

**In 2022 the RCN Foundation launched a new fund which focuses on nurse wellbeing. The fund is in memory of nurse Amin Abdullah.**

Amin took his own life in 2016, following his unfair dismissal from his job as a nurse at Charing Cross Hospital, after coming to the support of a colleague who had been treated harshly by a patient.

[The Amin Abdullah RCN Foundation Grant](#) has been made possible by generous donations from staff wellbeing campaigner Dr Narinder Kapur, Amin Abdullah's partner Terry Skitmore, and Dr Nathan Illman, clinical psychologist and founder of the Nurse Wellbeing Mission. The grant is supported by the British Indian Nurses Association.

The grant provides financial support to nurse-led projects that focus on nurses' wellbeing. Two projects were awarded the grant in 2022 which are:

**Canterbury Christ Church, project lead Mei Chen**

Mei Chen was awarded a grant of £1,000 to undertake a study to understand the effect of a multi-dimensional programme for nursing students targeting self-efficacy, academic procrastination, engagement and wellbeing in nursing students.

The aims of this study are:

- To examine the effect of the multi-dimensional intervention programme on nursing students' self-efficacy, academic procrastination, engagement and mental wellbeing
- To explore their experiences of and views on the programme along with the perceived outcomes

A key outcome of this project is to develop nursing students' capacity to improve their learning techniques and to learn how to help themselves better, so that they are better positioned to succeed in nursing training, navigating nursing profession and lives. The outcomes of this study will inform the feasibility and demand of resources required if the programme were to be rolled out to benefit all nursing students in the course.

**Keele University, project lead Jaime Mumvuri**

Jaime Mumvuri was awarded a grant of £1,000 to conduct a systematic evaluation to explore current issues that can impact upon the mental and physical well-being of nurses working in clinical practice. This will include the identification of existing nurse strategies used by nurses to maintain personal well-being those that can and are being utilised to support that of their colleagues. The impact that this has on patient safety will be examined. As part of the study, an infographic to support the well-being of nurses will be developed. These resources will be disseminated to clinical practice and promoted via a website.

**Donate**

If you would like to donate to the Amin Abdullah RCN Foundation Grant, please email [fundraising@rcnfoundation.org.uk](mailto:fundraising@rcnfoundation.org.uk).