



MISSED OUT  
ON A

T P P P ?

YOU KNOW WHAT? THAT COMPLETELY SUCKS.  
IT REALLY DOES AND WE FEEL YOU.



TAKE A BREATH, ACKNOWLEDGE YOU FEEL SH\*T ABOUT IT. YOU ARE SORELY DISAPPOINTED AND THAT'S OK. KNOW YOU ARE NOT ALONE. DISAPPOINTMENT IS NORMAL AND IS EXPERIENCED BY EVERYBODY DURING THEIR LIVES. RIGHT NOW IT IS JUST YOUR TURN AND THINGS WILL LOOK UP AGAIN.



TAKE SOME TIME TO FORGET ABOUT IT ALL AND FOCUS ON OTHER THINGS THAT MAKE YOU FEEL GOOD. LIKE FRIENDS, FAMILY, A GOOD BOOK, EXERCISE, COOKING, CAMPING. INVEST IN SELF-CARE RIGHT NOW. THIS INCLUDES COUNSELLING IF YOU NEED IT!



TAKE BACK YOUR POWER! CHECK YOUR SELF TALK - YOU DID NOT FAIL. HUNDREDS OF PEOPLE ARE IN YOUR EXACT SAME BOAT RIGHT NOW, THERE IS SIMPLY NOT ENOUGH TPPP PLACES, IT IS NOT A REFLECTION OF YOU. ACCESS COUNSELLING SERVICES. KNOW THERE IS STEPS INTO THE WORKPLACE AS A JUNIOR NURSE AND MAKE A PLAN. KNOW YOUR WORTH AND GET CREATIVE. ASK FOR HELP WHEN YOU NEED IT.



WE HOPE YOU FIND THIS PACK HELPFUL.  
GOOD LUCK, KEEP LOOKING FORWARD.

This pack was not written by a health professional, but by nursing students who understand many of the same stresses you have.  
Please contact professional mental health services if required!

**FLINDERS UNI  
COUNSELLING  
SERVICES**

<https://students.flinders.edu.au/student-services/hcd/counselling>

- free and confidential (up to 6 sessions annually)
- personal & academic support
- after-hours crisis call or text

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ADVICE  
FROM A

NUM

LETTER FROM AMMIE THREDGOLD, RN

Hi Everyone,

I thought I'd make a document outlining where to go next if you didn't receive a TPPP. It's a big bummer but don't get to lost in it all, eat ice cream have a cry as it is very frustrating after all that hard work over the last 3 or more years. Its ok for it to suck but YOU don't!!

Now that the initial shock is over you need to pick up those awful frumpy nursing pants and get to work!! Get your resume out and make you shine, list all your placements and have what you achieved there. Acknowledge your that you are new but you are bringing to the table your enthusiasm and willingness to work hard. When looking at your cover letter find key terms used in the job description and use those terms.

Apply, apply, apply!!! Jump online to SA Health Careers and iWORKforSA make your own log in and load everything onto that!! You will need your registration number, DCSI & NPC numbers plus a cover letter and resume/CV and then answer a tonne load of other questions. Apply to all casual positions. If you are happy to travel look at country sites as they need staff too and often have accommodation for you. You can ring the country hospitals express your interest and let them know you would be keen for blocks of shifts possibly so you go there do 5-6 shifts then return home. Show them you are willing to do anything.

If you are still in current placement SHINE!!!! Show them that you are amazing and would be an asset to their team. Make sure by the end of your placement you are taking the same load on as an RN under their direction of course, ask questions, make suggestions, get involved. Speak to the manager and see if you can apply to their casual pool. After 3-6 months it really doesn't matter if you had a grad year or not as hey you've been working anyway as a RN.

Nursing homes are another option, you will gain great wound care knowledge, care for 60 plus people and your time management skills would be amazing after this!! I have hired several EN's and RN's on a casual basis after them doing nursing home setting work for short and long periods. Those guys know how to work hard and also are super keen to build their skills in the acute environment.

If all those options fail, don't let it get you down. Continue studying look at doing your mid if that is something that interests you- country birthing hospitals LOVE if you can do both positions as they need that flexibility!!

Interviews can be scary but what I tell my staff to do is to imagine that the people interviewing them are not nurses and assume they know nothing about nursing, that way you don't forget silly things like SLS and documentation. Don't assume they know what you mean. Don't imagine them naked ewwwwww. Also rock up in professional looking attire no UGG boots and tracksuit pants with matching jumper- yes I have had this and luckily for her she was a current employee and I spoke to her about never ever doing that again!!! Its ok to be nervous everyone is even the most senior of nurses are.

If you were not successful don't get disheartened keep applying! I have missed out on a few jobs myself but I kept going. The more interviews the better you will get at them, practice makes perfect. They were probably not your best fit and the next may be perfect for you so don't you give up!!!

All the best for your future in nursing, you have got this, just keep going!!!

Ammie ☺

# ADVICE FROM A

# NUM

## INTERVIEW Q'S FROM AMMIE THREDGOLD, RN

### Interview questions!!!

Usually the first question is why you would be an asset to our team? Talk about where you had your placements- what type of patients you had: medical/surgical/emergency/community/stoma care/wound care/ day surg- all of it!!

Where you are currently working if it's as an AIN, carer, or in the fast food industry etc. all these are great- you are used to a fast-paced workload, you have great time management skills and can work both individually and as a team member. Show them your personality- tell them who you are, what you are such as kind, caring, eager to learn etc. Sell yourself as you are the only one who can and will do that for you.

### Respectful behaviour question:

Talk about what is respectful behaviour, it isn't treating everyone the same it's about acknowledging their cultural, religious etc backgrounds and making accommodations you can such as involving Aboriginal health workers, allowing them a space to pray etc. Not engaging in gossip, working together as a team to assist with patient safety. Acknowledging others even if you disagree.

### Medication errors:

Do the 8 r's or however many million there are now lol.

Never check with a confused patient. Call the staff member involved to clarify missed doses or any other issue if appropriate time. Contact doctor, would he want the dose given and time restricted? Any blood tests if Warfarin dose was missed for example. SLS and documentation. Observe patient- based on drug error. Open disclosure.

### Verbally aggressive patient/relative:

De-escalation techniques, keeping calm, acknowledging their issue and discuss options about how you can rectify or help, an exit always at your back, remove police from the immediate area, press your duress alarm, contact SAPOL/security of threat ongoing.

### Patient fall:

DRSABCD. Press call bell/emergency button. Assess patient if conscious make them comfortable. Assess for injuries. Observations including neuro if unwitnessed fall or witnessed. If no injuries mobilise to bed- lifter. If injuries contact gp- get prn pain relief order. Continue obs & neuro obs. Contact family. Find out cause of fall and make referrals/changes to their environment. Falls reduction strategies. Falls risk re-assessment. Move them closer to nurse's station if able. SLS /documentation.

### OHS- lifter broken/non-functioning ect.

Label it do not use and move away from area. Contact team leader to notify staff. Find another lifter to use. Contact maintenance. SLS.

These are just to give you an idea of questions and ideas of what they are looking for! Each site has their own questions. Some sites will even give you the questions prior to the interview to give you a few minutes to jot down notes. Feel free to take in your own notes as well as prompts but don't make them huge mainly just dot points otherwise it doesn't look good if your searching for ages for the answers when you probably already know them anyway.

Ammie Thredgold was a NUM in SA at time of writing this letter. She has since moved to a role pursue her very evident passion for helping students transition into fully fledged nurses.

A huge thank you is due to Ammie for so generously sharing her knowledge and ideas with us!

SELF

# CARE

## Strategise

**PLAN AHEAD.** You know it's coming, and you know what the potential outcomes are. Decide in advance on a strategy to cope with the potential disappointment in real time. It's gonna hurt. **Decide to know it's not over for you, as you work through the blow.** Decide what you will do with yourself as you recover. **YOU WILL RECOVER.**

### NO SHAME

Lot's of people missed out, it was unfortunately the nature of the beast.

There is NO SHAME in missing out, Missing out was NOT a personal failure!

### YOU ARE FRICKING AMAZING

You did great! You have achieved a Bachelor Degree, and a difficult one at that! YOU DID IT. You are a boss. It was TOUGH, and you got through. It is going to be OK.

## Body

### Go for a RAGE RUN!

It's not about fitness - if you only get 10 feet that's great! It's about getting that energy out, boosting endorphins and helping you get some objectivity. Try it! You won't regret it.

### NOURISH YOU

Beware the low mood that can come with a sugar crash or a hangover. Love your body with health happy stuff, whatever that may be for you.

## Mind

### CONNECT

Friends and family love you! Take some moments for yourself if you need, but let them know what's going on with you. Connection is the human condition!

### HEALING SPACE

Meditate, play Xbox, read a book, dance, TV marathon... Whatever, provide yourself with mental space to heal.

### SEEK PROFESSIONAL GUIDANCE

This info pack is not designed to be used in place of professional advice. It was written by a nursing student, just like you.

Please seek professional counselling if and when you need it!

FLINDERS UNIVERSITY



NURSING & MIDWIFERY  
STUDENT ASSOCIATION

# RESOURCES

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## CAREERS

### FLINDERS UNI CAREERS & EMPLOYABILITY

<https://students.flinders.edu.au/student-services/careers>

08 8201 2832  
[careers@flinders.edu.au](mailto:careers@flinders.edu.au)

Stellar support from a caring team when it comes to careers advice!

### I WORK FOR SA

<https://iworkforsa.gov.au/>

SA Government jobs portal. Set up your profile to help link yourself to suitable jobs when they become available

### GRAD AUSTRALIA

<https://gradaustralia.com.au/>

Online graduate search portal for jobs for new graduates by discipline

### AUSTRALIAN DEFENCE FORCE

<https://www.defencejobs.gov.au/students-and-education/graduate-entry>

The Australian Defence Force sometimes has opportunities for graduate nurses. Check out their website to see if it fits what you are looking for

### YOU NOT MAKE IT U

<https://wnswlhd.health.nsw.gov.au/health-careers/Pages/default.aspx>

Western NSW is a country location crying out for passionate nurses. If working rurally is something you are interested in, please read their page, there may be an opportunity for you!

### COUNTRY LOCATIONS

Many country locations have trouble attracting passionate, quality staff.

Try contacting country sites directly to see if what they have and what you offer align

### CASUAL POOLS

Try contacting hospitals and aged care facilities where you had successful placements, and ask to join their casual pool.

You have already been placed there, so you can tell them you have some familiarity with the area.

### SEEK

<https://www.seek.com.au/graduate-nurse-jobs>

Graduate positions are often advertised on Seek!

## NETWORKING AND SKILLS BUILDING

### AUSTRALIAN NURSING & MIDWIFERY FEDERATION

SA Branch

<https://anmfsa.org.au/>

Keep up to date with the profession, and attend CPD events, which keep your skills sharp and are potential networking opportunities

### AUSTRALIAN COLLEGE OF NURSING

<https://www.acn.edu.au/>

Membership organisation with networking and CPD and leadership opportunities

### IMPROVE YOUR 'SOFT' SKILLS

Consider enhancing skills such as interacting with confidence, developing leadership skills and developing personal strengths.

You can sometimes sign up to CPD in soft skills, but the internet has a wealth of free information. Try searching 'Improve soft skills' and go from there!

## READING AND ARTICLES

The internet is awash with blogs and articles that might have relevant info and or inspiration for you. Some examples are listed below, please note some of them are a few years old.

<https://thewest.com.au/news/wa/wa-nurses-go-to-britain-to-find-work-under-health-department-deal-ng-b881140044z>

<https://www.myhealthcareer.com.au/nursing/what-to-do-if-you-didnt-get-into-a-grad-nursing-program/>

<https://healthtimes.com.au/hub/nursing-careers/6/news/nc1/generation-next-helping-graduate-nurses-and-midwives-find-jobs/1422>

<http://www.rhwa.org.au/nurse-goes-rural>

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