

I was very honoured to receive the Robyn Whitworth Study Grant in November 2019 which significantly contributed to me obtaining my Bachelor of Nursing with Professional Honours (Primary Health) in December 2020. As a single mother working full time in a management role in rural community nursing, the financial assistance made it possible for me to complete my course even with the pressures of the COVID-19 pandemic. It is important to choose a career pathway that you are passionate about and for me primary health promotes a holistic approach as it encompasses the key determinants of health, wellness and promotion.

The amazing aspect about doing postgraduate study is that there is a lot of flexibility in choosing research topics that are applicable to your workplace. I chose to focus on palliative care and wound care as these are core services offered in community nursing. My health special interest project was to identify the barriers to community palliative care nursing in order to develop a set of guidelines as a strategy to improve the delivery of palliative care in the community. I have been able to use these guidelines in my practice to assist new graduate nurses and new community nurses when approaching palliative care.

The COVID-19 pandemic has proven how important Primary Health is as it forced us to re-evaluate the way in which we deliver health care. I am now looking forward to completing my Master of Clinical Nursing (Primary Health) in 2021.