

Interns get ready

Student and new graduate officer **Dean Flanagan** provides advice on internships and renewing membership to the Organisation

I REMEMBER my first placement on the male surgical ward. As daunting as it was to begin with, I loved it by the end. Some brief pointers and things to remember as you begin your placement are:

- Always make sure you know what you are doing and what you are capable of doing. Nobody will think less of you for being careful
- Respect healthcare assistants. They know the ward inside out and will take the time to show you how it runs, where things are and will support you as best they can
- Don't be afraid to cry. Look after yourself; we all have had that one day where things do not go our way, and that's normal. Always try to talk to somebody. Tomorrow will be full of new challenges and new people.
- It's ok to ask for help. Nursing is demanding in so many ways that emotional, educational and practical support should always be available.

Some things take longer to learn than others and each situation is different, so lean on and take guidance from those around you. Don't forget you can always contact me at: deanflanagan@inmo.ie

I am not telling you that it will be easy, but it definitely will be worth it.

Renewing INMO membership

Congratulations to everyone who graduated recently and I do wish you all the very best in whatever path you choose. Some graduates may choose to travel, to specialise in a particular area, or to stay here in Ireland.

As your INMO representative, I wish

to help you through whatever might arise as new graduates in a very uncertain time. I would like to invite you all to join as full INMO members to replace your four-year student membership.

The benefits of full INMO membership include:

- Appropriate representation in fitness to practice hearings
- Support at work, and advice and guidance on employment and industrial relations issues
- Tailor-made courses in the INMO Professional Development Centre, with discounts to members
- Free access to the INMO information office and library – the only dedicated library service for nurses and midwives in Ireland, providing an invaluable service for postgraduate students
- Free yearly subscription to *WIN* magazine
- Special offers and discounts available to members via Groupscheme.

To renew your membership, Tel: 01 6640600 or fill out a membership form available to download at www.inmo.ie

Don't forget the 'Recruit a Friend' scheme; if you help recruit three people to the Organisation, you will receive a gift of €50.

Graduate pay

The HSE continues to devalue and demean the nursing profession by paying pre-registered nurses and midwives below minimum wage, exploiting young nursing and midwifery professionals. The INMO is actively seeking the first point of the HCA scale for new gradu-



ates before they are registered with the Nursing and Midwifery Board of Ireland (NMBI).

Phil Ní Sheaghda, INMO director of industrial relations, and I are bringing a test case to the Labour Relations Commission with regards to the issue and I am very grateful for the great response I received from the new graduates who came forward as test cases. I will provide updates on any news on this situation as it arises.

Enjoy holidays and discounts

For students, graduates and those getting ready for internships, I wish you all a very happy and relaxing Christmas.

In the run up to the holidays, if you are looking to save a few euro, be sure to check out the INMO Groupscheme discount website for great presents at huge discounts, including Converse, laptops, jewellery, rally car lessons and much more.

To check out the bargains, visit www.inmo.ie/groupscheme