

## **Alice Thompson**

qualified in the 1990s. Here she tells us about the return to practice process that she has recently completed.



"I entered nursing in the nineties, qualifying with a higher diploma, and it was a profession that I really enjoyed. I decided to take a break from my career and during this time I had the opportunity to care for my family and also travel.

However I had always planned to return to nursing and a former colleague told me about the return to practice (RtP) process.

I attended the open evening at Derby University and met the RtP course leader who provided lots of information and answered all of my questions. Once I had started, I continued to get support through the academic work and during the clinical placement, which I did on a surgical ward at Derby Teaching Hospital NHS Foundation Trust.

My mentor gave me encouragement and I felt I was a valued member of the team. I knew that my years of palliative nursing knowledge and skills were valuable, and that I had the ability to lead and a strong commitment to high standards for the delivery of care. Although I was initially apprehensive when I returned to the ward, it soon felt like I had never been away.

If you are considering returning to practice, you will get support and guidance. You were that nurse, you are that nurse. Don't wait any longer - join us!

I now feel confident that my skills and experience are right up to date."

Alice returned to nursing. **You can too.**

Begin your return journey at: **[comeback.hee.nhs.uk](https://comeback.hee.nhs.uk)**