

Media Release

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Perth graduate a finalist in national nursing awards for outstanding work in mental health

Today, HESTA announced Anista Baptiste, a Western Australian graduate nurse who works with acute psychiatric patients, as an Outstanding Graduate finalist in the 2015 HESTA Australian Nursing Awards.

Ms Baptiste, a nurse from the Perth Clinic was recognised for her work with patients from diverse backgrounds, as well as adolescents struggling with their own self-identity.

As a young clinician, Ms Baptiste is required to undertake lifesaving risk assessments and treatment on a daily basis to ensure the safety of those in her care.

Recognised for her level of maturity, problem solving ability and communication skills, Ms Baptiste exhibits excellence while working with patients who suffer from psychiatric illness, who also often exhibit high-risk behaviours.

“Every day, I work closely with patients to help them learn about the triggers that lead to their reactive states, and then assess which coping skills they need to apply to reduce the risk of harm,” said Ms Baptiste.

Ms Baptiste is also involved in research that monitors daily outcomes of psychiatric patients during hospitalisation. An Australian first, the research provides patients with feedback on discharge rather than during their treatment.

Demonstrating a commitment to education, Ms Baptiste continued her studies in mental health through a Graduate Certificate in Clinical Nursing, a move that has accelerated her pathway towards a Master’s Degree in Nursing.

To explore best practice methods, Ms Baptiste has also undertaken training in dialectical behavioural therapy for patients with a personality disorder and electroconvulsive therapy, which is an important treatment for patients resistant to antidepressant medication.

The Outstanding Graduate and Nurse of the Year winners will each receive a \$5,000 **ME** EveryDay transaction account and \$5,000 towards further education. The Team Innovation winner will receive a \$10,000 development grant.

ME CEO, Jamie McPhee, said, “We’re delighted to give these outstanding individuals the opportunity to develop their careers, while also supporting innovative health programs which benefit the entire sector and community.”

Winners will be announced at the HESTA Australian Nursing Awards dinner on Thursday, 15 October in Brisbane.

For more information about the awards visit hestaawards.com.au

Follow the Twitter conversation [@HESTANurseAwards](https://twitter.com/HESTANurseAwards)

*The 2015 HESTA Australian Nursing Awards is a HESTA initiative, run in partnership with the Australian College of Nursing (ACN) and proudly sponsored by the bank owned by industry super funds, **ME**.*

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