

# SPRING 2024 SIGMA EUROPE NEWSLETTER

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EUROPE REGION

31 March 2024



## Letter from the regional coordinator



Dear Colleagues,

Welcome to the Spring (Easter) Newsletter of 2024!  
Just looking back on the last 3 months of 2024 it has been a vibrant and busy time for Sigma Europe. I would like to thank everyone who contributed to our achievements so far. Thank you to all the European Committees and the chapters for all your hard work.

We are busy planning our **7th Sigma European Regional Conference “Promoting Global Nursing: Education, Research and Practice to meet tomorrow’s health and care needs” (#SigmaERC2024)**, kindly hosted by our English Chapter Phi Mu and Bournemouth University together with the Sigma European Regional committee.

We have had our stellar **4th Masterclass** last February with invited guest speaker, Dr Leslie Gelling. The Masterclass was a great success with a high attendance and with very positive evaluations received afterwards. We have high hopes for a similar success for our first **Ph-D Fring event** which will take place during the lunch of the first day during the **#SigmaERC2024**.

**Dr Marie-Louise Luiking RN**  
Sigma Europe Regional Coordinator

## Top News

Register now for the 7th European Regional Conference – early bird rates available until 31 March!

<https://register.oxfordabstracts.com/event/4533>

Welcome to our new chapter,  
Alpha Gamma Alpha  
(Spain, Navarra University).

Save the date! Nominations are open [here](#) on 1 May for the European Recognition of Nursing Excellence in Research, Early Career Researcher, Clinical Practice and Education 2024!



## Regional Committee News

Read about the latest updates from Sigma Europe's Regional Committees!

## JBI Protocol Review

*Our Sigma European Research committee is having their JBI protocol in review by a international journal, "Nursing doctoral thesis between 2020- 2023 across international borders."*

*Why is this review important? Nursing doctoral thesis research plays a crucial role in advancing healthcare for several reasons:*

- **Knowledge Expansion:** Doctoral thesis research in nursing contributes to the expansion of knowledge in the field. It enables nurses to explore and investigate specific areas of healthcare, leading to new discoveries, insights, and evidence-based practices. This, in turn, improves the overall quality of patient care and healthcare services.
- **Evidence-Based Practice:** Research conducted during nursing doctoral studies generates evidence that can be used to inform and guide nursing practice. By relying on sound scientific evidence, healthcare providers can make more informed decisions and deliver care that is proven to be effective and safe.
- **Problem Solving and Innovation:** Doctoral thesis research often addresses real-world healthcare challenges and gaps in knowledge. By focusing on these issues, nurse researchers can propose innovative solutions, interventions, and approaches to improve patient outcomes and healthcare delivery.

## Welcome onboard, Joy!



Welcome to **Dr Joy Shao**, associate professor at Northumbria University, UK who has joined our Sigma European Research committee.

After many years spent providing a variety of critical care services in China and the UK, Joy became a Senior Lecturer at Northumbria in 2007. She also teaches on the franchised overseas nursing programme, and is a Programme Leader for campus-based international nursing programmes, including MSc Nursing amongst others.

**Welcome Joy! We are honoured to have you with us!**

## Nurse Education Interest Group



At our last Sigma European NEIG meeting, we met to discuss future plans.

Congratulations to everyone for their efforts! Especially, since we learned that our newest manuscript **"Aims: To explore a) pre-registration students' self-perceptions of clinical leadership behaviours and b) differences in students' self-perceptions of leadership behaviours between countries (UK and Israel)"** has gone into review at an international journal.

We have a symposium slot at **#SigmaERC2024**, so please come along and meet us there.

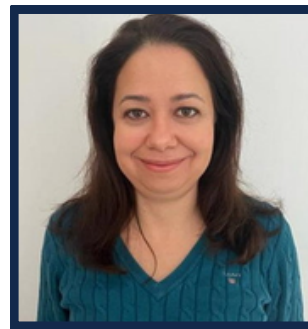
## Best Practice Nursing Workforce committee

The committee since being set up 2 years ago have done research among the 12 European chapters about the knowledge of Nursing workforce factors and have come up with a gap in the knowledge known about the regional policies in various countries across Europe.

They have written a commentary on their findings and submitted to an international journal for review: Title **"Are we making the most of Safe Staffing Research?"**

## Regional Committee News

### Communications Committee: New Committee Chairs!



In January our Sigma European Communications committee met for the 1st time this Bienium. Chapter members from Israel, Finland, England, Portugal, Italy and Ireland, under the guidance of the New Co-Chairs **Dr's Helena Rezende & Ippolito Notarnicola**.

Off to a fresh and stellar start. Supporting the committee are Eleanor Mee and Sofia Scevaroli from MCI Brussels Marketing & Communications.

**Welcome Helena and Ippolito! We are so pleased to have you both on-board!**



# CHAPTER NEWS

## Scottish chapter Omega Xi

Congratulations to Dr's Caroline Dickson and Kath MacDonald who presented at the Sigma CHWE2024 conference this weekend in Washinton DC (USA). Caroline and Kath presented on their project CAKE to improve healthy work environments. More to be found in the Sigma repository where conference abstracts are kept.

Find out more about Omega Xi activities here:

<https://omegaxi.sigmanursing.org/home>



## Italian chapter Alpha Alpha Beta

A workshop on Fundamentals of Care hosted by our Italian Chapter Alpha Alpha Beta will be held non 22 May at the Former Church of San Salvatore, Sarzano Square Genoa. Professors of Nursing at the national and international level will present at the event. The event is free for sigma members in good standing for the year 2023/2024.

To register for the event, please email the chapter address: [aabchapter.sigmainternational@gmail.com](mailto:aabchapter.sigmainternational@gmail.com)

Find our more about Alpha Alpha Beta activities here: <https://alphaalphabeta.sigmanursing.org/home>

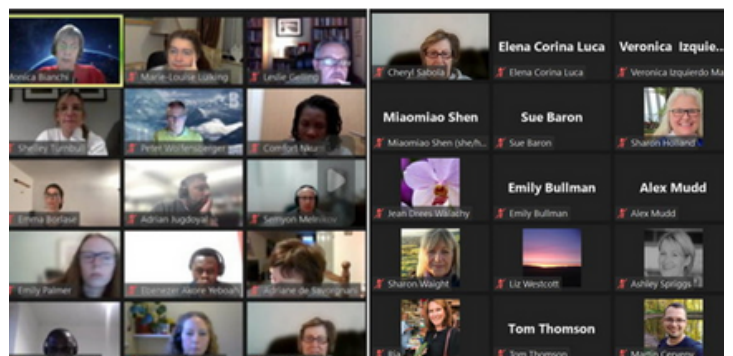
## English chapter Phi Mu

Congratulations and welcome to our new members (n-17) who were inducted into the Phi Mu chapter at our online Induction ceremony on 15 February.

It was great to see such a range of new members – from student nurses and newly qualified nurses to nurses in the profession for over 25 years. It was very POWERFULLY shown that Sigma is a place for ALL, no matter your career juncture.

Find out more about Phi Mu activities here:

<https://phimu.sigmanursing.org/home>



04/08



# CHAPTER NEWS

## Irish chapter Omega Epsilon At Large

Following the conclusion of the Royal College of Surgeons Nursing conference in February, hosted by our President Professor Mark White, the Omega Epsilon At Large Chapter of Sigma will continue to work to support its membership by hosting a series of exciting events over Spring, Summer and Autumn!

Find out more about our Omega Epsilon At Large activities here:

<https://omegaepsilon.sigmanursing.org/home>



### APRIL 25 – SPRING SIGMA INDUCATION CEREMONY

This ceremony is organised by Dr Claire O’Gorman and Dr Sara Kennedy at the South East Technological University. This event will include a Masterclass on how to optimise our use of LinkedIn as a teaching and learning resource.

### MAY 15 – UNIVERSITY OF LIMERICK CONFERENCE CELEBRATION

Chapter members are invited to join the team of nurses and midwives at the University of Limerick in celebrating their annual conference hosted by Dr Liz Kingston, Dr Jill Murphy and Professor Alice Coffey with a Masterclass on securing grant funding supported by Dr Nicolla Cornally and Dr Serena Fitzgerald.

### OCTOBER – AUTUMN SIGMA INDUCATION CEREMONY

The ceremony will be hosted at the Munster Technological University in Kerry. The Masterclass focus for this event will be on promoting sustainable practices within a simulated healthcare environment where hosting nurses and midwives from practice will be the objective of the session. This event will be led by Nurse Lecturer and Chapter secretary Lisa Langan, Dr Dawn Farrell, Vice President Agnes Sheehy, Nurse Sheila Page, Dr Joan Murphy and Dr Gerardina Harnett.

### BURSARIES AVAILABLE!

To support of nurses and midwives from practice, the Chapter is offering a **bursary for two nurses/midwives** working in a hospital or community practice contexts **to travel to the Sigma Bournemouth conference (#SigmaERC2024)** in June.

In return they will present on their overall experience and learning from the conference to the Chapter board.

05/08





***“Inspiring students  
share their stories.”***

**Cathy Beresford (RN)**

PhD student at Bournemouth  
University & Member of Phi Mu  
Chapter – England

I am a full-time PhD student at Bournemouth University undertaking qualitative research with people affected by advanced liver disease.

I went into nursing at eighteen years old, because I had always enjoyed working with people and supporting them through different situations. I wanted a career where I could make a difference to people's lives.

Having been a nurse for all of my adult life, it has always been a major part of my identity and has given me numerous opportunities including nursing abroad. I decided to join Sigma because it is an opportunity to further develop leadership skills and to share knowledge and expertise with nurses across the world.

I am still learning about how I can contribute to the Phi Mu Chapter, but already I have been given the opportunity to be involved in an Advanced Learning Set (ALS) with other members, and I will be presenting my research in a poster at the 7th European Sigma Conference in June.

Being part of Sigma allows me to network with nurses from all different backgrounds and supports my personal and professional development.



***“Inspiring students  
share their stories.”***

**Julia Copson**

Final year BSc Adult  
Nursing Student at  
Bournemouth University

I chose to study nursing after losing both of my parents when they were only in their sixties. This made me realise that life is too short to have regrets. I have a passion for palliative and end-of-life care and hope to gain employment at a local hospice when I finish my course.

I was honoured to receive an invitation to join Sigma and decided to join as Sigma offers many resources that will support me both as a student nurse and as a registered nurse. I think as a student nurse, I could support my chapter by promoting Sigma to my peers. When I joined Sigma, I did not know what to expect, offering insight would help with membership uptake.

Being a member of Sigma will support my future nursing career, such as continuing professional development courses and networking with my peers. I have enjoyed most aspects of my nursing education. I have embraced every learning opportunity offered at Bournemouth University. I am excited to continue my education beyond this degree, either by means of postgraduate courses or through working as a nurse and furthering my knowledge base.

I would love to return to BU in a few years' time to support the education of our future nursing students.





### ***“Inspiring students share their stories.”***

**Laura Al-Hello,**  
Nurse manager,  
Helsinki University Hospital &  
Member of the Alpha Beta Nu  
chapter in Finland

As a healthcare professional and researcher, I have had the privilege of participating in the membership activities of Alpha Beta Nu, the Finnish chapter of Sigma Global Nursing Excellence. Currently, I am working on my PhD at the University of Helsinki, focusing on intervention and impact research to support the retention of newly graduated nurses. Additionally, I hold a supervisory role in specialized nursing unit. Health sciences and public health research are crucial in addressing the health and economic challenges facing our world. It is essential to provide the best healthcare response to these issues by researching and updating available information.

The field of health sciences offers an opportunity to directly influence society's structures. Sigma appealed to me from the moment I heard about it because I am interested in working with diverse organizations. Sigma's activities have a global reach, which increases the visibility of Finnish health science activities and provides opportunities for mutual improvement. Through my membership, I have participated in several networking events and expanded my network to include researchers from various institutions, including the global community.

As a research student and healthcare professional, I have benefited from the training events and nursing development tools provided by Sigma. By becoming a member and participating in its activities, I aim to contribute my extensive experience as a nurse developer and long-term nurse manager to the organization. As my research progresses, I aim to discover methods to enhance nursing retention and encourage commitment among nurses. Additionally, I hope to assist nursing students and newly graduated nurses in recognizing the significance of their role as nursing professionals!