

meta4RN.com content [the free wordpress version]

	Name	URL	Subject Matter/Theme(s)	Date (YYMMDD)	Word Count
1	Home	meta4RN.wordpress.com	Introduction/landing page	120924	275
2	About	meta4RN.wordpress.com/about	Introduction	120924	1391
3	Hello World!	meta4RN.wordpress.com/hello-world	Introduction	120924	209
4	SoMe, You + AHPRA	meta4RN.wordpress.com/some-you-ahpra	An argument in favour of health professionals using social media	120925	644
5	Breast is best. Bottles are good enough	meta4RN.wordpress.com/breast-is-best-1	Validation of bottle feeding as an option for some families	120929	1112
6	Deploying complex information via a QR Code	meta4RN.wordpress.com/QRcode	Description of a prize-winning idea presented at the Health Roundtable	121013	803
7	What is social media saying about perinatal and infant mental health this week?	meta4RN.wordpress.com/pmh-paper	Introduction of a "virtual newspaper"	121020	437
8	#acmhn2012: Looking Back at a Mental Health Nursing Conference through a Social Media Lens	meta4RN.wordpress.com/acmhn2012	Description of social media use at conferences, and collation of Twitter data from ACMHN's 38th International Mental Health Nursing Conference	121028	2912
9	Using the Edinburgh Postnatal Depression Scale	meta4RN.wordpress.com/epd	Tips for clinical practice	121114	2617
10	#bePNDaware: Looking Back at Postnatal Depression Awareness Week through a Social Media Lens	meta4RN.wordpress.com/bepndaware	Collation of data re a social media campaign	121125	1700
11	On Being a Dementia Nurse Newbie	meta4RN.wordpress.com/dementia	Tips for clinical practice	121130	837
12	Questions of Compassion	meta4RN.wordpress.com/questions-of-compassion	Reflective practice and social media	121208	746
13	We Nurses: Communication and Compassion	meta4RN.wordpress.com/wenurses	Reflective practice and social media	121221	796
14	That Was Bloody Stressful! What's Next?	meta4RN.wordpress.com/bloody	Staff resource re acute stress reactions	130104	573
15	Nurturing the Nurturers	meta4RN.wordpress.com/nurturers	Clinical supervision	130115	946
16	Social Media for Nurses: my ten step, slightly-ranty, version	meta4RN.wordpress.com/rant1	Social media tips	130120	1177
17	What has social media been saying about clinical supervision this week?	meta4RN.wordpress.com/cs	Introduction of a "virtual newspaper"	130121	446
18	Precovery: a proactive version of recovery	meta4RN.wordpress.com/precovery	Utilising mental health recovery principles for pregnant women and new mums	130305	2181
19	The National Perinatal Depression Initiative and a Canary in a Coal Mine?	meta4RN.wordpress.com/npd	Lamenting the defunding of a perinatal mental health program	130310	1138
20	Perinatal Jargon Busting	meta4RN.wordpress.com/jargon	Tips for clinical practice	130423	1321
21	Dymphna: The Amazing Story of a Catholic Patron Saint	meta4RN.wordpress.com/dymphna	Marrying history/fable with contemporary practice	130514	379
22	Should May 15th be International Mental Health Nurse Day?	meta4RN.wordpress.com/may15	Discussion-starter	130520	385
23	#ICNAust2013: Looking Back at a Nursing Conference through a Social Media Lens	meta4RN.wordpress.com/icnaust2013	Description of social media use at conferences, and collation of Twitter data from ICN's 25th Quadrennial Congress	130525	2391
24	Perinatal Mental Health Workshop: an experiment in social media enhanced education	meta4RN.wordpress.com/workshop	Marrying a traditional education format with social media	130529	814
25	Blokes + Kids + Pics #bePNDaware	meta4RN.wordpress.com/blokes	Promoting a social media campaign	130530	362
26	Perinatal and Infant Mental Health Nurse eNetwork	meta4RN.wordpress.com/enetwork	Promoting an email network	130606	224
27	Omnipresent and always available: a mental health nurse on Twitter	meta4RN.wordpress.com/twit	An argument in favour of health professionals using social media. Conference presentation.	130606	479

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28	#ACMHN Looking back at the 2013 Consultation Liaison / Perinatal Infant Conference through a Social Media Lens	meta4RN.wordpress.com/noosa	Description of social media use at conferences, and collation of Twitter data from ACMHN Consultation Liaison / Perinatal & Infant Mental Health Nurses Annual Conference	130612	1543
29	#HCSMANZ: be unafraid, speak up, join in (letter in the TQN)	meta4RN.wordpress.com/tqn	An argument in favour of health professionals using social media	130621	329
30	Thinking Health Communication? Think Mobile.	meta4RN.wordpress.com/mobile	An argument in favour of health professionals using information technology	130629	1259
31	Follow Friday and other Twitterisms	meta4RN.wordpress.com/ff	Tips for using social media	130721	1467
32	Mental Health Nurses in the Pacific (to be specific) #alajcu2013	meta4RN.wordpress.com/pacific	Discussion of two outcomes from a workshop	130731	1527
33	Emotional Aftershocks	meta4RN.wordpress.com/aftershocks	Reflective practice and patient aggression	130811	3116
34	A Picture is Worth a Thousand Words	meta4RN.wordpress.com/picture	Reflection on the transition of medical records from paper to computer-based	130921	379
35	Hits and Misses: The First Twelve Months of meta4RN	meta4RN.wordpress.com/12months	Collation of data re social media	130924	1451
36	Professional use of Twitter (my #ACMHN2013 conference poster)	meta4RN.wordpress.com/poster	An argument in favour of health professionals using social media. Conference presentation.	131001	1621
37	A Twitter Workshop in Tweets	meta4RN.wordpress.com/tweets	An argument in favour of health professionals using social media. Conference presentation.	131023	1852
38	Professional use of Twitter and Healthcare Social Media #NPD100	meta4RN.wordpress.com/npd100	An argument in favour of health professionals using social media. Conference presentation.	131025	403
39	The Myth of the National Perinatal Depression Initiative	meta4RN.wordpress.com/myth	Lamenting the defunding of a perinatal mental health program	131128	870
40	Zero Tolerance for Zero Tolerance	meta4RN.wordpress.com/zero	Reflective practice and patient aggression	131207	834
41	Nursing's Peculiar Privilege	meta4RN.wordpress.com/privilege	Reflective practice and patient suicide	140119	1229
42	Perinatal Mental Health: A Good News Story	meta4RN.wordpress.com/goodnews	Reimagining a public health campaign	140125	626
43	Cyclone: Alert, Not Alarmed	meta4RN.wordpress.com/cyclone	Reimagining public messaging	140127	973
44	Perinatal Mental Health Workshop Links and Resources	meta4RN.wordpress.com/links	Marrying a traditional education format with social media	140207	737
45	Yay AHPRA!	meta4RN.wordpress.com/yay	An argument in favour of health professionals using social media	140330	463
46	Trying to Stay Focused	meta4RN.wordpress.com/focus	Reflective practice and patient centred care	140406	760
47	Football, Nursing and Clinical Supervision	meta4RN.wordpress.com/footy	Clinical supervision	140427	693
48	Luddites I Have Known	meta4RN.wordpress.com/luddites	An argument in favour of health professionals using social media	140503	736
49	List of Australian Nurse Colleges	meta4RN.wordpress.com/colleges	A list	140511	334
50	Does the End Justify the Meanness?	meta4RN.wordpress.com/meanness	A critique of proposed government legislation	140517	954
51	A Mental Health Nurse in the General Hospital	meta4RN.wordpress.com/clnurse	Overview of the Consultation Liaison Psychiatry CNC role	140601	905
52	Stay connected, stay strong... before and after baby	meta4RN.wordpress.com/stay	An argument in favour of health professionals using information technology	140602	766
53	Will GP copayment increase violence in hospitals?	meta4RN.wordpress.com/guest01	Guest post by Briana Scully	140625	803
54	Lalochezia	meta4RN.wordpress.com/lalochezia	Tips for clinical practice	140712	440
55	How to do Dodgy Research: A Case Study	meta4RN.wordpress.com/dodgy	Critique	140720	810
56	Sample Clinical Supervision Agreement	meta4RN.wordpress.com/sample	Clinical supervision	140913	2134
57	These words have been in my head and they needed to come out (a blog post about suicide)	meta4RN.wordpress.com/guest02	Guest post	140923	2148
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58 A Blog About A Blog About Suicide	meta4RN.wordpress.com/mindframe	Promoting the Mindframe campaign/principals	140923	510
59 “It’s a Fine Line” – Myth vs Reality	meta4RN.wordpress.com/fineline	Tips for clinical practice	141001	592
60 Free Open Access Mental Health Education for General Nurses and Midwives #FOANed	meta4RN.wordpress.com/foaned	An argument in favour of health professionals using social media	141020	261
61 Defending Mental Health in Nursing Education	meta4RN.wordpress.com/defend	A critique of the misrepresentation and misuse of Mental Health First Aid	141021	825
62 Humanity to Man	meta4RN.wordpress.com/men	Reprising a newspaper column from March 2003	141026	574
63 Movies, Myths, Mistakes	meta4RN.wordpress.com/movies	Reprising a newspaper column from August 2003	141026	677
64 A Nurse’s Guide to Twitter	meta4RN.wordpress.com/ausmed	An argument in favour of health professionals using social media commissioned by Ausmed	141121	255
65 The Art of Mental Health	meta4RN.wordpress.com/art	Reflective practice	141207	745
66 What does a Public Mental Health Service Look Like?	meta4RN.wordpress.com/community	Description of mental health service, emphasising that it is primarily outpatient-orientated	150118	867
67 Nurses on the 2015 Australia Day Honours List	meta4RN.wordpress.com/honours15	List and biographies of honoured nurses	150126	1945
68 Health Professionalism and Digital Citizenship	meta4RN.wordpress.com/citizen	An argument in favour of health professionals using social media. Conference presentation.	150314	805
69 Nurses with Cred	meta4RN.wordpress.com/cred	Professional credentialing for nurses	150428	926
70 Fun Facts re Nursing and Midwifery	meta4RN.wordpress.com/funfacts	Referenced list of interesting info about nursing	150512	568
71 We Bald Nurses	meta4RN.wordpress.com/webaldnurses	List of bald nurses on Twitter	150530	302
72 When it’s illegal to be ethical	meta4RN.wordpress.com/ethical	A critique of proposed government legislation	150620	461
73 Living Close to the Water	meta4RN.wordpress.com/water	Reflective practice and death	150808	471
74 Crisis? What Crisis?	meta4RN.wordpress.com/crisis	Tips for clinical practice	150905	1008
75 Once Up, Twice Down (not as depressing as it sounds)	meta4RN.wordpress.com/ding	Mindfulness & listening to lifts	151114	360
76 Nurses on the 2016 Australia Day Honours List	meta4RN.wordpress.com/honours16	List and biographies of honoured nurses	160126	1596
77 The Last 40-Odd Weeks	meta4RN.wordpress.com/40weeks	A reflection on a career disappointment	160403	1018
78 Example of Nursing Curriculum Vitae	meta4RN.wordpress.com/cv	Tips for career development	160612	3232
79 Mental State Examination: Looking, Listening and Asking	meta4RN.wordpress.com/mse	Tips for clinical practice	160722	1501
80 Nurses, Midwives, Medical Practitioners, Suicide and Stigma	meta4RN.wordpress.com/stigma	Reflective practice and self compassion	160916	661
81 What can Mental Health Nurses learn from the Amazing Story of a Catholic Patron Saint? (my #ACMHN2016 conference poster)	meta4RN.wordpress.com/amazing	Marrying history/fable with contemporary practice	161011	1106
82 Learn about Obesity (and Twitter) via Nurses Tweeting at a Conference	meta4RN.wordpress.com/obesity	An argument in favour of health professionals using social media	161015	244
83 Why on earth would a Mental Health Nurse bother with Twitter? (my #ACMHN2016 presentation)	meta4RN.wordpress.com/acmhn2016	An argument in favour of health professionals using social media. Conference presentation.	161021	1110
84 The Broken Leg/Psychosis Metaphor	meta4RN.wordpress.com/leg	Tips for clinical practice	161117	696
85 Twitter is a Vector (my #ACIPC16 presentation)	meta4RN.wordpress.com/acipc16	An argument in favour of health professionals using social media. Conference presentation.	161118	979
86 Hand Hygiene and Mindful Moments	meta4RN.wordpress.com/hygiene	Reflective practice and self compassion	161126	997
87 Dear Australian Student Nurses (a letter of encouragement, with data and a song)	meta4RN.wordpress.com/letter	Tips for career development	161204	751

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88	Mental Health and Cognitive Changes in the Older Adult	meta4RN.wordpress.com/ausmed16	Tips for clinical practice	161215	323
89	Blatant Self-Promotion	meta4RN.wordpress.com/ijmhn	An argument in favour of health professionals using social media	170109	614
90	Nurses on the 2017 Australia Day Honours List	meta4RN.wordpress.com/honours17	List and biographies of honoured nurses	170126	2109
91	The problem is the date, not the day	meta4RN.wordpress.com/changethedate	A critique of government legislation	170126	389
92	The Hearing-Voices/Car-Driving Metaphor	meta4RN.wordpress.com/car	Tips for clinical practice	170220	516
93	First Thyself	meta4RN.wordpress.com/thyself	Reflective practice and self compassion	170330	432
94	Nurse can't take Pulse. Seriously.	meta4RN.wordpress.com/pulse	Critique of a TV show	170722	1027
95	Phatic Chat: embiggening small talk.	meta4RN.wordpress.com/phatic	Tips for clinical practice	171012	1226
96	Social Media and Digital Citizenship: A CL Nurse's Perspective	meta4RN.wordpress.com/clps	An argument in favour of health professionals using social media. Conference presentation.	171019	1032
97	She ignored her emotions while labelling his corpse #8WordStory	meta4RN.wordpress.com/8wordstory	Reflective practice and creative writing	171103	508
98	Nurses on the 2018 Australia Day Honours List	meta4RN.wordpress.com/nurses-on-the-2018-australia-day-honours-list	List and biographies of honoured nurses	180126	1074
99	A Conversation about Documentation in Consultation Liaison	meta4RN.wordpress.com/documentation	Tips for clinical practice	180220	2334
100	The Diving Bell And The Butterfly	meta4RN.wordpress.com/butterfly	Archive of Tweets	180310	99
101	Delirium Risks and Prevention	meta4RN.wordpress.com/delirium	Archive of Tweets	180310	122
102	In praise of marking assignments	meta4RN.wordpress.com/marking	Archive of Tweets	180310	163
103	Stay Connected, Stay Strong	meta4RN.wordpress.com/connected	Archive of Tweets	180311	132
104	#OzNurses	meta4RN.wordpress.com/oznurses	Archive of Tweets	180311	107
105	My White Privilege	meta4RN.wordpress.com/white	A rebuttal to misleading public commentary	180328	1347
106	Obesity: Personal or Social Responsibility	meta4RN.wordpress.com/conftweets	Archive of Tweets	180401	585
107	@WePublicHeath	meta4RN.wordpress.com/wepublichealth	Archive of Tweets	180402	5397
108	#WeNurses Twitter Chat re Communication and Compassion	meta4RN.wordpress.com/chat	Archive of Tweets	180403	2644
109	Sex Essentials – The Fairy Tale	meta4RN.wordpress.com/sex	Archive of Tweets	180509	397
110	Diabetes and Emotional Health	meta4RN.wordpress.com/diabetes	Public education session	180602	591
111	2018 ACMHN Consultation Liaison / Perinatal Infant Mental Health Conference on Twitter	meta4RN.wordpress.com/brisneyland	An argument in favour of health professionals using social media	180610	1244
112	Developing, designing and deploying a perinatal mental health referral pathway	meta4RN.wordpress.com/pathway	Tips for clinical practice	180614	548
113	BridgeBuilders	meta4RN.wordpress.com/bridgebuilders	An argument in favour of health professionals using social media	180703	305
114	Perinatal Mental Health Workshop Links + Resources 2018	meta4RN.wordpress.com/perinatal	Tips for clinical practice	180713	363
115	Top 5 Tips for #ACMHN2018 Delegates	meta4RN.wordpress.com/tips	Self compassion	180827	2132
116	Clinical Care and Clinical Supervision	meta4RN.wordpress.com/care	Clinical supervision	180902	409
117	Why on earth would a mental health nurse use social media?	meta4RN.wordpress.com/book	An argument in favour of health professionals using social media	180922	1044
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118	Diagnostic Overshadowing [original, now updated]	meta4RN.wordpress.com/shadoworiginal	Tips for clinical practice	181001	841
	Conversations, not just citations, count: Social Media and the International Journal of Mental Health Nursing	meta4RN.wordpress.com/count	An argument in favour of health professionals using social media. Conference presentation.	181015	946
120	#ACMHN2018 on Twitter	meta4RN.wordpress.com/acmhn2018	Description of social media use at conferences	181031	210
121	Your Ordinary is Extraordinary	meta4RN.wordpress.com/ordinary	Reflective practice	181110	304
122	If you can Tweet you can Blog (and vice versa)	meta4RN.wordpress.com/blog	An argument in favour of health professionals using social media	181110	730
123	Australian Clinical Supervision Association (ACSA) inaugural Cairns Local Members Meeting	meta4RN.wordpress.com/acsa	Clinical supervision	181115	325
124	Snow White, Complex Trauma and Twitter	meta4RN.wordpress.com/snowwhite	Archive of Tweets	181202	304
125	Diagnostic Overshadowing	meta4RN.wordpress.com/shadow	Tips for clinical practice	181215	1084
	Nurses on the 2019 Australia Day Honours List	meta4RN.wordpress.com/honours2019	List and biographies of honoured nurses	190126	3354
	Self Care: Surviving emotionally taxing work environments	meta4RN.wordpress.com/selfcare	Reflective practice and self compassion	190222	550
128	Zap!	meta4RN.wordpress.com/zap	Just for fun	190228	714
129	Thanks	meta4RN.wordpress.com/thanks	Reflective practice and self compassion	190331	785
130	10 Delirium Misconceptions	meta4RN.wordpress.com/10delirium	Tips for clinical practice	190418	459
	ieMR Liaison Psych Templates	meta4RN.wordpress.com/ieMR	Tips for clinical practice	190620	446
132	Share or Perish!	meta4RN.wordpress.com/share	An argument in favour of health professionals using social media	190702	567
	Protecting Nurses and Patients	meta4RN.wordpress.com/protect	Reflective practice and clinical supervision	190831	858
134	Scale Fail	meta4RN.wordpress.com/scale	Critique of a TV show	190926	835
135	Ye Olde Yahoo CL Nurse eMail Network	meta4RN.wordpress.com/email	An argument in favour of health professionals using information technology	190927	497
136	How can we be integrated if nobody knows about us? #ACMHN2019	meta4RN.wordpress.com/acmhn2019	An argument in favour of health professionals using social media. Conference presentation.	191004	714
137	A tale of two hashtags	meta4RN.wordpress.com/hash	Description of social media use at conferences	191025	285
138	Digital Professionalism 📱 vs The Dinosaurs 🦖	meta4RN.wordpress.com/mHealth	An argument in favour of health professionals using information technology	191102	1025
139	Complimentary Criticism	meta4RN.wordpress.com/cc	Reflective practice and cultural safety	191123	860
140	Email to a suicide survivor	meta4RN.wordpress.com/digital01	An argument in favour of health professionals using information technology	191227	845
141	Email to a person who experiences persistent pain	meta4RN.wordpress.com/digital02	An argument in favour of health professionals using information technology	191227	773
	20 Tweetable Fun Facts for 2020: Year of the Nurse #Nurses2020	meta4RN.wordpress.com/nurses2020	Referenced list of interesting info about nursing	200101	643
	Nurses on the 2020 Australia Day Honours List	meta4RN.wordpress.com/honours2020	List and biographies of honoured nurses	200126	1527
	School Based Youth Health Nurse (SBYHN)	meta4RN.wordpress.com/sbyhn	Reflective practice	200229	523
145	Clean Hands. Clear Head.	meta4RN.wordpress.com/head	Self compassion	200325	841
146	Positive Practice Environment (the other PPE)	meta4RN.wordpress.com/ppe	Reflective practice and self compassion	200401	543
	Supporting Nurses' Psychological and Mental Health	meta4RN.wordpress.com/covid19	Reflective practice and self compassion	200426	541
148	An end of April #COVID19 snapshot (Queensland perspective)	meta4RN.wordpress.com/qld	Self compassion	200501	213

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Saint Dymphna and The Zombies – a mental health nurse’s perspective	meta4RN.wordpress.com/zombies	Marrying history/fable with contemporary practice	200620	698
150 One. Step. Beyond.	meta4RN.wordpress.com/step	Clinical tips and self compassion	200730	549
Liaison in the Time of #COVID19	meta4RN.wordpress.com/zoom	Reflective practice and self compassion	200803	472
152 Are there smartphone apps specifically for people who experience eating disorders?	meta4RN.wordpress.com/app	An argument in favour of health professionals using information technology	200809	1123
153 Cairns Nursing and Midwifery Awards 2020	meta4RN.wordpress.com/awards	Reflective practice and a humble brag	200828	687
Batman is a hero. I am a health professional.	meta4RN.wordpress.com/hero	Reflective practice and self compassion	200901	510
155 My First Podcast	meta4RN.wordpress.com/podcast	Reflective practice and self compassion	200918	4513
156 Queensland’s #COVID19 Comparative Advantage	meta4RN.wordpress.com/compare	Reflective practice	201002	397
157 2020 has been weird.	meta4RN.wordpress.com/weird	Just for fun	201101	309
158 Responding to Trauma	meta4RN.wordpress.com/trauma	Tips for clinical practice	201209	437
159 Twenty Twenty Hindsight	meta4RN.wordpress.com/mmxx	An argument in favour of health professionals using information technology	201231	204
Nurses on the 2021 Australia Day Honours List	meta4RN.wordpress.com/honours2021	List and biographies of honoured nurses	210126	1898
161 Ye Olde Antiemetic Sniffing of Alcohol Swabs	meta4RN.wordpress.com/swab	Tips for clinical practice	210208	834
Clinical Supervision Starter Kit	meta4RN.wordpress.com/sup	Clinical supervision	210221	570
163 Vaccination Celebration	meta4RN.wordpress.com/vax	Self compassion	210330	498
164 Axe the Fax	meta4RN.wordpress.com/fax	An argument in favour of health professionals using information technology	210411	180
165 Mental Health in the General Hospital	meta4RN.wordpress.com/anmfvic	Tips for clinical practice	210503	622
Why don’t nurses trust Australia’s most trusted profession (nurses)?	meta4RN.wordpress.com/trust	Reflective practice	210519	483
167 Mental Health in the General Hospital (video version)	meta4RN.wordpress.com/vid	Tips for clinical practice	210529	271
168 Nurses on the 2021 Queen’s Birthday Honours List	meta4RN.wordpress.com/queen21	List and biographies of honoured nurses	210615	4380
169 Voluntary Assisted Dying (a nurse’s open letter to their state member of parliament)	meta4RN.wordpress.com/vad	A critique of proposed government legislation	210703	1753
170 A Nurse’s Digital Identity	meta4RN.wordpress.com/id	An argument in favour of health professionals using information technology	210805	658
171 CLovid Communication	meta4RN.wordpress.com/CLovid	Tips for clinical practice	210814	945
Vax Facts for Nurses by Nurses	meta4RN.wordpress.com/vaxfacts	Tips for clinical practice	210901	428
Voluntary DOES Mean Voluntary; Scaremongering Means Scaremongering	meta4RN.wordpress.com/voluntary	A rebuttal to misleading public commentary	210907	684
174 Q: RUOK? A: Not really. I’m a nurse.	meta4RN.wordpress.com/ruok	Reflective practice and self compassion	210909	752
175 Share or Perish: Social media motivation for busy and important academics	meta4RN.wordpress.com/busy	An argument in favour of health professionals using social media	210914	216
176 Beginning of the End	meta4RN.wordpress.com/end	Announcing the end of meta4RN.com	210925	427
177 Never Iron Again	meta4RN.wordpress.com/iron	Just for fun	211005	345
178 Self Compassion and Post Traumatic Growth amongst Nurses in the Pandemic (Hooray for Grey Hairs!)	meta4RN.wordpress.com/grey	Self compassion	211016	637

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The @CairnsHelp swing tag QR code (brochures are so last century)	meta4RN.wordpress.com/brochures	An argument in favour of health professionals using information technology	211023	849
A Health Professional's Guide to Twitter	meta4RN.wordpress.com/twitter	An argument in favour of health professionals using social media	211010	2242
181 Queensland COVID-19 Data Compared with Similar-Sized Populations (an amateur pre-border opening baseline)	meta4RN.wordpress.com/baseline	Collation of data	211202	658
Idea to Tackle Nurse Stereotyping (1993-1994 version)	meta4RN.wordpress.com/idea	Just for fun	211212	676
183 Switching Operating Systems	meta4RN.wordpress.com/switch	Reflective practice and self compassion	220108	522
Nurses on the 2022 Australia Day Honours List	meta4RN.wordpress.com/honours2022	List and biographies of honoured nurses	220126	4414
185 Surfing the Omicron Wave	meta4RN.wordpress.com/surfing	Reflective practice and self compassion	220222	580
Self Compassion: surviving and thriving in emotionally taxing work environments	meta4RN.wordpress.com/grow	Self compassion and clinical supervision	220326	976
187 don't be that guy	meta4RN.wordpress.com/guy	Tips for clinical practice	220331	463
188 freedumb	meta4RN.wordpress.com/free	A rebuttal to misleading public commentary	220408	654
189 Why choose Mental Health Nursing?	meta4RN.wordpress.com/jcu	Tips for career development	220415	1038
190 Goodbye Flo. Hello Hildegard.	meta4RN.wordpress.com/noflo	Discussion-starter	220501	1207
Happy Anniversary International Journal of Mental Health Nursing	meta4RN.wordpress.com/happy	Marrying history with contemporary practice	220529	751
192 Nurses on the 2022 Queen's Birthday Honours List	meta4RN.wordpress.com/queen22	List and biographies of honoured nurses	220613	3572
Mental Health Nursing making an impact	meta4RN.wordpress.com/impact	Celebration of a milestone	220629	366
194 Info for 1:1 AIN/Special	meta4RN.wordpress.com/ain	Tips for clinical practice	220715	1423
195 ieMR MHA autotext	meta4RN.wordpress.com/mha	Tips for clinical practice	220716	557
196 Self Compassion (TikTok try)	meta4RN.wordpress.com/tiktoktry	Self compassion	220719	483
When a nurse in the know writes a book you probably should read it.	meta4RN.wordpress.com/read	Celebration of a colleague's work	220802	288
198 Nursing in the Tropics: Experience the Lifestyle! (circa 2002)	meta4RN.wordpress.com/tropics	Nostalgia	220808	314
Consultation Liaison Psychiatry Service @ CHHHS Eating Disorder Forum	meta4RN.wordpress.com/psych	Tips for clinical practice	220812	337
Supporting the person diagnosed with a personality disorder who presents to the Emergency Department following intentional self-harm	meta4RN.wordpress.com/chapter	Celebration of a co-produced book chapter	220822	813
201 Poster for 2022 FNQ/CHHHS Research and Innovation Symposium	meta4RN.wordpress.com/symposium	An argument in favour of health professionals using information technology	220823	542
202 EAT Target	meta4RN.wordpress.com/eat	Tips for clinical practice	220824	822
Body Image and Eating Disorders Awareness Week (#BIEDAW) 2022 @ Cairns Hospital Grand Rounds	meta4RN.wordpress.com/biedaw	Tips for clinical practice	220910	418
204 If I stay lucky...	meta4RN.wordpress.com/lucky	A personal perspective on voluntary assisted dying	220917	577
205 On RATs and Nice	meta4RN.wordpress.com/rats	Emotional intelligence	220920	727
How to be a Journal Social Media Editor	meta4RN.wordpress.com/editor	An argument in favour of health professionals using social media	220922	2325
207 That'll do. Seeya.	meta4RN.wordpress.com/seeya	Collation of data and reflections re social media	220924	1612
			Word Count	194541