



# Professional Nurse Advocates (PNAs)



## WHAT IS A PNA?

PNAs are trained nurses who support your clinical work, wellbeing and learning. Helping you reflect, grow, and deliver the best care for patients.



## PNAS SUPPORT CLINICAL CARE BY:

- Facilitating reflection
- Supporting growth
- Sharing best practices
- Driving improvement



## PNAS SUPPORT LEARNING BY:

- Guiding reflective practice
- Supporting personal and professional growth
- Sharing evidence-based care strategies
- Promoting continuous improvement



## PNAS SUPPORT WELLBEING BY:

- Providing confidential support
- Cultivating resilience to thrive under the pressures and demands of nursing practice
- Ensuring a safe, respectful space



## WHAT IS RESTORATIVE CLINICAL SUPERVISION? (RCS)

Restorative clinical supervision is a confidential process for staff to reflect, discuss challenges openly, build resilience, and support safe, compassionate care



Royal Hospital for  
Neuro-disability



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