



Nurses need nurses for their resilience and wellbeing

Hello again INHWE Members! Our partnership with the [Evidence-Based Nursing blog](#) to run a series of articles with our members from across the globe has produced another article. 'Nurses need nurses for their resilience and wellbeing', produced by **Dr Judith Benbow** (Senior Lecturer, Cardiff University), **Prof. Danny Kelly** (Royal College of Nursing Chair of Nursing Research, Cardiff University) and **Prof. Aled Jones** (University of Plymouth) is now live!

*Nurses seek help from other nurses as their primary coping strategy. Notwithstanding patients' needs for more nurses, crucially **nurses** need more **nurses** for their resilience and wellbeing, now more than ever during this intractable workforce crisis. Radical workforce reform is required to keep and support current nurses. Despite the growth in nursing numbers, The Nursing and Midwifery Council (NMC) report that nurses are continuing to leave the profession early in droves. Burnout, ill health, lack of support from colleagues, concerns about patient care, workload, staffing and work-life balance continue to be the main reasons for leaving cited. These data reflect the extant evidence on the exposure of nurses to pressurised workplaces with sub optimal staffing and the dire consequences on staff morale which can negatively affect patient care.*

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David Smith

Director

