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## Perth nurse wins nation's highest nursing honour

Angie Monk, a Perth nurse who developed a leading Blood Management Program for patients undergoing major surgery was named Nurse of the Year at the 2016 HESTA Australian Nursing Awards in Melbourne last night.

A Blood Management Consultant at Ramsay Health Care's Joondalup Campus, Ms Monk was recognised for her advocacy and leadership in developing the innovative program that improved outcomes and recovery for patients undergoing surgery involving significant blood loss. She also consults on blood management to the Glengarry and Attadale Rehabilitation Hospitals.

The first Blood Management Consultant to be appointed to the WA private sector, the judges recognised the leading role Angie has played in advocating for improved practices and her instrumental role in delivering extensive education and training to colleagues and other health professionals.

The award is another accolade for Ms Monk in a distinguished 40-year career in nursing and midwifery that has seen her nationally recognised as a true pioneer in her field.

Ms Monk paid tribute to her fellow nursing finalists saying: "We're all nurses working across a range of different areas but we all provide care and we can and do make a difference, we're the backbone of the health care service," she said.

"Over 40 years of nursing I've never had one day that I regretted being a nurse and midwife, it's been an honour to work with patients and to provide best practice care."

Ms Monk described blood management as an 'emerging paradigm of healthcare', saying health professionals were continuing to find new ways to improve patient outcomes by screening and treating iron deficiency pre-operatively.

"It is vital to reduce patient's exposures to blood products because it had been shown that blood transfusions are an independent risk of morbidity and mortality," she said.

"It's also very important to use blood efficiently because we have a growing demand for blood products and a diminishing number of donors and a Patient Blood Management Program reduces the need for transfusions."

Her ground-breaking work includes developing a range of innovative initiatives to ensure that patients are also better prepared for major surgery involving potential large blood loss.

HESTA CEO, Debby Blakey said Angie exemplified the finest qualities of the nursing profession, and was an innovator and leader in her chosen field of expertise.

"Angie stood out for being instrumental in leading innovation and improved practices that provide the highest quality care to patients," Ms Blakey said.

"We congratulate Angie on her achievement and we're proud that her life-changing work has received the national acknowledgement and recognition that it so richly deserves."

Ms Monk received \$10,000 in a **ME** EveryDay Transaction Account, courtesy of proud Awards sponsor, **ME**.

Ms Monk said she would use the prize money to travel to the United States to meet with her peers who are leaders in the field internationally.

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Other award winners were Outstanding Graduate, Shelley Cook from Alfred Health, Vic, who also received \$10,000 in a **ME** EveryDay Transaction Account. The Clinical Service Team from integratedliving Australia, NSW took out the Team Excellence Award and received a \$10,000 development grant, also courtesy of **ME**.

HESTA CEO, Debby Blakey presented the Awards at a ceremony in Melbourne on International Nurses Day.

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