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Acute mental health nurse a finalist in national nursing awards

A graduate nurse, working in the acute mental health area at the Perth Clinic, has been named one of five finalists in the Outstanding Graduate category of the 2013 HESTA Australian Nursing Awards.

Zoe Golds of Perth, was recognised as a finalist for her work with acute psychiatric patients and her involvement with an adolescent program that focuses on the mental health of children, adolescents, parents and families.

The Outstanding Graduate Award recognises a nurse or midwife who has provided exceptional patient care, improved quality care processes and improved their own skills while demonstrating their value as a team member.

Miss Golds is involved in a research trial that monitors the progress and outcomes of acute psychiatric patients during hospitalisation. The trial is the first of its kind in the world, as patients are typically provided with feedback on discharge rather than during their treatment.

"My role in the trial includes the collection of data by ensuring 'wellbeing' questionnaires are completed and treatment issues are appropriately identified," Miss Golds said.

"I use a palm pilot to engage with patients and record information about their wellbeing. This enables us to more closely monitor patients and assist the treatment team to identify who is responding to treatment and patients who are at increasing risk."

Miss Golds was also the co-facilitator of the hospital's Healthy Lifestyle Program, which focuses on helping mental health patients reduce smoking, increase exercise and improve their diet so they can reduce their reliance on medications that cause weight gain.

In addition, Miss Golds has been involved with the hospital's Adolescent Program, which provides help for parents and families of young people with mental health issues. Miss Golds' role in the adolescent team has been to focus on mental health promotion, prevention and developing alternative approaches to reduce psychotic episodes.

Miss Golds and the other finalists will be flown to Melbourne to attend an awards dinner, where the winners will be announced on 9 May 2013.

A \$30,000 prize pool will be shared among the winners, courtesy of long-term HESTA awards sponsor, ME Bank. The Nurse of the Year and Outstanding Graduate Award winners will each receive a \$5,000 ME Bank *EveryDay* Transaction Account and a \$5,000 education grant. The Team Innovation Award winner will receive a \$10,000 development grant.

HESTA is the leading super fund for health and community services, with more than 750,000 members and \$22 billion in assets. More people in health and community services choose HESTA for their super.

Visit hestaawards.com.au for tickets to the awards dinner or to learn more about the awards.

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