

Aimie's story, Return to Practice Nurse at RUH Bath

Here's Aimie to tell you her story and in particular why she decided to complete the Return to Practice Programme at the RUH.



What attracted you to nursing when you first trained?

After my A-levels, I took a year out and went travelling. During that time I decided I wanted to work in healthcare and when I returned I applied to do Nursing at university. I chose Children's Nursing as my specialism and during my final year I was placed on a neonatal unit. It was then that I felt I had found my niche. I liked how specialised it was so I could really become an expert in neonatal care, but it still offered the variety of both intensive and special care.

Why did you leave nursing?

I was a neonatal nurse for eight years and during this time I completed the neonatal nursing diploma and got promoted to a Band 6. I decided to take some time off and go travelling again and it was during this time that I met my partner who lived abroad. I nursed on the bank for a few years and travelled back and forth but ultimately decided to move abroad and eventually had children.

What made you decide to return to nursing?

It was a big decision to let my registration lapse and after 6 years out of nursing, I realised how much I missed it. I missed being part of a team and the job satisfaction I got from being a neonatal nurse. When we moved back to England, I started looking into the Return to Practice Programme and applied to do the course at the RUH.



What were your biggest concerns?

My biggest concern was how I would manage to complete the course, look after my children and do my paid work all at the same time. As it's an intensive programme I opted to do the longer eight month course. As it is not a salaried return to practice course the hours I work a week are very flexible. Although it is still hard work, this flexibility has been very helpful as I can continue to do my paid work and fit my supernumerary placement shifts around that and childcare.

What support did you receive?

I was very anxious about returning to the ward but since the first day I have felt welcome and supported. The staff are so keen to teach and provide learning opportunities so I have had different experiences. We have a practice educator, Abi, who regularly visits us on the ward and who is always available to answer any queries. Our Return to Practice course leader, Jacqui, also keeps in contact with us and offers reassurance and support if needed.

What advice would you give someone thinking of returning to nursing?

The process of joining the course, starting working in your chosen clinical area and completing the assessment record may seem daunting (everything is computerised now) but persevere! Nursing is hard work but I'm so pleased I made the decision to return.

Thank you Aimie for sharing this with us.

If you would like to get back into nursing, visit our [Return to Practice](#) web page for more information.