

Freshers' Edition 2022

for today's Christian nurses
& midwives

spotlight

- mentoring
- to share or not to share
- top tips for surviving nursing or midwifery school

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Authors have reasonable freedom of expression of opinion in so far as their material is consonant with the Christian faith as recorded in the Bible. Views expressed are not necessarily those of the publishers.

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inside

4 top tips for surviving nursing or midwifery school

6 why CMF?

8 local groups - 'what's that all about?'

11 what CMF means to me

12 running a student group

16 to share or not to share

18 letter to my newly qualified self

20 global healthcare mission

24 Christian student resources

26 mentoring

29 what's on your bedside table?

30 what they won't teach you

editorial: starting well

Well done! You made it to this point – starting your nursing or midwifery course. Arriving at university, a myriad of emotions and a mix of questions may be filling your mind: Can I do this? What will people be like? Will I make friends? How do I get to lecture theatre 37F?

Change can be hard, but change is also good if we turn to God and trust him to transform us to be more like Christ each day.

So, how do we trust him, and how can we be faithful Christian nursing or midwifery students at Uni? CMF exists to help you do just that. We are an organisation passionate about encouraging and equipping Christian medical, midwifery, and nursing students to live their best life for Jesus Christ. We want to help you begin at university well. And not just begin, but to run the race of life (including your studies and career) well to the end.



Pippa Peppiatt, CMF Head of Nurses & Midwives

Pippa trained as a nurse. She has planted a church for students with her husband, set up a charity for street kids in Uganda, and has been a Friends International Student Worker.

As you face opportunities and challenges, may I urge you to fix your eyes on Jesus? (Hebrews 12:2) You may trip, fall, or run in the wrong direction – but keep going, don't give up – *'he who began a good work in you will carry it on to completion'*. (Philippians 1:6)

This Freshers' Edition of *Spotlight* contains wisdom and advice from people who have been where you are now. Be encouraged as you read that starting and continuing well are possible. You are being prayed for and cheered on by our team and by lots of other CMF nurses and midwives who have gone before you!

On behalf of the CMF Nurses & Midwives' Team,

Pippa

keep updated

Keep up to date with our events at cmf.org.uk/nurses/events.

✉ nursesandmidwives@cmf.org.uk

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📘 [cmf.nurses.midwives](https://www.facebook.com/cmf.nurses.midwives)

🐦 [@CMFMidwifeNurse](https://twitter.com/CMFMidwifeNurse)

top tips

for surviving nursing
or midwifery school

1 put God first!

Daily devotions are important. Read the Bible. Safeguard your intimacy with Jesus. Get a daily devotional book and find a time to read it every day, at a time that works for you, even if you have to get a little creative and intentional when placements start.

2 get stuck into a church

You won't make every meeting but try to commit to one local church. Build up relationships with a few people. Having a church family nearby, especially if you are away from home, will help you settle into university life and be a vital part of your support network.

5 use the support at your nursing school

Keep in touch with your personal tutor, even when things are going well. Then you will have a relationship where you can approach him or her whenever you might be struggling.

3 look after yourself holistically

You'll be taught to do this for patients. Take the same advice. Care for yourself physically, mentally and spiritually. Training is a marathon, not a sprint. You can probably endure a short period of exhaustion, but your performance will plummet if you neglect yourself long-term. Eat well, exercise, and sleep as much as you can!

4 exercise regularly

Studying as a nurse or midwife can be quite a responsibility. Try and exercise as part of your daily or weekly routine. As well as keeping us in shape, exercise has been proven to help relieve stress and anxiety. It also boosts your ability to retain information.

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7 make the most of every opportunity

You'll meet many different and interesting students during your time at uni. Enjoy meeting new people, especially those who are different from you! You never know what the Lord might bring from these relationships. Make the most of the clubs and other unique opportunities you have as a student. (You'll miss the discounts after you graduate!)

6 ask questions

The only wrong question is the one not asked. Don't be afraid to grow your inquisitiveness. Ask not only the 'what' and the 'how' but the 'why' questions too.

8 learn time management

This is one of the most important skills to develop. Learn to plan and prioritise, instead of just 'going with the flow'. These skills will save you from many bad days, both as a student and later.

9 journal before bed

If you catch yourself lying awake at night, frantically reviewing everything you have to do the next day, try journaling. Take just a few minutes before bed to jot down your thoughts, experiences or concerns. This will decrease feelings of worry and fear. Pray through these things.

10 and finally... connect with other Christian student nurses and midwives through CMF

It is so helpful and encouraging for Christian nurses and midwives to connect and prayerfully support one another. It's great to unite publicly to promote Christian values in nursing and midwifery, and to look collectively at ethical issues from a biblical perspective. Make use of resources available online and in print and be encouraged to be the best Christian nurse or midwife you can be!

why CMF?

what is the Christian Medical Fellowship,
and why it's worth your while joining us

CMF exists to unite and equip Christian nursing and midwifery students to live and speak for Jesus Christ. Sounds good, but what does it mean? Why should I join CMF and what can I get out of it?

being a Christian...

defines who we are and our 'why?' of life. Being a Christian will have an impact on how we study and practice as a nurse or midwife. CMF provides resources and space to think these through. Whether it's an article in our journal – *Spotlight*, or during an interactive seminar at our annual Student Conference.

our medical focus...


means that we can navigate the unique challenges that come with studying in

healthcare. These are often areas that the church does not have the time, knowledge, or experience to address. How do we cope with constantly being faced with life and death? Can I (and should I) share my faith with patients?

being a large fellowship...

allows us to have a strong and credible voice as issues relating to healthcare are debated and discussed in parliament, in the media and wider society. It is an opportunity not just as individuals but as a collective to speak God's truth, love and the good news of the gospel to the world around us. In doing that we can also be a voice for the voiceless and vulnerable in our society.

Joining with other Christians who understand the context in which we study and the highs




and lows it may bring, allows for stories and experiences to be shared. It provides a place for mutual encouragement and building up through discipleship, mentoring and pastoral care as we seek to serve Christ in all that we do.

All that we do at CMF is to glorify God, for the benefit of our members, the church and wider society. There are so many opportunities on offer to you if you join — from conferences with other students from around the UK and Ireland, to day courses tackling specific topics. A wealth of written, audio, and visual content looking at the issues where faith and healthcare intersect is also available.

Perhaps you want to explore working globally as part of our 18-month Global Track programme or get involved in one of our

short-term vision trips overseas. Or maybe you have an interest in developing as a writer and want to write for one of our publications? How about volunteering with us and serving the membership by helping to organise events or leading a local group? The opportunities to connect, grow, speak, and serve as a student are immense.

There might be a host of reasons why you chose to study nursing or midwifery. Perhaps you felt called by God or want to serve a particular group of people. Perhaps it seemed like a nice profession to be part of. Whatever your reason, joining CMF and getting involved is a great place to find out and live out your 'why?' for the glory of God. Join today! 🌟



connecting

local groups:

what's that
all about?

how CMF members connect

You may still be wondering what CMF is all about? Well, a great way to connect and be encouraged by others is in a local CMF group.

Church? CU? CMF?

A CMF group is not a church, nor is it the same as a Christian Union (CU).

We think it's vital that all Christian nursing and midwifery students are committed to their local church and their CUs.

CMF is complementary to church and CU, not an alternative. So, try not to clash and avoid meeting on the same evening as CU or regular church activities. The aims and activities of a CU are very similar to some of CMF's aims, especially praying for and reaching your friends with the gospel. But CMF is also explicitly focused on integrating your faith with your vocation.

CMF is for life

Nursing and midwifery are vocational. Nearly all of us in training will go on to be nurses and midwives for many years after we graduate. Becoming a Christian healthcare professional is a career-long process. So, it is essential to understand and practise our vocation in a Christian way from the very beginning. The nursing and midwifery side of CMF is much

newer than the established medical part of the fellowship. We are still growing in membership and establishing new student groups. It's exciting to see God growing something fresh.

Contact us at nursesandmidwives@cmf.org.uk to find out if there is a group near you. And if there isn't, yet a group local to you, please consider being part of the answer and help to start one!

We are very keen to help nursing and midwifery students set up groups in new places where there is interest. So please get in touch and pass on the message to any nursing or midwifery students you know that CMF welcomes them. We'd love you to join us!

how does it work?

Most groups meet monthly and have a varied programme, including sharing and prayer or looking at a biblical perspective on key topics in healthcare. CMF produces many resources to help with this, including sharing faith with patients, beginning of life, ethical decisions, avoiding burnout, and keeping compassion alive as a nurse or midwife.

We also are in the process of developing links with qualified nurse and midwife members

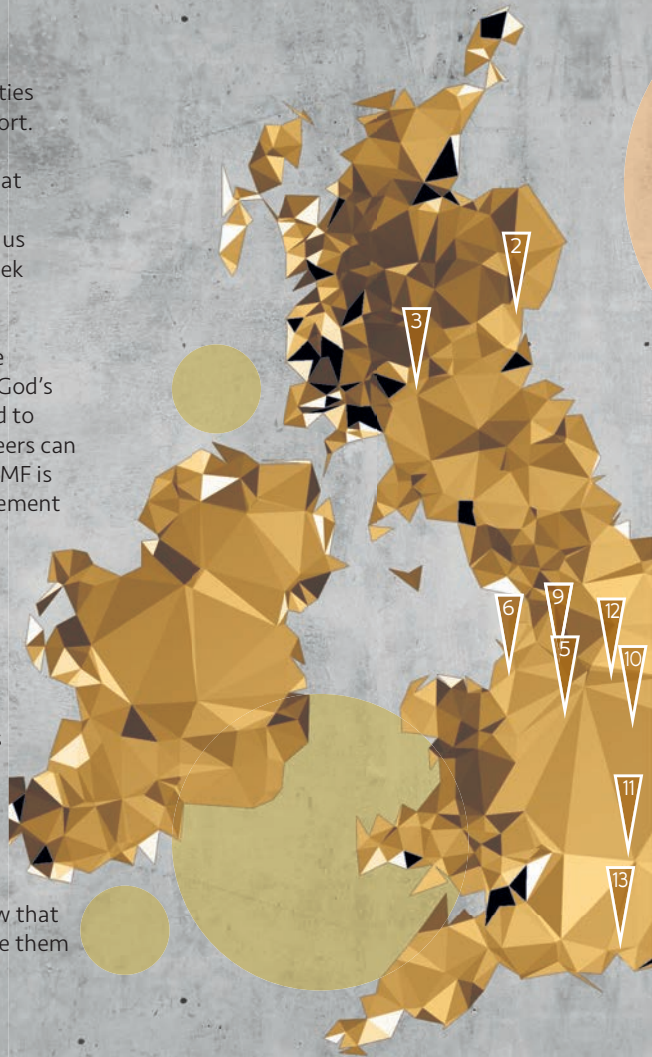
in different regions to create opportunities to meet or receive mentoring and support.

We hope this has given you a feel of what can happen locally. Please email us at nursesandmidwives@cmf.org.uk and let us know where you are based, and we'll seek to connect you with others near you.

As Christian nurses or midwives, we are given particular opportunities to serve God's kingdom that few others have. We need to take this seriously and ask how our careers can be used most effectively for his glory. CMF is here to help you in this, building a movement of healthcare professionals passionate for the glory of God in and through our vocations.

We have other groups in process of starting or on pause while looking for new student leaders. We are very keen to help nursing and midwifery students set up groups in new places where there is interest.

So please be in touch if you are keen and pass on the message to any nursing or midwifery students you know that CMF welcomes them and that we'd love them to join! For more info, please contact nursesandmidwives@cmf.org.uk



what CMF means to me

Alice talks
about CMF

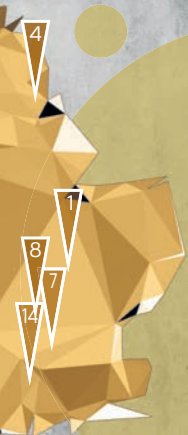


I have loved being part of CMF since I started studying child nursing in 2020. It's been so special to form connections with other people who understand the things I experience as a student nurse. Whether it's fellow students who are at the same stage as you, older students, the newly qualified, those who have been doing it for donkey's years, or nurses who have retired, it's amazing to feel so loved and supported! Everyone wants to help you on your journey.

Local CMF groups help you form a little family that just gets it. People who can keep an eye out for you, offer you advice and simply be there for you when you need them! CMF has given me connections that I wouldn't have had without them. It makes studying such a crazy course so much easier! They just make you feel so loved. 🍷

Alice is a student nurse at Southampton University

1. Cambridge
2. Dundee
3. Glasgow
4. Hull
5. Keele
6. Liverpool
7. London
8. Luton
9. Manchester
10. Nottingham
11. Oxford
12. Sheffield
13. Southampton
14. Surrey





running a student group

Bethany Fuller looks at some practical tips from her experiences running a CMF nurses and midwives student group

It's that time of year again when we start to get excited about the next cohort of nurses and midwives joining our student ranks. But how do you connect? How do you let them know you're there and want to get to know them? How do you welcome them to your local CMF group?

I'm not pretending to have the answers to all these questions as each group is so unique, but in this article, I will give you some tips about things our group has found helpful over the years.

prayer

The number one priority is prayer and always prayer. Whatever you do, pray for your group and fellow leaders, pray for the individual members, pray about how to lead, pray that God will give you ideas suited to your situation, pray that he will provide the right people at the right time, pray he provides a place for you to meet, and pray that he would be glorified. He answers prayer!

how do I tell others about the CMF group?

There are lots of different ways to get the message out. Lecture shoutouts (if you're feeling brave!) and mentions at CU meetings are two great ways. Asking the CU committee

for a slot also has the advantage of letting them know what CMF is about and paving the way for a friendly relationship between the CU and CMF, which exist for distinct but complementary reasons.

Contacting all the local churches with information about the CMF group and asking them to put it in their church notices or look out for new healthcare students has also proved fruitful in the past. You could even contact your school – we managed to get an advert on the main health sciences news page last year!

what do we do?

It's really important to have a few dates in the diary and events that you can invite freshers to from the word go. But what do you do for the first meeting?

Food is always a good thing! At the first meeting, you are just trying to get to know people, show them what CMF is about and get them hooked and eager for the next time. Meeting in a home is fantastic and really aids fellowship, but if that's not possible for you at the moment, pray about it, and the Lord will provide for you in his timing. Meeting outside on picnic rugs is also fun. During the last year of restrictions on meeting together, walks

around campus or halls have become more popular and have been an excellent way to meet freshers.

Your group may be quite small, and so it is particularly important as a leader to ask everyone what they want from the group – fellowship? Informational/educational talks? Prayer support? Etc. Once you know what people are keen on, you can align the group's direction with the vision you have, and all go there together. Having some sort of group chat and social media presence is handy for staying in contact with each other.


It is important to introduce what CMF is and does as an organisation early in the term. It can be quite a hard thing to explain to people who have never heard of CMF before. Making them aware of membership and resources such as *Spotlight* and the *CMF files* is a great way to encourage engagement.

Before Covid, we used to meet on the third Friday evening of the month. Going online meant that we reduced the meeting frequency. Each group will face challenges peculiar to them, but it can be helpful to have

a group ¹ or ²
first needs
**KEEN
STUDENTS**
to be the
LEADERS
(reps) in order to
START

WE GIVE
REPS
SUPPORT &
RESOURCES
to make leading
EASY

REPS
get
TRAINING and a
FREE PLACE
at our
CMF NATIONAL
CONFERENCE



a regular meeting date, as time has a habit of slipping by. It also helps everyone know where they are when arranging shifts, etc. Some groups will meet more frequently than once a month and others less so, but whatever you decide, try to keep it regular.

what support is available?

It is also important for you to remember all the resources CMF can offer you to help lead, including Bible study ideas, *Spotlight*, *CMF files*, student conferences, etc. Not least of these resources is the staff worker in your area. They are there to pray for you and may even come and speak at a meeting if you ask them nicely!

Another source of prayer is your nursing and midwifery representatives on the National Student Council of CMF. They love hearing from group leaders and, as fellow students, will commit to pray for you and your group.

Finally, trust in the Lord, and he will sustain you and provide all your needs according to his riches in glory. 🙏

Bethany Fuller is a newly qualified adult Nurse who trained at Surrey University

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to
share
or not to
share

Georgie Coster looks at how
we can positively talk about
faith at work

If you're a student nurse or midwife, I can hazard a guess that one of your most pressing questions is something like this: Can I share the gospel with my patients? You might have a longer list of questions about boundaries. Can I pray with my patients? Am I even allowed to tell my patients that I'm a Christian, or is that totally inappropriate?

By the time your very first lecture draws to a close, you will have heard all about the NMC Code. Rightly so. It is our guide for professional practice and behaviour, designed to protect our patients from substandard care and malpractice.

The Code tells you that as a nurse or midwife, you must *'make sure you do not express your personal beliefs (including political, religious or moral beliefs) to people in an inappropriate way.'*

¹ Those words can send a shiver down the spine of even an experienced nurse or midwife, let alone a first-year student. The thought of having your PIN taken from you before you've even earned it can make you want to vow never to mention the name of Jesus when you're on duty.

Did you know, that's how many Christian nurses and midwives feel? Silenced. Gagged, even. Knowing they have words of life but feeling totally unable to share them. Must it be that way?

I think the mistake many of us make is forgetting those final four words in the Code: *'in an inappropriate way'*. Take those words out of the sentence and the message changes entirely. That tells me that the NMC believe it is possible for nurses and midwives to express their personal beliefs in an appropriate way.

The NMC are not asking us to be undercover Christians.

I love these words of Jesus: *'You are the light of the world – like a city on a hilltop that cannot be hidden. No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house. In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father.'* (Matthew 5:14-16 NLT)

Are you asking those questions I mentioned at the start of this article? They were pressing questions for me as a student too. I found very practical answers by doing a Saline Solution course,² aimed at equipping Christian healthcare workers to be witnesses for Jesus in the workplace. The course was so helpful to me that I later trained to teach it myself. I think every Christian healthcare professional should do it at least once! 🙏

For more information about Saline Solution courses, check out cmf.org.uk/nurses/events

Georgie Coster is a staff nurse in a Critical Care Unit

1. Nursing and Midwifery Council. *The Code*. January 2015. Updated October 2018.
2. See cmf.li/Saline for more information about the Saline Solution course.



starting

letter to my newly qualified self

Onahi Idikwu shares all she's learned as a nurse with her younger self

And breathe...You let out a breath you didn't realise you were holding and fall backwards onto your bed,

You can't help smiling as you look up at the ceiling of your new dorm room, The place you will spend at least the next eight months. Your parents have just left, and you miss them already, But you are also very excited to try your hand at this university thing. This looking after yourself thing. This doing your own shopping and own washing thing. This going to lectures and study sessions at the library thing. This finding a new local church thing. You can't wait, it's all so new.

You hear chit chatter by your door and figure you should probably go out and say 'hi' to your new dorm mates. You wonder if you will merely co-exist with these people or if you will find a friend in this mix of characters. You look towards your door and see a nursing book sticking out of one of your boxes leaning against the wall and your breath quickens a bit. As much as you can't wait to embark on this journey, you wonder if you have what it takes. What if it is too hard? What if you have difficult placements or have challenging mentors? What if the nurses expect you to know more than you do?

Can I let you into a secret? This is what I would tell my younger self, having now finished uni. I would say, '*Child of the Most High, you will be fine*'. You are the prized possession of the King of the universe, and he loves you so much. He is holding you and he will help you with the smallest things to the biggest things. Also, you are at uni to learn, so it is okay not to know it all. Ask loads of questions and listen well. Even if you are allocated a placement you don't particularly enjoy, There is still something you can learn from that time. Go in with your eyes wide open and an eagerness that lets no experiences go to waste.

And when you have an incredible placement or care for a patient that moves your heart, Pay attention to that feeling, as that may lead you to the area you work in once you finish. Remember that God goes before you and with you. Involve him in your everyday activities and watch how he will shine through you. You will do great my love; I am rooting for you.

Lots of love, your older self. 🌟

Onahi Idikwu is a paediatric and neonatal nurse and a CMF Associate Staffworker building up Christian nursing and midwifery networks across London

A young child is crying intensely, with their face buried in their hands. They are being held by a woman in a white tank top and a patterned sarong. A healthcare worker wearing white gloves is examining the child's leg, which has several small, open sores. The background is a simple, outdoor setting with a green and white wall. The image is overlaid with several semi-transparent orange circles of varying sizes.

global

global healthcare mission

Vicky Lavy describes
an urgent need

what's the problem?

The vast majority of people in the world live in low or middle-income countries (LMICs). In the UK, we enjoy a standard of living, level of education and quality of healthcare that most of the world will never experience. Indeed, most deaths and disabilities due to treatable diseases occur in LMICs where there are fewest resources – and healthcare workers.

Here are some incredible statistics. It has been estimated that in sub-Saharan Africa, three per cent of the world's health workforce care for ten per cent of the world's population bearing 24 per cent of the global disease burden, with less than one per cent of global health expenditure.¹ In addition, LMICs see 99 per cent of maternal deaths, 95 per cent of HIV infections, 90 per cent of people with visual impairment...the list goes on.²

why medical mission as a Christian?

Throughout the Bible, we read of Jesus' care for the vulnerable and downtrodden. There are over 300 passages that speak about his concern for justice and his heart for the poor. We see that he calls us to 'make disciples of all nations'.³ This means that both evangelism and social action are part of God's all-encompassing mission to restore the whole of creation.

When Jesus explained what he had come to do, he described a holistic mission; bringing the good news of the gospel, restoring broken people, and bringing justice in broken communities.⁴ The exciting thing is that he chooses to use his people to accomplish this mission. Jesus said, 'As the Father has sent me, I am sending you'.⁵

Christian nurses and midwives are part of the plan, bringing God's love to a needy world through competent, compassionate healthcare. In one sense, we are called to do 'healthcare mission' wherever we are. God sends us into a broken world to play a part in its restoration, both through our clinical skills and as we share the good news of God's love when there is the opportunity – living and speaking for Jesus both at home and away.

God asks his people to care for the poor and to work for justice. He doesn't call all of us to live and work in a developing country. But he does call all of us to be engaged with the issues and the needs.

what can I do as a student?

So, as a nursing or midwifery student, how can you begin to think about getting involved from the off? Here are some thoughts:

1. develop relationships

The best way to do this is to develop a passion for prayer. Pray, perhaps through Operation World,⁶ for the nations. But also develop relationships with medical missionaries so you can pray for and with them. CMF has around 200 members living and working overseas. Why not read their blogs and newsletters, or even write to them yourself? You can also pray and develop relationships with students and qualified nurses and midwives through our partner organisation, Nurses Christian Fellowship International (see *ncfi.org*). Also, check out the CMF International Facebook Group, open to all CMF members at facebook.com/groups/CMF.International for discussions and information on global health issues and resources.

2. attend a course

CMF runs several courses to help health professionals engage with global healthcare mission. For example, consider being a participant on CMF's Global Track, aimed at encouraging thought and experience for students and newly qualified health workers to explore working long-term in overseas healthcare settings (see cmf.org.uk/global/global-track) Who is my neighbour now? is a day conference exploring global health and mission.

The annual Developing Health Course equips health professionals for work in resource-poor settings. Visit cmf.org.uk/global for details of all these courses and events.

3. read about it

We've published some short, readable guides:

- *The Electives Handbook* – a terrific resource for students. cmf.org.uk/global/global-resources-books
- *Off the Beaten Track* – a guide written for junior doctors but with lots of useful general advice.
- *Short-term Medical Work* – for all health professionals on short trips.

All our resources can be found at cmf.org.uk/global/globalresources

4. go

As well as numerous short-term options throughout your studies, an elective to a developing country is a golden opportunity to do something different; to see life and nursing or midwifery in another setting, and look at the world from a different perspective. For many students, it's an experience that changes the way they live and shapes their future.

Deciding what to do, where to go and how to get there can seem a daunting task, but CMF has lots of resources to help. The CMF website

contains a database of over 80 Christian hospitals around the world that accept elective students and inspiring elective reports from former students.

how will you be involved?

We are all called to engage in global mission, be it through going, giving, praying, or simply being informed. Indeed, the history of medical missions shows that medical, nursing, and midwife missionaries have always been at the forefront of changes in medical science and practice.⁷

The world needs committed, God-honouring, well-trained healthcare workers who are prepared to live out transformed lives for the sake of the gospel. Let's support each other, asking God to use our gifts throughout our training (and wherever we end up in the future) as we join him on his mission in a hurting world. 🙏

Vicky Lavy served as a medical missionary in Malawi and led CMF's Global Mission ministry until 2016

1. WHO, 2016
2. WHO, 2014
3. Matthew 28:19
4. Luke 4:18-19
5. John 20:21
6. Operation World. operationworld.org
7. Knowles R. The Christian contribution to healthcare. *Nucleus*. Freshers' Edition 2016:52-55

Christian student resources

James Howitt offers
some online suggestions

cmf.org.uk



A collection of Christian Medical Fellowship resources to advise Christian doctors, nurses, midwives and students, in addition to articles and upcoming events.

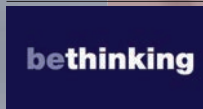
uccf.org.uk



Universities & Colleges Christian Fellowship (UCCF) is the umbrella body for Christian Unions.

They provide resources for students reading the Bible who want to share their faith with their friends and peers, and lots more besides.

bethinking.org



Written and recorded material from UCCF, helping to answer the difficult questions of life, faith and the Bible that Christians may be asking (or be asked).

fusionmovement.org



Fusion supports Christians at universities in finding churches in their local area and in developing student ministry and mission on campuses across the UK.

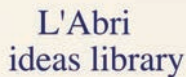


desiringgod.org



From the ministry of John Piper, 'desiring God' aims to provide information, news and resources to guide people towards God and the joy of fellowship with Christ.

labri-ideas-library.org



L'Abri is a Christian community with centres around the world. Their ideas library

aims to provide answers about the reality and relevance of the Christian faith in today's societal contexts.

christiantoday.com



An independent UK Christian news body, providing news, commentary and analysis on the global church and religious affairs.

christiansinsport.org.uk



With groups in most universities, 'they aim to support students at all levels of participation with resources and local connections. 🧑🏻‍🎓'

James Howitt was formerly a doctor who performed Work Capability Assessments and a CMF Associate Staff Worker in Essex



feature



mentoring

Esther Chevassut looks at the impact we can have mentoring the next generation of nurses and midwives

Have you ever thought about your influence on the people around you? Or the influence they are having on you? Who do you look up to? And who looks up to you?

All of us will be in certain relationships that significantly influence us. There will be people who particularly invest in us and our growth, while there will be others in whom we are particularly investing, be it in our workplace, personal life, or spiritual family. A mentoring relationship has enormous potential for influence and impact, as a mentor comes closely alongside a mentee or learner and contributes to their development.

what does it look like?

The focus of mentoring is to develop the whole person, so the techniques are broad and require wisdom to use appropriately. A 1995 business model¹ suggested these five approaches:

1. **accompanying**
committing to the learning process side-by-side with the learner
2. **sowing**
developing the learner by teaching information ahead of the time it will be needed. They might not 'get' it now, but they will later

3. **catalysing**
plunging the learner into change or 'the deep end', inspiring new ways of thinking
4. **showing**
demonstrating skills or techniques using real-life examples
5. **harvesting**
creating awareness of what's been taught and learned through questioning and reflecting

The personal growth and learning during our training to become a nurse or midwife and during the transition into work is monumental and can be significantly affected by mentoring. Working in healthcare is a rollercoaster journey and a career in which learning never stops!

Reflecting on my days as a student nurse and in my first year working as a newly qualified nurse on a busy medical ward, I can vouch for the impact (both positive and negative) that mentors had on me. I have realised the significance of how mentors approach correcting or critiquing – constructively or destructively. Now that I am a few years into my career and mentoring students myself, I have become especially mindful of how I do this! Before confronting a mentee or student about their time-keeping or poor prioritisation of work, for example, we must be mindful of


the time and situation in which this conversation takes place. If the mentee is stressed and overwhelmed, it may be a time to take something off their workload rather than to expose their failings. We should give mentees opportunities to talk and reflect, to be genuinely and gently listened to, and to find ways to improve, collaboratively with their mentor. All mixed with a good dollop of encouragement!

Furthermore, as followers of Christ, changed by his grace and living as his witnesses in a world which is often hostile to him, mature Christian mentors are vital to our spiritual growth. Jesus was a fantastic example of a mentor in the gospels. We can examine how he spoke to, taught, and fed great crowds of people. But his primary mentorship was to his disciples, and three in particular – Peter, James, and John – in whom he invested deeply, guided daily, and with whom he lived everyday life. Spiritual mentorship involves teaching, living as an example, praying, encouraging, and enabling growth.

Here at CMF, we recognise the overlap between being a nurse, midwife, or healthcare student *and* being a follower of Jesus and some of the unique challenges that throws up! The ‘Encourager’ mentoring scheme is one of the ways we have seen many students and newly-

qualified professionals better supported. We believe it could be a great help to many more. Within a particular town or city, we pair younger students with older Christian students in their field, or with working or retired nurses or midwives willing to be an ‘Encouragers’. The Encourager commits to pray for their student once a week, contact them once a month and meet with them once a term, as a minimum. It is intentionally low commitment to suit healthcare workers and students who are often very busy people with varied schedules, full-time placements, and academic pressures.

Christian students are also often involved in their churches and Christian Unions, where they may already have a mentor. The Encourager scheme aims uniquely to bring together both spiritual and clinical support, aiding the growth and flourishing of Christian nurses and midwives.

Get in touch at nursesandmidwives@cmf.org.uk if you would like us to help you set up an Encourager scheme in your area or pair you up with a specialist Christian mentor. 

Ester Hughes is a staff nurse and works part time as a CMF Staff Worker for nurses and midwives

1. Aubrey B & Cohen P. *Working Wisdom: Timeless Skills and Vanguard Strategies for Learning Organizations*. San Francisco: Jossey Bass, 1995:23, 44–47, 96–97

reading

what's on your bedside table?

Bex Lawton looks at some useful extra reading material during your studies

It may seem silly to suggest you read more. Haven't you already spent a small fortune on new anatomy and physiology textbooks? And each module brings with it a new reading list. But our hope is that by the time you qualify, you wouldn't just be full of nursing and midwifery knowledge, but full of godly wisdom too. That you'd be highly skilled nurses and midwives, yes. But also, confident in who your God is and how he wants to use you for his glory in your workplace. With that in mind, here are some of the books we've found helpful in shaping our thinking around Christian nursing and midwifery. Happy reading!

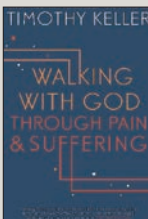
Lighting the Way – a modest attempt to help Christian nurses and midwives (qualified and student) to begin to address questions at the boundaries of faith, professional practice, study, and daily life.



Fruitfulness on the Frontline – a liberating view of how God can and does work in and through us in our daily lives.



Zeal without burnout – biblical truth to protect us from burnout at work and in ministry.



Walking with God through Pain and Suffering – while offering no easy answers, this wise book giving guidance, encouragement, and inspiration to anyone dealing with suffering in their own or others' lives.

Get the books at the CMF Bookstore at cmf.org.uk/bookstore

Bex Lawton is a paediatric nurse and CMF's Associate Head of Nurses and Midwives





poem

what
they won't
**teach
you**

Bex Lawton on the bits of
being a nurse or midwife
that don't get taught at
university

Dear Student Nurse,

They will teach you the basics of how to get
ready for an admission
How to make a bed, fold hospital corners
To do safety checks on oxygen and suction.
But will they teach you how to prepare
your heart?

As they smooth the blankets with their hands
will you hear them whisper a prayer?
'God you are welcome in this place,
Help me to be sensitive to you and to my
patient,
God, would you bless them in my care'

As they arrive on the ward, you will of course
be shown how to settle the patient in

Name bands and gown

Routine tests and swabs

And all the relevant paperwork that needs
doing.

But will they skilfully phrase the question
'Do you have a faith at all?' when filling out
a patient's religion?

To see if for them just to be 'English' is to be
'Christian'

Or if it means much more and how you can
best support them.

You might be taught to be careful not to pray
with patients

But not to be careful of downgrading silent
prayers and those unseen,

For it's not the volume but the depth of your
prayer that's important

You can be on your feet whilst your heart's
on its knees.

What's more, Jesus taught us to pray from
behind closed doors and there's plenty of
those on the ward

He hears you in the sluice you know?

In the drug room

The staff room

He sees your tears when lost for words and
your heart outpours.

When a patient dies

There is a procedure for preparing their body
Bathing

Taking prints of young hands and feet.

But what next?

What protocol is there for doubting God?

For questioning his goodness

When your fledgling theology can't take the
strain of grief?

There will be these gaps in your training

And I don't have all the answers

But I have made some progress and embrace
his mystery.

So I'd be honoured to learn with you

Walk with you

Talk with you

If you're looking for a walking partner
for your nursing journey.

And I hope that some days along the road

Our hearts would burn within us

As we're joined by a third party,

That he himself would walk beside us

Reveal more of who he is to us

And help us navigate what kind of nurses

we're meant to be

Bex Lawton is a paediatric nurse in Oxford, CMF's Associate
Head of Nurses and Midwives and 'Poet in Residence'

6

ask questions

The only wrong question is the one not asked. Don't be afraid to grow your inquisitiveness. Ask not only the 'what' and the 'how' but the 'why' questions too.

7

make the most of every opportunity

You'll meet many different and interesting students during your time at uni. Enjoy meeting new people, especially those who are different from you! You never know what the Lord might bring from these relationships. Make the most of the clubs and other unique opportunities you have as a student. (You'll miss the discounts after you graduate!)

8

learn time management

This is one of the most important skills to develop. Learn to plan and prioritise, instead of just 'going with the flow'. These skills will save you from many bad days, both as a student and later.

9

journal before bed

If you catch yourself lying awake at night, frantically reviewing everything you have to do the next day, try journaling. Take just a few minutes before bed to jot down your thoughts, experiences or concerns. This will decrease feelings of worry and fear. Pray through these things.

10
and finally...

connect with other Christian student nurses and midwives through CMF

It is so helpful and encouraging for Christian nurses and midwives to connect and prayerfully support one another. It's great to unite publicly to promote Christian values in nursing and midwifery, and to look collectively at ethical issues from a biblical perspective. Make use of resources available online and in print and be encouraged to be the best Christian nurse or midwife you can be!

why CMF?

what is the Christian Medical Fellowship,
and why it's worth your while joining us

CMF exists to unite and equip Christian nursing and midwifery students to live and speak for Jesus Christ. Sounds good, but what does it mean? Why should I join CMF and what can I get out of it?

being a Christian...

defines who we are and our 'why?' of life. Being a Christian will have an impact on how we study and practice as a nurse or midwife. CMF provides resources and space to think these through. Whether it's an article in our journal – *Spotlight*, or during an interactive seminar at our annual Student Conference.

our medical focus...


means that we can navigate the unique challenges that come with studying in

healthcare. These are often areas that the church does not have the time, knowledge, or experience to address. How do we cope with constantly being faced with life and death? Can I (and should I) share my faith with patients?

being a large fellowship...

allows us to have a strong and credible voice as issues relating to healthcare are debated and discussed in parliament, in the media and wider society. It is an opportunity not just as individuals but as a collective to speak God's truth, love and the good news of the gospel to the world around us. In doing that we can also be a voice for the voiceless and vulnerable in our society.

Joining with other Christians who understand the context in which we study and the highs




and lows it may bring, allows for stories and experiences to be shared. It provides a place for mutual encouragement and building up through discipleship, mentoring and pastoral care as we seek to serve Christ in all that we do.

All that we do at CMF is to glorify God, for the benefit of our members, the church and wider society. There are so many opportunities on offer to you if you join — from conferences with other students from around the UK and Ireland, to day courses tackling specific topics. A wealth of written, audio, and visual content looking at the issues where faith and healthcare intersect is also available.

Perhaps you want to explore working globally as part of our 18-month Global Track programme or get involved in one of our

short-term vision trips overseas. Or maybe you have an interest in developing as a writer and want to write for one of our publications? How about volunteering with us and serving the membership by helping to organise events or leading a local group? The opportunities to connect, grow, speak, and serve as a student are immense.

There might be a host of reasons why you chose to study nursing or midwifery. Perhaps you felt called by God or want to serve a particular group of people. Perhaps it seemed like a nice profession to be part of. Whatever your reason, joining CMF and getting involved is a great place to find out and live out your 'why?' for the glory of God. Join today! 🌟



connecting

local groups:

what's that
all about?

how CMF members connect

You may still be wondering what CMF is all about? Well, a great way to connect and be encouraged by others is in a local CMF group.

Church? CU? CMF?

A CMF group is not a church, nor is it the same as a Christian Union (CU).

We think it's vital that all Christian nursing and midwifery students are committed to their local church and their CUs.

CMF is complementary to church and CU, not an alternative. So, try not to clash and avoid meeting on the same evening as CU or regular church activities. The aims and activities of a CU are very similar to some of CMF's aims, especially praying for and reaching your friends with the gospel. But CMF is also explicitly focused on integrating your faith with your vocation.

CMF is for life

Nursing and midwifery are vocational. Nearly all of us in training will go on to be nurses and midwives for many years after we graduate. Becoming a Christian healthcare professional is a career-long process. So, it is essential to understand and practise our vocation in a Christian way from the very beginning. The nursing and midwifery side of CMF is much

newer than the established medical part of the fellowship. We are still growing in membership and establishing new student groups. It's exciting to see God growing something fresh.

Contact us at nursesandmidwives@cmf.org.uk to find out if there is a group near you. And if there isn't, yet a group local to you, please consider being part of the answer and help to start one!

We are very keen to help nursing and midwifery students set up groups in new places where there is interest. So please get in touch and pass on the message to any nursing or midwifery students you know that CMF welcomes them. We'd love you to join us!

how does it work?

Most groups meet monthly and have a varied programme, including sharing and prayer or looking at a biblical perspective on key topics in healthcare. CMF produces many resources to help with this, including sharing faith with patients, beginning of life, ethical decisions, avoiding burnout, and keeping compassion alive as a nurse or midwife.

We also are in the process of developing links with qualified nurse and midwife members

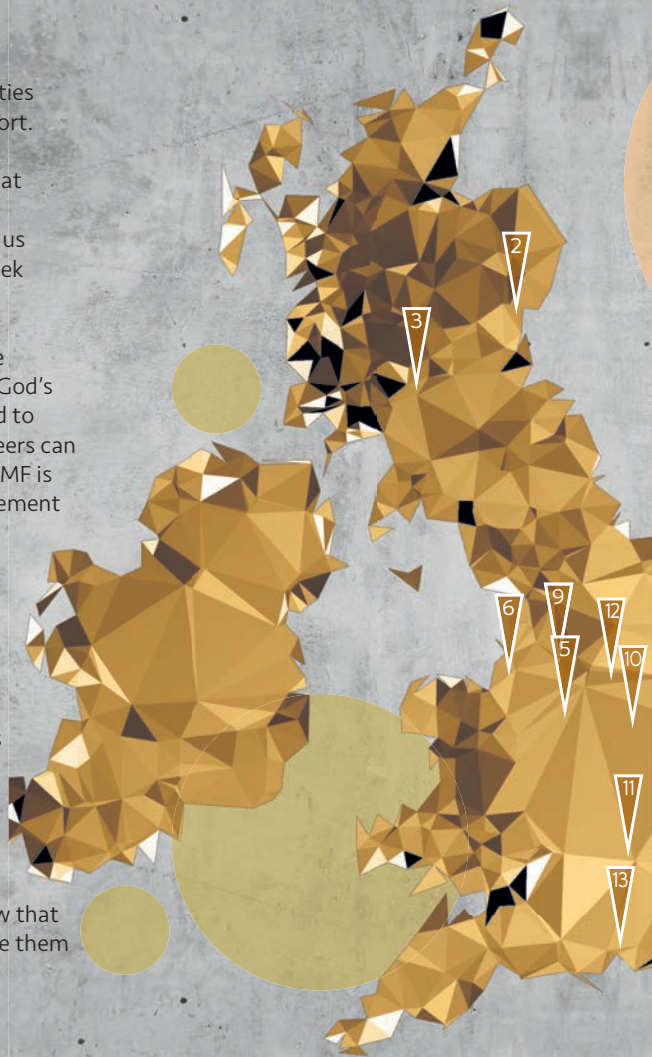
in different regions to create opportunities to meet or receive mentoring and support.

We hope this has given you a feel of what can happen locally. Please email us at nursesandmidwives@cmf.org.uk and let us know where you are based, and we'll seek to connect you with others near you.

As Christian nurses or midwives, we are given particular opportunities to serve God's kingdom that few others have. We need to take this seriously and ask how our careers can be used most effectively for his glory. CMF is here to help you in this, building a movement of healthcare professionals passionate for the glory of God in and through our vocations.

We have other groups in process of starting or on pause while looking for new student leaders. We are very keen to help nursing and midwifery students set up groups in new places where there is interest.

So please be in touch if you are keen and pass on the message to any nursing or midwifery students you know that CMF welcomes them and that we'd love them to join! For more info, please contact nursesandmidwives@cmf.org.uk



what CMF means to me

Alice talks
about CMF

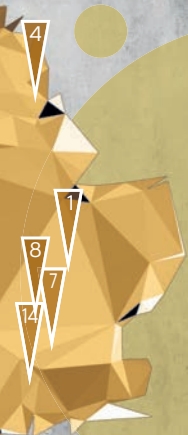


I have loved being part of CMF since I started studying child nursing in 2020. It's been so special to form connections with other people who understand the things I experience as a student nurse. Whether it's fellow students who are at the same stage as you, older students, the newly qualified, those who have been doing it for donkey's years, or nurses who have retired, it's amazing to feel so loved and supported! Everyone wants to help you on your journey.

Local CMF groups help you form a little family that just gets it. People who can keep an eye out for you, offer you advice and simply be there for you when you need them! CMF has given me connections that I wouldn't have had without them. It makes studying such a crazy course so much easier! They just make you feel so loved. 🍷

Alice is a student nurse at Southampton University

1. Cambridge
2. Dundee
3. Glasgow
4. Hull
5. Keele
6. Liverpool
7. London
8. Luton
9. Manchester
10. Nottingham
11. Oxford
12. Sheffield
13. Southampton
14. Surrey





running a
**student
group**

Bethany Fuller looks at some practical tips from her experiences running a CMF nurses and midwives student group

It's that time of year again when we start to get excited about the next cohort of nurses and midwives joining our student ranks. But how do you connect? How do you let them know you're there and want to get to know them? How do you welcome them to your local CMF group?

I'm not pretending to have the answers to all these questions as each group is so unique, but in this article, I will give you some tips about things our group has found helpful over the years.

prayer

The number one priority is prayer and always prayer. Whatever you do, pray for your group and fellow leaders, pray for the individual members, pray about how to lead, pray that God will give you ideas suited to your situation, pray that he will provide the right people at the right time, pray he provides a place for you to meet, and pray that he would be glorified. He answers prayer!

how do I tell others about the CMF group?

There are lots of different ways to get the message out. Lecture shoutouts (if you're feeling brave!) and mentions at CU meetings are two great ways. Asking the CU committee

for a slot also has the advantage of letting them know what CMF is about and paving the way for a friendly relationship between the CU and CMF, which exist for distinct but complementary reasons.

Contacting all the local churches with information about the CMF group and asking them to put it in their church notices or look out for new healthcare students has also proved fruitful in the past. You could even contact your school – we managed to get an advert on the main health sciences news page last year!

what do we do?

It's really important to have a few dates in the diary and events that you can invite freshers to from the word go. But what do you do for the first meeting?

Food is always a good thing! At the first meeting, you are just trying to get to know people, show them what CMF is about and get them hooked and eager for the next time. Meeting in a home is fantastic and really aids fellowship, but if that's not possible for you at the moment, pray about it, and the Lord will provide for you in his timing. Meeting outside on picnic rugs is also fun. During the last year of restrictions on meeting together, walks

around campus or halls have become more popular and have been an excellent way to meet freshers.

Your group may be quite small, and so it is particularly important as a leader to ask everyone what they want from the group – fellowship? Informational/educational talks? Prayer support? Etc. Once you know what people are keen on, you can align the group's direction with the vision you have, and all go there together. Having some sort of group chat and social media presence is handy for staying in contact with each other.


It is important to introduce what CMF is and does as an organisation early in the term. It can be quite a hard thing to explain to people who have never heard of CMF before. Making them aware of membership and resources such as *Spotlight* and the *CMF files* is a great way to encourage engagement.

Before Covid, we used to meet on the third Friday evening of the month. Going online meant that we reduced the meeting frequency. Each group will face challenges peculiar to them, but it can be helpful to have

a group ¹ or ²
first needs
KEEN STUDENTS
to be the
LEADERS
(reps) in order to
START

WE GIVE
REPS
SUPPORT &
RESOURCES
to make leading
EASY

REPS
get
TRAINING and a
FREE PLACE
at our
CMF NATIONAL
CONFERENCE



a regular meeting date, as time has a habit of slipping by. It also helps everyone know where they are when arranging shifts, etc. Some groups will meet more frequently than once a month and others less so, but whatever you decide, try to keep it regular.

what support is available?

It is also important for you to remember all the resources CMF can offer you to help lead, including Bible study ideas, *Spotlight*, *CMF files*, student conferences, etc. Not least of these resources is the staff worker in your area. They are there to pray for you and may even come and speak at a meeting if you ask them nicely!

Another source of prayer is your nursing and midwifery representatives on the National Student Council of CMF. They love hearing from group leaders and, as fellow students, will commit to pray for you and your group.

Finally, trust in the Lord, and he will sustain you and provide all your needs according to his riches in glory. 🙏

Bethany Fuller is a newly qualified adult Nurse who trained at Surrey University

it is particularly important as a leader to ask everyone what they want from the group

to share or not to share

Georgie Coster looks at how
we can positively talk about
faith at work

If you're a student nurse or midwife, I can hazard a guess that one of your most pressing questions is something like this: Can I share the gospel with my patients? You might have a longer list of questions about boundaries. Can I pray with my patients? Am I even allowed to tell my patients that I'm a Christian, or is that totally inappropriate?

By the time your very first lecture draws to a close, you will have heard all about the NMC Code. Rightly so. It is our guide for professional practice and behaviour, designed to protect our patients from substandard care and malpractice.

The Code tells you that as a nurse or midwife, you must *'make sure you do not express your personal beliefs (including political, religious or moral beliefs) to people in an inappropriate way.'*

¹ Those words can send a shiver down the spine of even an experienced nurse or midwife, let alone a first-year student. The thought of having your PIN taken from you before you've even earned it can make you want to vow never to mention the name of Jesus when you're on duty.

Did you know, that's how many Christian nurses and midwives feel? Silenced. Gagged, even. Knowing they have words of life but feeling totally unable to share them. Must it be that way?

I think the mistake many of us make is forgetting those final four words in the Code: *'in an inappropriate way'*. Take those words out of the sentence and the message changes entirely. That tells me that the NMC believe it is possible for nurses and midwives to express their personal beliefs in an appropriate way.

The NMC are not asking us to be undercover Christians.

I love these words of Jesus: *'You are the light of the world – like a city on a hilltop that cannot be hidden. No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house. In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father.'* (Matthew 5:14-16 NLT)

Are you asking those questions I mentioned at the start of this article? They were pressing questions for me as a student too. I found very practical answers by doing a Saline Solution course,² aimed at equipping Christian healthcare workers to be witnesses for Jesus in the workplace. The course was so helpful to me that I later trained to teach it myself. I think every Christian healthcare professional should do it at least once! 🙏

For more information about Saline Solution courses, check out cmf.org.uk/nurses/events

George Coster is a staff nurse in a Critical Care Unit

1. Nursing and Midwifery Council. *The Code*. January 2015. Updated October 2018.
2. See cmf.li/Saline for more information about the Saline Solution course.



starting

letter to my newly qualified self

Onahi Idikwu shares all she's learned as a nurse with her younger self

And breathe...You let out a breath you didn't realise you were holding and fall backwards onto your bed,

You can't help smiling as you look up at the ceiling of your new dorm room, The place you will spend at least the next eight months. Your parents have just left, and you miss them already, But you are also very excited to try your hand at this university thing. This looking after yourself thing. This doing your own shopping and own washing thing. This going to lectures and study sessions at the library thing. This finding a new local church thing. You can't wait, it's all so new.

You hear chit chatter by your door and figure you should probably go out and say 'hi' to your new dorm mates. You wonder if you will merely co-exist with these people or if you will find a friend in this mix of characters. You look towards your door and see a nursing book sticking out of one of your boxes leaning against the wall and your breath quickens a bit. As much as you can't wait to embark on this journey, you wonder if you have what it takes. What if it is too hard? What if you have difficult placements or have challenging mentors? What if the nurses expect you to know more than you do?

Can I let you into a secret? This is what I would tell my younger self, having now finished uni. I would say, '*Child of the Most High, you will be fine*'. You are the prized possession of the King of the universe, and he loves you so much. He is holding you and he will help you with the smallest things to the biggest things. Also, you are at uni to learn, so it is okay not to know it all. Ask loads of questions and listen well. Even if you are allocated a placement you don't particularly enjoy, There is still something you can learn from that time. Go in with your eyes wide open and an eagerness that lets no experiences go to waste.

And when you have an incredible placement or care for a patient that moves your heart, Pay attention to that feeling, as that may lead you to the area you work in once you finish. Remember that God goes before you and with you. Involve him in your everyday activities and watch how he will shine through you. You will do great my love; I am rooting for you.

Lots of love, your older self. 🌟

Onahi Idikwu is a paediatric and neonatal nurse and a CMF Associate Staffworker building up Christian nursing and midwifery networks across London



global

global healthcare mission

Vicky Lavy describes
an urgent need

what's the problem?

The vast majority of people in the world live in low or middle-income countries (LMICs). In the UK, we enjoy a standard of living, level of education and quality of healthcare that most of the world will never experience. Indeed, most deaths and disabilities due to treatable diseases occur in LMICs where there are fewest resources – and healthcare workers.

Here are some incredible statistics. It has been estimated that in sub-Saharan Africa, three per cent of the world's health workforce care for ten per cent of the world's population bearing 24 per cent of the global disease burden, with less than one per cent of global health expenditure.¹ In addition, LMICs see 99 per cent of maternal deaths, 95 per cent of HIV infections, 90 per cent of people with visual impairment...the list goes on.²

why medical mission as a Christian?

Throughout the Bible, we read of Jesus' care for the vulnerable and downtrodden. There are over 300 passages that speak about his concern for justice and his heart for the poor. We see that he calls us to 'make disciples of all nations'.³ This means that both evangelism and social action are part of God's all-encompassing mission to restore the whole of creation.

When Jesus explained what he had come to do, he described a holistic mission; bringing the good news of the gospel, restoring broken people, and bringing justice in broken communities.⁴ The exciting thing is that he chooses to use his people to accomplish this mission. Jesus said, 'As the Father has sent me, I am sending you'.⁵

Christian nurses and midwives are part of the plan, bringing God's love to a needy world through competent, compassionate healthcare. In one sense, we are called to do 'healthcare mission' wherever we are. God sends us into a broken world to play a part in its restoration, both through our clinical skills and as we share the good news of God's love when there is the opportunity – living and speaking for Jesus both at home and away.

God asks his people to care for the poor and to work for justice. He doesn't call all of us to live and work in a developing country. But he does call all of us to be engaged with the issues and the needs.

what can I do as a student?

So, as a nursing or midwifery student, how can you begin to think about getting involved from the off? Here are some thoughts:

1. develop relationships

The best way to do this is to develop a passion for prayer. Pray, perhaps through Operation World,⁶ for the nations. But also develop relationships with medical missionaries so you can pray for and with them. CMF has around 200 members living and working overseas. Why not read their blogs and newsletters, or even write to them yourself? You can also pray and develop relationships with students and qualified nurses and midwives through our partner organisation, Nurses Christian Fellowship International (see *nCFI.org*). Also, check out the CMF International Facebook Group, open to all CMF members at facebook.com/groups/CMF.International for discussions and information on global health issues and resources.

2. attend a course

CMF runs several courses to help health professionals engage with global healthcare mission. For example, consider being a participant on CMF's Global Track, aimed at encouraging thought and experience for students and newly qualified health workers to explore working long-term in overseas healthcare settings (see cmf.org.uk/global/global-track) Who is my neighbour now? is a day conference exploring global health and mission.

The annual Developing Health Course equips health professionals for work in resource-poor settings. Visit cmf.org.uk/global for details of all these courses and events.

3. read about it

We've published some short, readable guides:

- *The Electives Handbook* – a terrific resource for students. cmf.org.uk/global/global-resources-books
- *Off the Beaten Track* – a guide written for junior doctors but with lots of useful general advice.
- *Short-term Medical Work* – for all health professionals on short trips.

All our resources can be found at cmf.org.uk/global/globalresources

4. go

As well as numerous short-term options throughout your studies, an elective to a developing country is a golden opportunity to do something different; to see life and nursing or midwifery in another setting, and look at the world from a different perspective. For many students, it's an experience that changes the way they live and shapes their future.

Deciding what to do, where to go and how to get there can seem a daunting task, but CMF has lots of resources to help. The CMF website

contains a database of over 80 Christian hospitals around the world that accept elective students and inspiring elective reports from former students.

how will you be involved?

We are all called to engage in global mission, be it through going, giving, praying, or simply being informed. Indeed, the history of medical missions shows that medical, nursing, and midwife missionaries have always been at the forefront of changes in medical science and practice.⁷

The world needs committed, God-honouring, well-trained healthcare workers who are prepared to live out transformed lives for the sake of the gospel. Let's support each other, asking God to use our gifts throughout our training (and wherever we end up in the future) as we join him on his mission in a hurting world. 🙏

Vicky Lavy served as a medical missionary in Malawi and led CMF's Global Mission ministry until 2016

1. WHO, 2016
2. WHO, 2014
3. Matthew 28:19
4. Luke 4:18-19
5. John 20:21
6. Operation World. operationworld.org
7. Knowles R. The Christian contribution to healthcare. *Nucleus*. Freshers' Edition 2016:52-55

Christian student resources

James Howitt offers
some online suggestions

cmf.org.uk



A collection of Christian Medical Fellowship resources to advise Christian doctors, nurses, midwives and students, in addition to articles and upcoming events.

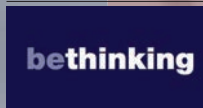
uccf.org.uk



Universities & Colleges Christian Fellowship (UCCF) is the umbrella body for Christian Unions.

They provide resources for students reading the Bible who want to share their faith with their friends and peers, and lots more besides.

bethinking.org



Written and recorded material from UCCF, helping to answer the difficult questions of life, faith and the Bible that Christians may be asking (or be asked).

fusionmovement.org



Fusion supports Christians at universities in finding churches in their local area and in developing student ministry and mission on campuses across the UK.

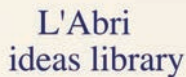


desiringgod.org



From the ministry of John Piper, 'desiring God' aims to provide information, news and resources to guide people towards God and the joy of fellowship with Christ.

labri-ideas-library.org



L'Abri is a Christian community with centres around the world. Their ideas library

aims to provide answers about the reality and relevance of the Christian faith in today's societal contexts.

christiantoday.com



An independent UK Christian news body, providing news, commentary and analysis on the global church and religious affairs.

christiansinsport.org.uk



With groups in most universities, 'they aim to support students at all levels of participation with resources and local connections. 🏈'

James Howitt was formerly a doctor who performed Work Capability Assessments and a CMF Associate Staff Worker in Essex

mentoring

Esther Chevassut looks at the impact we can have mentoring the next generation of nurses and midwives



Have you ever thought about your influence on the people around you? Or the influence they are having on you? Who do you look up to? And who looks up to you?

All of us will be in certain relationships that significantly influence us. There will be people who particularly invest in us and our growth, while there will be others in whom we are particularly investing, be it in our workplace, personal life, or spiritual family. A mentoring relationship has enormous potential for influence and impact, as a mentor comes closely alongside a mentee or learner and contributes to their development.

what does it look like?

The focus of mentoring is to develop the whole person, so the techniques are broad and require wisdom to use appropriately. A 1995 business model¹ suggested these five approaches:

1. **accompanying**
committing to the learning process side-by-side with the learner
2. **sowing**
developing the learner by teaching information ahead of the time it will be needed. They might not 'get' it now, but they will later

3. **catalysing**
plunging the learner into change or 'the deep end', inspiring new ways of thinking
4. **showing**
demonstrating skills or techniques using real-life examples
5. **harvesting**
creating awareness of what's been taught and learned through questioning and reflecting

The personal growth and learning during our training to become a nurse or midwife and during the transition into work is monumental and can be significantly affected by mentoring. Working in healthcare is a rollercoaster journey and a career in which learning never stops!

Reflecting on my days as a student nurse and in my first year working as a newly qualified nurse on a busy medical ward, I can vouch for the impact (both positive and negative) that mentors had on me. I have realised the significance of how mentors approach correcting or critiquing – constructively or destructively. Now that I am a few years into my career and mentoring students myself, I have become especially mindful of how I do this! Before confronting a mentee or student about their time-keeping or poor prioritisation of work, for example, we must be mindful of


the time and situation in which this conversation takes place. If the mentee is stressed and overwhelmed, it may be a time to take something off their workload rather than to expose their failings. We should give mentees opportunities to talk and reflect, to be genuinely and gently listened to, and to find ways to improve, collaboratively with their mentor. All mixed with a good dollop of encouragement!

Furthermore, as followers of Christ, changed by his grace and living as his witnesses in a world which is often hostile to him, mature Christian mentors are vital to our spiritual growth. Jesus was a fantastic example of a mentor in the gospels. We can examine how he spoke to, taught, and fed great crowds of people. But his primary mentorship was to his disciples, and three in particular – Peter, James, and John – in whom he invested deeply, guided daily, and with whom he lived everyday life. Spiritual mentorship involves teaching, living as an example, praying, encouraging, and enabling growth.

Here at CMF, we recognise the overlap between being a nurse, midwife, or healthcare student *and* being a follower of Jesus and some of the unique challenges that throws up! The ‘Encourager’ mentoring scheme is one of the ways we have seen many students and newly-

qualified professionals better supported. We believe it could be a great help to many more. Within a particular town or city, we pair younger students with older Christian students in their field, or with working or retired nurses or midwives willing to be an ‘Encouragers’. The Encourager commits to pray for their student once a week, contact them once a month and meet with them once a term, as a minimum. It is intentionally low commitment to suit healthcare workers and students who are often very busy people with varied schedules, full-time placements, and academic pressures.

Christian students are also often involved in their churches and Christian Unions, where they may already have a mentor. The Encourager scheme aims uniquely to bring together both spiritual and clinical support, aiding the growth and flourishing of Christian nurses and midwives.

Get in touch at nursesandmidwives@cmf.org.uk if you would like us to help you set up an Encourager scheme in your area or pair you up with a specialist Christian mentor. 

Ester Hughes is a staff nurse and works part time as a CMF Staff Worker for nurses and midwives

1. Aubrey B & Cohen P. *Working Wisdom: Timeless Skills and Vanguard Strategies for Learning Organizations*. San Francisco: Jossey Bass, 1995:23, 44–47, 96–97

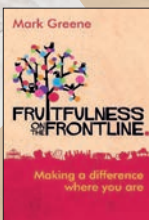
reading

what's on your bedside table?

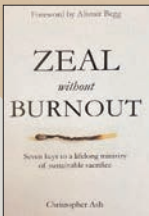
Bex Lawton looks at some useful extra reading material during your studies

It may seem silly to suggest you read more. Haven't you already spent a small fortune on new anatomy and physiology textbooks? And each module brings with it a new reading list. But our hope is that by the time you qualify, you wouldn't just be full of nursing and midwifery knowledge, but full of godly wisdom too. That you'd be highly skilled nurses and midwives, yes. But also, confident in who your God is and how he wants to use you for his glory in your workplace. With that in mind, here are some of the books we've found helpful in shaping our thinking around Christian nursing and midwifery. Happy reading!

Lighting the Way – a modest attempt to help Christian nurses and midwives (qualified and student) to begin to address questions at the boundaries of faith, professional practice, study, and daily life.



Fruitfulness on the Frontline – a liberating view of how God can and does work in and through us in our daily lives.



Zeal without burnout – biblical truth to protect us from burnout at work and in ministry.



Walking with God through Pain and Suffering – while offering no easy answers, this wise book giving guidance, encouragement, and inspiration to anyone dealing with suffering in their own or others' lives.

Get the books at the CMF Bookstore at cmf.org.uk/bookstore

Bex Lawton is a paediatric nurse and CMF's Associate Head of Nurses and Midwives





poem

what
they won't
**teach
you**

Bex Lawton on the bits of
being a nurse or midwife
that don't get taught at
university

Dear Student Nurse,

They will teach you the basics of how to get
ready for an admission
How to make a bed, fold hospital corners
To do safety checks on oxygen and suction.
But will they teach you how to prepare
your heart?

As they smooth the blankets with their hands
will you hear them whisper a prayer?
'God you are welcome in this place,
Help me to be sensitive to you and to my
patient,
God, would you bless them in my care'.

As they arrive on the ward, you will of course
be shown how to settle the patient in

Name bands and gown

Routine tests and swabs

And all the relevant paperwork that needs
doing.

But will they skilfully phrase the question
'Do you have a faith at all?' when filling out
a patient's religion?

To see if for them just to be 'English' is to be
'Christian'

Or if it means much more and how you can
best support them.

You might be taught to be careful not to pray
with patients

But not to be careful of downgrading silent
prayers and those unseen,

For it's not the volume but the depth of your
prayer that's important

You can be on your feet whilst your heart's
on its knees.

What's more, Jesus taught us to pray from
behind closed doors and there's plenty of
those on the ward

He hears you in the sluice you know?

In the drug room

The staff room

He sees your tears when lost for words and
your heart outpours.

When a patient dies

There is a procedure for preparing their body
Bathing

Taking prints of young hands and feet.

But what next?

What protocol is there for doubting God?

For questioning his goodness

When your fledgling theology can't take the
strain of grief?

There will be these gaps in your training

And I don't have all the answers

But I have made some progress and embrace
his mystery.

So I'd be honoured to learn with you

Walk with you

Talk with you

If you're looking for a walking partner
for your nursing journey.

And I hope that some days along the road


Our hearts would burn within us

As we're joined by a third party,

That he himself would walk beside us

Reveal more of who he is to us

And help us navigate what kind of nurses

we're meant to be 

Bex Lawton is a paediatric nurse in Oxford, CMF's Associate
Head of Nurses and Midwives and 'Poet in Residence'

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