**Professionalism in nursing 2: working as part of a team**

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| Print the article and distribute it to all members of your journal club before your meeting. Use the author commentary and discussion points below to help get your discussions started. Participation in journal clubs can be used for revalidation as **participatory CPD** and/or **reflective accounts.****Participatory CPD:** Record the time you spent reading the article and discussing it in your journal club, describe what you learnt from the article and your group discussions, explain how you will apply it to your practice, and how it links to the NMC Code; | **Reflective accounts:** think about what you learned from your discussions, how you can use your learning to improve your practice, and how this relates to the NMC Code. Add this information to the ‘notes’ section at the end of this document.If you subscribe to *Nursing Times,* log the evidence in the ‘Other professional development’ or ‘Reflective accounts’ section of your NT Portfolio.For more information on setting up and running a journal club go to **nursingtimes.net/ntjournalclub** |

**Author commentary: Professionalism in nursing**

Patient safety and high-quality care is paramount within the healthcare setting. The role of the nurse has become even more multifaceted with increased education to specialise, evidence-based practice and greater autonomy. This, combined with an ageing population, an increase in complex care and patients with multiple comorbidities, makes it impossible to provide all the care a patient needs with just one person. That is why teamwork is essential, both within nursing teams and wider multidisciplinary teams, to avoid suboptimal care provision.

Successful teamwork is underpinned by qualities such as leadership, communication, mutual respect and support. It can be difficult in a busy environment to successfully encompass all of these. Healthcare can be a particularly stressful setting with high patient acuity, short staffing and a strain on resources. Working within a successful team, even with these stresses, can improve and maintain staff morale.

Communication is the foundation of relaying information within teams, the focal point of which is the patient. Various methods can be used dependent on the situation and the urgency of the care needed. SBAR (situation, background, assessment, recommendation) is a standardised communication tool, used widely for many scenarios – ranging from an emergency call to a nursing handover each shift.

The qualities displayed by nurses such as care, compassion, kindness and empathy can lead to some nurses feeling that they cannot show assertiveness by taking leadership roles. It is important to remember that leadership within a team can start early in your career, even as a student nurse.

With all the challenges a nurse experiences in a team it is important to remember professionalism and abiding by the Nursing and Midwifery Council Code of Conduct. Combine this with values and evidence-based practice, and this is a robust framework for a nurse’s ability to form part of a successful team.

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**Discussion points**

* What are the barriers and facilitators to teamwork within the healthcare setting?
* Discuss the advantages and disadvantages of using a structured framework for nurses communicating patient information, such as SBAR?
* Mutual respect and support are essential to teamwork. How can this be demonstrated to your colleagues and yourself?
* Discuss the importance of self-awareness as a member of a team and why this is important.
* Patient safety is common goal of nursing teams. What are the behaviours and practices of a successful team that lead to improved patient safety?

**Revalidation evidence**

Make a note of how your journal club discussion relates to your own practice and the NMC Code, what you learnt from reading and discussing the article and how you will use this learning to change your practice. If you subscribe to *Nursing Times,* you can upload this article with your notes into your NT Portfolio as evidence of participatory CPD. You can also use it as the basis for a reflective account.

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