

Russell Newitt

first qualified as a nurse in 1996, enjoying the challenges and life skills that it helped him to face and develop.



"I left nursing to build a training company and live and work in Beijing – it was just an unmissable opportunity. But, when I knew the time was right to return to practice (RtP) I got straight onto the computer to find out what RtP opportunities there were in my area.

Returning to practice was challenging and fun. I waited a while after applying before I heard anything, but once I got a phone call, I was starting the course in just a matter of days. Luckily there was lots of support from my sign off mentor and our course leader and it was really interesting to be back at university doing an assignment.

On the placement I really wanted to build my practical nursing experience; I knew it was crucial for getting my confidence back, however I did find there was a tendency to forget that we not part of the core ward team, but there in addition and focused on renewing our skills.

I believe strongly that returners bring great additional skills, life wisdom and compassion back to nursing; for example I speak multiple languages and my time living abroad has given me an understand of the impact someone's background and culture has on them.

Going back on to a ward again at Derbyshire Healthcare NHS Foundation Trust was petrifying and exciting at the same time!

Of course some things have changed a lot, for example I found there had been significant changes in diagnosis of patients, but I would really encourage anyone considering returning to go for it. Do it and don't be fazed by it all. Keep a record of every shift and read lots for your assignment!"

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

Begin your return journey at: **comeback.hee.nhs.uk**