

You spend your time caring for others. Take time to care for you too.

Clinical Supervision can help you navigate the complex challenges you face as a nurse or midwife.

What Clinical Supervision **IS**:

- Confidential
- Voluntary
- Culturally safe and respectful
- Recommended for all nurses and midwives
- Professional development
- Regular
- Provided by a trained Clinical Supervisor

What Clinical Supervision **IS NOT**:

- Debriefing or one-off session
- A form of direct or indirect monitoring and/or evaluation of a person's work practice
- Provided by a line manager, educator, or direct colleague
- Performance management
- Focused on personal issues
- Preceptorship, coaching, or clinical facilitation



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