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RDNS nurse scoops top national nursing award

Zoe Sabri of Royal District Nursing Service (RDNS) was named Outstanding Graduate, at the HESTA Australian Nursing Awards in Sydney last night.

Based at RDNS Springvale, one of Melbourne's most culturally diverse communities, Ms Sabri has been recognised for her sensitivity and work in assisting elderly clients to live at home for as long as possible.

Since starting at the RDNS in 2013, Ms Sabri has become somewhat of an ambassador for the organisation and is proactive in encouraging the elderly to seek help if they need support to remain at home.

Client Services Manager of the RDNS Springvale branch, Paul Ryan said, "At 24 years old, Zoe is wise beyond her years. She has a real knack for developing relationships with her elderly patients and their families."

Ms Sabri has also provided valuable feedback to her organisation on continuity of care. Many of her recommended improvements have been implemented.

Speaking with Virginia Trioli, emcee of the awards dinner, Ms Sabri said, "As an RDNS nurse in the Springvale area, I encounter a wide range of languages, cultures and traditions. I'm entering people's homes so it's important I respect that, and gain the trust of not only my clients, but also their families."

Making the in-home situation work is the main focus of the RDNS, particularly with our ageing population.

"It's challenging to get some families working together with us because of their culture and traditions. Our work involves more than just nursing, we consider and incorporate the clients' and their families' wishes, whilst advocating for the client and ensuring they receive the best possible care," said Ms Sabri.

Ms Sabri accepted a \$5,000 ME Bank *EveryDay* Transaction Account and a \$5,000 education grant, courtesy of long-term HESTA awards supporter, ME Bank.

When asked what she would do with the prize money Ms Sabri said, "I don't really want to spend it on myself. I want to find a way to use it in the community I serve.

"I will educate myself as much as possible, so the patients and families I look after can benefit from that," she said.

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

HESTA's Executive Manager Client Relations, Lynn Hart and ME Bank CEO Jamie McPhee, presented Ms Sabri with her award, at the eighth HESTA Australian Nursing Awards. Recipients of the Nurse of the Year and Team Innovation categories were also announced.

HESTA Chair Angela Emslie said, "The winners in all three awards categories have demonstrated high quality nursing and the real difference it can make to improving people's lives. We are proud to acknowledge these exceptional individuals and teams."



The awards are timely, given its International Nurses Week, when members of the community are encouraged to thank a nurse for their wonderful contribution.

Nurse of the Year, Steve Brown, from Melbourne, also accepted a \$5,000 ME Bank *EveryDay* Transaction Account and a \$5,000 education grant. The Team Innovation Award recipient, from North Queensland, received a \$10,000 development grant, all courtesy of ME Bank.

HESTA is the leading super fund for health and community services, with more than 770,000 members and \$27 billion in assets. More people in health and community services choose HESTA for their super.

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