



Dr Liz Westcott
Sigma Europe Coordinator

Welcome to the Europe Region Autumn 2022 newsletter as we continue to celebrate our 100th Anniversary year. The focus for this edition is ‘**Well Being**’ for nurses and students. Chapters across Europe have contributed to giving us a great flavour of well being support across our Region. We had a fantastic Be Bold event on 26th October celebrating our four Recognitions of Excellence 2022 awardees. Congratulations to all of them.

We also Welcome our newest Chapter **Alpha Beta Nu**, from Kuopio, Finland. They are Sigma’s 611th Chapter to be chartered. Dr Liz Madigan, Dr Ken Dion and Dr Liz Westcott were delighted to be able to travel to Kuopio and honoured to meet such brilliant and welcoming nurses led by President, Prof Taria Kvist.

Please look out for our **research questionnaire on social media usage** out in next few months.

You will also find details of the **2024 Europe Region Biennial Conference** in Bournemouth UK. At the end of the newsletter you'll find details of upcoming Sigma events and useful websites too.



Follow us on social media



Dr Liz Westcott
Sigma Europe Coordinator
@lwestcott1 @RegionSigma



Sigma European Region



Sigma European Region

Website <https://europe.sigmanursing.org/home>





Alpha Beta Nu Chapter

Chartering and Induction ceremony in Kuopio, Finland from the Nursing Science, University of Eastern Finland,



Sigma CEO Dr Liz Madigan, President Prof Tarja Kvist, Sigma President Dr Ken Dion, Europe RC Dr Liz Westcott



Beautiful scenery in Kuopio and Finland



We were honoured to visit Kuopio University Hospital



Who knew Kuopio was the centre of the Universe!!!





**BE BOLD: Celebrating
Sigma EU nursing
recognitions of Excellence
2022.**

**Congratulations to Dr Joana
Mendes, Dr Liz Berragan,
Prof M.Flora and Dr Vitor
Parola. (clockwise)**

We had a great afternoon/ evening of fabulous presentations by our 2022 Recognition of Excellence Award winners. Thanks to the Awards and Recognition Committee for all their work to make this happen.

Dr Joana Mendes

What this recognition means to you,
This recognition brought meaning to all the barriers and challenges faced on my journey and made me believe that I am adding value to the nursing profession

Message of encouragement you would like to leave to those present.

If you are passionate about nursing (LOVE), developing your work outside of the box (COURAGE), and really want to move the nursing profession forward (HONOR), this is for you... apply next time!!

Dr Vitor Parolo

What this recognition means to you,

It means I'm on the right track. The objective was and will continue to be to add small grains of sand that contribute to the appreciation and recognition of Nursing Sciences, seeking to anticipate needs and respond to new challenges with rigor, effectiveness, and efficiency.

Message of encouragement you would like to leave to those present.

This recognition was only possible by keeping myself surrounded by people who transmit knowledge to me, encourage me to reflect critically, and serve as a reference model. Participating in collaborative projects undoubtedly allows for raising the current level. Alone we are effectively nobody.

Prof Lia Flora

What this recognition means to you:

To be awarded the European Recognition of Nursing Excellence in Clinical Practice 2022 represents the fulfilment of a dream as a paediatric nurse. Like in a perfect symbiosis, being a nurse makes me grow as a person and as a human being. On the other hand, my values and principles support me to be a better nurse. Being a nurse is for me the essence of a human being.

The message of encouragement you would like to leave to those present:

Put a piece of you in everything you do. Keep strong and believe in yourself, respect your essence.

Dr Liz Berragan

My sentence:

To be awarded the European Recognition of Nursing Excellence in Education 2022 is very exciting and drives me to continue working with students as partners in learning and research.

My message of encouragement:

To those who search for authentic opportunities to transform student learning, my message is: be courageous, embrace the unknown, work with your students enabling them to take control of their learning. Above all, make healthcare learning a joyous and affirming experience of personal and professional discovery

8th PhD Virtual Connect 2022

Strengthening the sustainability & Future growth of nursing research

30 November, 2022
Zagreb - Croatia

Organization



EUROPE REGION



MEMBERSHIP INVOLVEMENT COMMITTEE

Co-hosting Alpha Alpha Gamma Chapter

Info: mic.sigmaeurope@gmail.com

website: <https://europe.sigmanursing.org/new-page/membershipinvolvementcommittee>



30th November 2022

1pm-3.30pm (CET) 12noon-2.30pm (GMT)

The **Membership Involvement committee & Alpha Alpha Gamma Chapter**, from Zagreb, Croatia are together hosting this online conference and are excited to announce, that we have just accepted 17 stellar Ph-D candidates to present and 2 Master prepared presentations, which will be a first at the 8th Ph-D virtual connect conference from all over Europe. To be exact 10 European countries dotted all over Europe have confirmed. The themes cover the whole spectrum of nursing from research, threw to nursing leadership, education and clinical practice. We will be listening to presentations about refugee children, their mental health and family nursing, to advanced practice nursing, implementations for chronic disease management to relational patterns in nursing and civil workplace and lastly professional self concepting for nursing. We will have returning presenters from years past, to help with the moderation during the program. So a lot of new elements this year as we push on and develop further. Please email Marie-Louise Luiking Marie-Louise@luiking.com for the zoom link.



Planning for the **2024 Europe Region Biennial Conference** is going well.
25-28th June 2024.

The title is **Promoting Global Nursing: Education, Research and Practice to meet tomorrow's health and care needs.**

Conference Themes

1. Working together; across disciplines, boundaries and countries including co-production with service users, patients and families
2. Entrepreneurship: creativity, enterprise, and innovation
3. Inclusivity; working with socially excluded and vulnerable groups
4. Sustainable nursing; climate, resource, workforce
5. Nursing during times of conflict, crisis and disasters
6. Digital health

Website and sponsorship booklet should be ready by December 2022. Timeline for abstracts is
1st January 2023 Advertising for the Conference
1st June Abstract portal open for submission
15th September abstract portal closes
1st December results of all submissions sent out
1st February 2024 Conference Programme finalised



Rho Chi Chapter The Netherlands

2. How practice and academic staff are helped to manage their well being
Is there any national guidance, do any workplaces address this or is it not covered at all

Teachers who are student coaches need to get (and keep up to date) a specific certificate in order to be and stay a student coach.
Most employers in the Netherlands have services to which they can refer employees if there are wellbeing issues, not only when they experience trouble but also in order to prevent problems in wellbeing.



How nursing students in your Universities are taught about caring for their own well being
Is it an area in the curriculum or an added extra or not covered at all ?

Most Universities of Applied Sciences with Nursing Schools have student coaching & reflection in the curriculum, which mostly has individual as well as group coaching in it and lessons on reflection and intervention methods and how to use and practice them in the working environment. In that context there is room for discussing their wellbeing. Also there is a service for students if they experience (study/work)stress to which they can go and where social workers, psychologists etc. are available. Mind you, this is no specific service for nursing students but for all students.



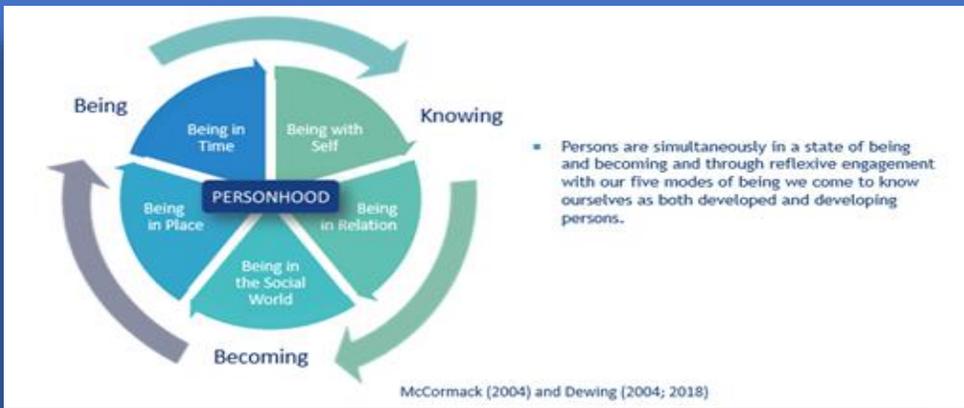
Images from NHL Stenden

Do you have any guidance from your country professional body to help with well being

Yes, there is a lot of information about and attention for taking care of oneself as a nurse, especially since the pandemic. Our national Nurses Organisation has guidelines for psychological support and also other national organisations are paying attention to care workers specifically. See f.e. (in dutch but it gives an impression)

- <https://www.venvn.nl/themas/coronavirus/psychische-ondersteuning-in-coronatijden/>
- <https://www.zonmw.nl/nl/over-zonmw/coronavirus/programmas/project-detail/covid-19-programma/de-drie-goede-vragen-om-emotionele-belasting-van-verpleegkundigen-i-o-tijdens-de-covid-19-uitbr/>

For post registration and postgraduate Specialist Community Public Health Nurse (SCPHN) learners during module TouchPoints and online facilitation sessions we talk about how the Getting it Right for Every Child national policy can be used in terms of self and others. The Wellbeing Indicators and the My World triangle can be adapted by the SCPHN learners experiences and wellbeing. Brendan McCormack and Jan Dewing's thoughts on Personhood and Person-centredness are brought into discussions when discussing the disorientation post-registration learners often experiencing when they return to studying.



This is facilitated using this visual

Dr Karen Rennie notes that keeping a journal and reflective writing - as well as identifying a co-learner to talk to about their experiences - possibly by going on a walk. A space for dialogue with self and others can encourage stepping back from an experience or situation is talked about in sessions - especially when talking about studying and assignments. Learners have identified that listening to, and being listened to, can reduce their feelings of stress.



Well being from
Omega Xi
Scotland

Dr Kath MacDonald and Dr Caroline Dickson have co-designed an interactive resource to support individual and team well-being and effectiveness with nurses and other healthcare professionals.

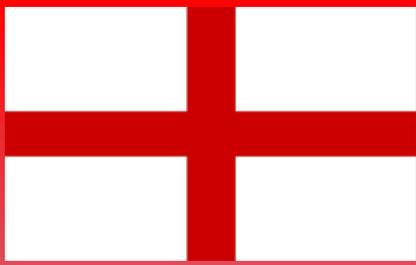
The uniqueness we believe is two-fold:

We use storytelling to share experiences. Teams use the resources themselves and identify their own well-being/team effectiveness strategies. We have also used the resource very successfully with students. You can have free access to the resource here <https://www.listenupstorytelling.co.uk/welcome-to-cake/> We will happily give you more information if you would like.



The Chapter helping the well being of the planet as well as themselves.





Well Being from Phi Mu Chapter England

How nursing students in your Universities are taught about caring for their own well being. Is it an area in the curriculum or an added extra or not covered at all ?

This will vary depending on the programme although often, self-care is viewed as an add on rather than an integral aspect of the programme.

Nursing students know that they need self-care although perhaps cannot see when they might have time to practice it. In an already packed curriculum, finding time for formal activities can be challenging. There is also a cultural aspect to this in that self-care might be viewed as an indulgent act for nurses and the key to being a 'good nurse' is to be tough and just 'keep going'.

Some examples of where self-care might feature include signposting to online resources and apps, the promotion of self-care plans and discussion in relation to caring for others. For example, when learning about concepts such as empathy, students might be advised to care for themselves, so they can care for others, along the lines of, 'putting our own oxygen mask on before we help another person with theirs'.



Do you have any guidance from your country professional body to help with well being?

During the recent Covid-19 pandemic, the Nursing & Midwifery Council published a list of organisations that might be able to support nurses to maintain positive mental health and wellbeing. However, they do not offer any specific guidance, although during revalidation, nurses have to declare that their health enables them to practice safely.

Perhaps we need to consider what is meant by health and wellbeing. Considering Maslow's hierarchy of need as a guide, nurses' basic safety and security might not always be met in the context of short staffing and inadequate wages in the light of rising costs of food and fuel. This will have an impact on wellbeing and a nurse's ability to self-care.

**How practice and academic staff are helped to manage their well being
Is there any national guidance, do any workplaces address this or is it not covered at all**

There are central initiatives such as 'wellbeing at work' and practical ideas such as email signature strips, which advise others that they are not obliged to reply outside of office hours. Other initiatives might be developed based on staff interest such as film clubs, pilates or knit and natter events

The NHS People Plan does include wellbeing as a central theme, hence the inclusion of resilience hubs and free Headspace and Sleepio apps for NHS employees.

However, how all these things impact on self-care and wellbeing is open to debate and it is unclear how far they go when staff are faced with the rising cost of living, staff shortages and increasing pressure on themselves and families.



Well being from Alpha Beta Nu Finland

The University of Kuopio Nursing department was involved in the development of <https://chatpal.interreg-npa.eu/> and this AI based chatbot is promising, free and really easy way to improve the wellbeing of all of us. It is based on positive psychology and is available in four languages, English, Scottish Gaelic, Swedish and Finnish.

In this chatbot development, the role of nurses was essential. The ChatPal project will develop and trial a chatbot to support and promote mental wellbeing in rural areas. Needs analysis will inform the requirements for the chatbot and content/dialogue scripts for the chatbot will be designed by experts and psychologists.

Below are listed features and support services, which are provided in our UNI website front page for students.

The well-being of students is our highest priority in. Therefore we have gathered support channels and help for our students various crisis situations on Kamu web service.

Help for different life situations are gathered in this site:

Crises and mental health

General health

Coronavirus and war in Ukraine

Inappropriate treatment, harassment and equality

Social supports and finances

Learning difficulties and support

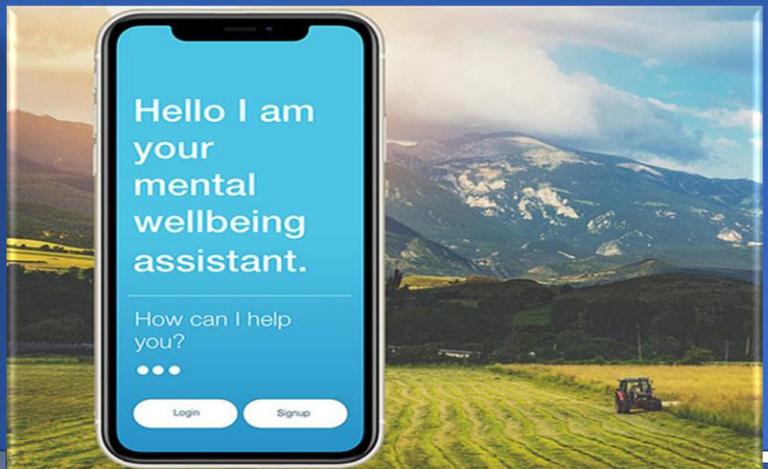
Loneliness and relationships

Study Psychologists

Student2Student peer counselling

Nyyti is a national student wellbeing support center. They provide e.g. chat services, support groups and self-help guides.

<https://www.nyyti.fi/en>



In addition, our digital working platform of staff gives regular reports, analysis, and notifications of your working style. It makes suggestions on how you could improve your wellbeing.

We have Wellbeing week regularly every year. This year the theme was the well-being of the brain. The purpose of the Wellness Week was to offer UEF's students and staff a wellness-promoting program throughout the week.

We also have Wellbeing survey for staff and students regularly.

Considering Self-Care as one of the nurses' intervention focuses, since the first year of the course, actions to encourage and raise students' awareness about their own self-care and well-being are somehow integrated throughout the classes on nursing care. For example, in the curricular units inherent to the area of mental health, students learn progressive muscle relaxation, among other strategies that promote wellbeing. Even before the pandemic, our school promoted a course for 1st year students, at the time of their integration in the university, called "First Help in Mental Health", with the aim of reducing the stigma of mental health, training for the early identification of signs and symptoms of some mental problems and/or disorders, such as depression and anxiety, in themselves and in the people around them, given the transitory moment they were in. At the same time, it promoted healthy lifestyles.

The Student's Association of our university also tries to be attentive, and promotes awareness-raising activities and workshops to work on anxiety and the prevention of depression. These activities take place in articulation with the School Health Service, a pioneering service in Universities that allows quick access to health care, particularly important for students who are displaced from their family/residence context.

Besides this, the ESEnC Students' Association also promotes sports activities, our school also provide a gymnasium at a very low cost and currently also has gym machines in the university gardens. Festive activities that allow everyone to integrate and get to know each other in a more relaxed space are also provided by the Students' Association.

Well being in Phi Xi Chapter, Portugal

The 2020-2024 strategic plan of the ESEnC includes the Program for the promotion of the safety and well-being of the educational community, which includes measures inherent to the occupational health of its employees.

Recently, a project for conciliation between professional, family and personal life, the CONVIDAS Project, was signed, complying with the national strategy for the creation of a management system for conciliation between work and family and private life of individuals, called "3 in a row Programme". This Portuguese government programme aims to promote a better balance between professional, personal and family life, as a condition for effective equality between men and women and for full citizenship, allowing free choices in all spheres of life, in response to the ambitions of the European Commission.



Some measures were implemented, namely good labour practices, professional support and personal development and services and benefits with the provision of spaces for labour gymnastics, as well as the establishment of protocols with service providers that can somehow benefit well-being, such as gyms and cultural spaces.



The Phi Xi Chapter Solidarity Fund can also be considered an important initiative for the contribution to the social well-being of our students, providing their integration and preventing them from dropping out of school.

The "3 in a Row Programme" is also being implemented in health institutions. Currently, there are discussions in Portugal and private sector companies are conducting pilot studies to reduce the working week to 4 days. Teleworking is also one of the most considered strategies to allow the conciliation between the different spheres of workers' lives.



In Portugal, in the context and following the Covid 19 Pandemic, the Board of the Mental Health and Psychiatric Nursing Specialty College of the Ordem dos Enfermeiros, based on international recommendations, presented a guideline document in 2020 with strategies for mental health promotion and mental illness prevention addressed to nurses, which is still current. Another initiative of the Ordem dos Enfermeiros to respond to the need expressed by several Nurses regarding the Covid-19 epidemic was the creation of the Mental Health Helpline, a totally free service from Nurses for Nurses, operated by Specialist Nurses in Mental Health and Psychiatric Nursing, who have the technical and scientific knowledge to do so, in accordance with the ethical and legal framework in Portugal.



Upsilon Xi Chapter Wales

How nursing students in your Universities are taught about caring for their own well being Is it an area in the curriculum or an added extra or not covered at all ?

At induction all students are made aware of the extensive student support services which the University offers to all students. Within modules such as health promotion students are taught about assessing and reflecting on their own health status, where to access services such as 'Help me Quit Wales' and credible websites and apps to use to help them with their own wellbeing such as mindfulness apps. Prior to exams we offer pet therapy. Within every module in the nursing curriculum there is reflective practice.

How practice and academic staff are helped to manage their well being

Academic staff can access a range of health and wellbeing services including counselling services, occupational health services, discounted audiology and osteopathy services, university health and dental services. We have staff who are mental health first aiders who are trained to spot the signs and symptoms of mental health issues, offer initial help and signpost a person towards support available within the university and also externally. The university offers flexible working and remote working. We also have a menopausal policy. Staff and students have free membership to the Santander cycle scheme. We have a staff carers network which offers a wide range of support and training for staff carers and links with the Swansea carers centre which offers a range of complementary therapies free for carers. The university is also a member of Employers for Carers Wales and the Carers UK digital resource for carers which provides a wide range of support and advice for staff and student carers including bereavement support, dementia training and looking after yourself as a carer.

Is there any national guidance, do any workplaces address this or is it not covered at all

Our Workforce Strategy for Health and Social Care (2020) (<https://heiw.nhs.wales/files/workforce-strategy/>). A key strategic theme is an engaged, motivated and healthy workforce with a target for this to be achieved by 2030.

The health of the NHS and social care workforce is a key feature of national health and social care policy in Wales and encompassed within strategy documents including a 10 year workforce strategy A Healthier Wales: Our Workforce Strategy for Health and Social Care (2020) (<https://heiw.nhs.wales/files/workforce-strategy/>). A key strategic theme is An engaged, motivated and healthy workforce with a target for this to be achieved by 2030. We have legislation for safe staffing levels in surgical and medical wards and campaigning for this to be extended to other settings including mental health and the community.



Omega Epsilon at Large Chapter, Ireland

One of the 1st year nursing undergraduate modules is called Health and Wellbeing and as part of this module, the module leads facilitate a walk in advance of the class commencing for students and staff. It is wonderful to see the participation in this event as everyone takes off around the college grounds.

hosted a Department away day last Spring. The day was primarily devoted to programme developments and some relaxing time in between for the team members. We are planning to host this again next Spring and to include some fun development for the Department members. This is funded through money made from previous Department conferences.

We took lunchtime with the Masters in Nursing students last week where staff and students ate together and shared personal stories. This is a diverse group so each was asked to share food that represented their own culture. It was a nice event that helped dismantle perceived hierarchical barriers. The fourth-year undergraduate nursing students are frequently stressed this time of the year so we are sharing the cost of 6-week Yoga sessions for those who want to participate.

All students have access to the gym and hydro pool at the University and many use these facilities, for example, access to the hydro pool is €3 per hour, for students.

There are counseling services available for staff and students.

We celebrate events such as special awards, new babies, and happy life events usually with a high tea in the staff common room where each member brings food to share. We have not had such a celebration since C-19 but we have had a new baby since October 14th so this is a great reason to start again.



Staff such as the Education and Professional Officers in the national regulatory authority (Nursing and Midwifery Board of Ireland) are very kind and demonstrate respect and practicality when dealing with nurses and midwives but I am not aware of any particular guidance on maintaining healthy work-life balance.

Interestingly an unpublished Doctoral research study demonstrated that 'engaging fully in life' was linked to higher levels of resilience, this was over and above maintaining health and work-life balance when these concepts were measured against resilience levels in 281 nurses working in acute hospitals in Ireland in 2018. Engaging fully in life was described as "the business of being alive, maintaining an active interest in the world, taking on a challenging project, staying connected, or putting oneself out there even if it means risking failure" (Wagnild, 2014).





Chi Delta Chapter, Armenia



Chi Delta Chapter is associated with Yerevan State Armenian – American Medical College Erebouni, Yerevan.



The 4-year Nursing Administration program is equivalent to bachelor's degree in Nursing.

We started this program in 1995 by signing a Memorandum of Understanding through a grant from USAID, AIHA, UCLA Medical Center and support from the Armenian American Diaspora.

The graduates become nurses, nurse -leaders, nurse -managers, nursing educators and make a real difference. How many changes lay ahead of us: Covid-19, war, use of chemical weapons, various injuries from bomb attacks, shift to online education.

Despite all the challenges our incredible graduates demonstrated patience, flexibility and creativity. They have worked hard to be where they are now.

In the Yerevan State Armenian-American medical college "Erebouni" nurses are trained in the following specialties: "Nursing", "Nursing Administration", "Medical Cosmetology", "Medical Massage", "Pharmacy", "Laboratory diagnostics" and "Dental Technology."

Photo below from

<https://www.flickr.com/photos/81399520@N00/9575990748/>

Sahakyan S, Akopyan K, Petrosyan V. Nurses role, importance and status in Armenia: A mixed method study. J Nurs Manag. 2020 Oct;28(7):1561-1569. doi: 10.1111/jonm.13109. Epub 2020 Aug 22. PMID: 32715532.





Alpha Alpha Gamma Chapter Croatia

The Chapter is hosted by
University of Applied
Health Sciences , Zagreb

<https://www.zvu.hr/?lang=en#>



The University of Applied Health Sciences is the oldest higher education institution for the education of nurses in the Republic of Croatia.

The University of Applied Health Sciences is a leading institution in the development of study programs for nurses as well as the development and promotion of lifelong learning programs. The study of nursing is strongly involved in the processes of development and improvement of the nursing profession .

The Chapter has 68 members from 8 different academic institutions, public and private hospitals, HMO community.

The chapter has senior officials such as head nurses or deputy head nurses of hospitals, clinical specialists, nurses in hospitals in the community, academic staff.

The interest with the well-being of nursing staff in Israel is "on the table" after a national burnout survey that conducted among nursing staff several years ago. There were alarming findings regarding the high level of burnout of the nursing staff.

It is also on the agenda in nursing education - for nursing students, to prepare the students to develop awareness and resilience .

Omega Lambda Chapter, Israel



The Cheryl Spencer Department of Nursing is a leading academic institute for nurse education in Israel. The department's vision and mission are inspired by the legacy of Cheryl Spencer, her compassion for people and her passion for the art of nursing



Haifa Univ

Alpah Alpha Beta Chapter, Italy



As for the well-being of nurses and nursing students in Italy, this phenomenon is still little studied. Although in the nursing literature of reference there are more and more sources that correlate the abandonment of the nursing profession both in the workplace and academic, all this is also due to both the care complexity and the organizational complexity of national health systems. Particularly in these years of the COVID19 pandemic, where not only this phenomenon can be traced back to numerous reasons, especially among them there is the high understanding of stress, but also the difficulty in managing these new epidemic situations.

In order to study this phenomenon and understand the possible factors that can influence this choice of the professional and the student, it is important to take into account the level of complexity of health systems, so that all this process cannot activate inadequate solutions that could compromise the entire national health system. Consequently, it is important to develop psychometrically valid tools that can help us to adequately explain this phenomenon and, certainly, to quantify its magnitude.



The data, which we can extrapolate, can highlight that some factors such as stress, relationships, work climate and conflicts are elements that directly influence the work climate and how this can affect both clinical learning environments and work environments. On the basis of all this, it would therefore be desirable to also develop programs that can take these issues into consideration and work on them through preventive training both in the academic and work fields.

ALPHA ALPHA BETA chapter is committed to promoting the dissemination of information among nurses and citizens on how the overall well-being of nurses and students themselves is an outcome that impacts on the health of the population as well as on that of professionals.

Precisely for this reason, in Italy, after the multicenter study RN4CAST, which expressed the first information on the staffing, skill mix and well-being of Italian nurses, our Chapter ALPHA ALPHA BETA and the National Federation of Orders of Nursing Professions (FNOPI) sponsored a national multicenter study (Well-being of the nurses and brackets safe in hospice - Study BENE). the study is still ongoing and was promoted by the Nursing sector of the Department of Health Sciences of the University of Genoa in collaboration with Penn University. is aimed at describing the prevalence of staffing levels and work environment characteristics and the correlation with patient and nurse outcomes in all simple/complex hospital hospitalization facilities where direct nursing care is provided also in relation to RN4CAST previous data.



.How nursing students in your universities are taught about caring for their own well being

Is it an area in the curriculum or an added extra or not covered at all ?

Ergonomic is included in the curriculum

Also students get guidance in different seminars and lectures about life style practices

Student union with the mission to influence their education.

There are two students who monitor wellbeing in each course. Who attend regularly meeting with teachers to discuss different issues regarding education, work environment but also if there are any major personal issues

-Student welfare is assured by that there is facility provided by university if the students are in need of medical care for study related issues. Physical or psychological or mental issues related to studies.

-There are also gym activities in the town for the students subsidized by the university

-On the student portal they can find various information about latest news, good study environment to practical information in case of emergency.

-As a student they also have access to a multitude of software, tools and services.

-Each spring arrange a Spring Ball where you have a chance to put on your best festive attire, eat great food, and dance all night. The Spring Ball is visited by old as well as new students, and members of the senior college.

Tau Omega Chapter Sweden



How practice and academic staff are helped to manage their well being

Is there any national guidance, do any workplaces address this or is it not covered at all?

Yes. This has been managed through legal documents and guidelines.

At the graduation day for the Complementary programme for nurses with a nursing degree from outside the EU/EES and Switzerland, students have tie party bring food of their own country, eat together and enjoy.

Do you have any guidance from your country professional body to help with well being

-Yes. The university arranges Yoga class, and other activities like, general breakfast with the someone presenting their successful pedagogical strategy, Zumba class, Kick off with Spa resort in the beginning of semester every year. Christmas mingle, stress management seminars, diverse workshops to manage and balance work life etc.



Photos from
Gothenburg
University site

Upcoming events

8th PhD Virtual Connect 2022

Strengthening the sustainability & Future growth of nursing research

30 November, 2022
Zagreb - Croatia

Organization



EUROPE REGION



MEMBERSHIP INVOLVEMENT COMMITTEE

Co-hosting Alpha Alpha Gamma Chapter

Info: mic.sigmaeurope@gmail.com

website: <https://europe.sigmanursing.org/new-page/membershipinvolvementcommittee>



Event	Date	How to book
8 th PhD Virtual Connect	30 th Nov 2022	https://europe.sigmanursing.org/home Register for the zoom link by sending an email to Marie-Louise@Luiking.com
Phi Mu Chapter event	9 th February 2-4pm GMT	Presentation by Florence Nightingale Scholar Dr Barbara Farquharson To register email Phimuchapterengland@gmail.com
Creating Healthy Work Environments	10-12 February 2023 Austin, Texas, USA 16-17 February 2023 Virtual	https://www.sigmanursing.org/connectengage/meetings-events/chwe
34 th International Nursing Research Congress	20-24 July 2023 2-4 August 2023 Virtual	https://www.sigmanursing.org/connectengage/meetings-events/congress
47 th Biennial Convention	11-15 November 2023 San Antonio, Texas, USA 28-30 November 2023 Virtual	https://www.sigmanursing.org/connectengage/meetings-events/convention
Sigma Europe 7 th Regional Conference, Hosted by Phi Mu Chapter at Bournemouth University, England	25 th -28 th June 2024	Promoting Global Nursing: Education, Research and Practice to meet tomorrow's health and care needs. Abstract submission 1 st June – 15 th Sept 2023 More details soon

Sigma Europe
Making Connections
Staying
Connected



Country	Chapter Name	Website address
Armenia	Chi Delta	https://chidelta.sigmanursing.org/home
Croatia	Alpha Alpha Gamma	https://alphaalphagamma.sigmanursing.org/home
England	Phi Mu	https://phimu.sigmanursing.org/home
Finland	Alpha Beta Nu	https://alphabetanu.sigmanursing.org/home
Ireland	Omega Epsilon at Large	https://omegaepsilon.sigmanursing.org/home
Israel	Omega Lambda	https://omegalambda.sigmanursing.org/home
Italy	Alpha Alpha Beta	https://alphaalphabeta.sigmanursing.org/home
Portugal	Phi Xi	https://phixi.sigmanursing.org/home
Scotland	Omega Xi	https://omegaxi.sigmanursing.org/home
Sweden	Tau Omega	https://tauomega.sigmanursing.org/home
The Netherlands	Rho Chi at large	https://rhochi.sigmanursing.org/home
Wales	Upsilon Xi at-Large	https://upsilonxi.sigmanursing.org/home