosed during their childhood is a well used and important aspect of the book.
Emma Day, clinical nurse specialist/diabetes home care co-ordinator, Birmingham Children's Hospital

Stop Bedwetting in Seven Days

Alicia Eaton
MX Publishing
£9.95 | 120pp
ISBN: 9781904312703

THIS IS a handy, step-by-step guide for parents looking to support their child to stop bedwetting, thereby increasing the child's self-esteem and confidence. The book begins by presenting an understanding of bedwetting and its causes, and explores the associated habits and behaviours.

The book then moves towards the application of positive psychology, neuro-linguistic programming and hypnotherapy as techniques to help children overcome the habit in a few days. The text directs parents and carers to a downloadable recording for the child to listen to.

Valerie McGurk, practice development facilitator, paediatrics, Northampton General Hospital NHS Trust