

## Top tips for nurses looking to get into primary health care nursing:

The following is some foundational information that may help those pursuing a job in primary health care. It is by no means an extensive list but provides a starting point:

### Networking and key points

- Becoming an APNA member (if you're not already) provides you with access to a wealth of resources, knowledge and networking opportunities. For more information visit [www.apna.asn.au/membership](http://www.apna.asn.au/membership)
- Connecting with one of APNA's nurse networks is a great starting point for connecting with other like-minded nurses. For more information visit <https://www.apna.asn.au/membership/nursesnetworks>
- Seek a workplace that currently has nurses working there to assist you in your transition to primary health care or seek out an experienced nurse who is willing to mentor you.
- In general practice, it's important to understand how it's funded. APNA's 'Healthy Practices' resources, provide a wealth of knowledge around funding. <http://healthypractices.apna.asn.au/> APNA members also have access to a 'Nurses Financial and Non-Financial contributions guide'
- Get hot tips for updating your CV, complete the self-assessment and skills quiz through APNA's My Nursing Future website <https://mynursingfuture.com.au/>
- Use your local PHN's (Primary Health Networks) in your area to assist in finding a workplace that might be looking for a nurse. To find your local PHN visit: <http://www.health.gov.au/internet/main/publishing.nsf/Content/phn-locator>
- Each primary health care setting will differ in some way and can have a variety of different needs and focuses, dependent on the patient population, demographic as well as the health professional interests and skill sets. Ensure you ask and/or research the population health needs of the area your potential workplace services
- There are a number of skills such as triage and assessment that are very transferrable to the primary health care setting. Ensure you sell yourself on these points when looking for a role
- Consider undertaking a 'trial' placement where you can shadow the existing staff to see what a 'day in the life of' might be like.

### Recommended education to undertake

The below are by no means an exhaustive list but again provide a starting point:

APNA's Foundations of General Practice workshops: <https://www.apna.asn.au/education/foundations>

APNA Online learning (<https://www.apna.asn.au/online-learning-products>) courses such as:

- Immunisation
- Wound care
- Triage
- Chronic disease management (topics such as Diabetes, Asthma and Heart Disease are very common).

Ensure to look into other education around principles of and/or courses on motivational interviewing and/or health coaching. There are multiple provider's available Australia wide.