



# Preceptee

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## What has the impact of preceptorship been on you personally?

My name is Mary Oluwabukunmi Abiona. I am a registered nurse working as practice development nurse with the practice development team at Kettering General Hospital NHS Foundation Trust, Kettering, United Kingdom.

I am involved with the preceptorship programme as a preceptee. Preceptorship is defined as "a period of structured transition for the newly registered practitioner, during which time he or she will be supported by a preceptor to develop their confidence as an autonomous professional, refine skills, values and behaviours, and to continue on their journey of lifelong learning." (DOH 2010). It is also a period of time to consolidate prior learning in a supported environment and a structured transition period for practitioners moving to a new area like the internationally educated nurse (IEN).

Considering the fact that I am one of the IENs who came to the UK, I had a different way of doing things based on my clinical background. The preceptorship programme has helped by stabilising and supporting me greatly in my working environment within the trust, with the assistance of an area-based preceptor, diverse targeted trainings, and courses embedded in the preceptorship programme.

Personally, I have learnt how the NHS operates, what is expected of my role, and how I can work safely and still uphold the NMC code of conduct. I have developed confidence in my clinical skills while undergoing the refresher training, and my prior clinical knowledge and experiences were consolidated while key human relation/leadership skills were developed such as communication skills, delegation, effective team working and accountability. I trained to be a practice supervisor for student nurses undergoing placement in the trust, and prepared for revalidation, along with so many other lessons.

The preceptorship programme helped in shaping me (by utilising the various learnings) to be a good nurse delivering holistic care to my patients.

## What advice would you give to a new preceptee?

I would advise a new preceptee not to see the programme as burdensome or not necessary, but to learn with an open mind as all the training scheduled within this period would be very useful as they move on in their nursing career. Secondly, I would advise that a new preceptee should speak to either the area-based preceptor or one of the preceptorship coordinators when there is a feeling of things not going well personally or in the working environment, or when there are specific challenges being faced. This will help in receiving necessary support and advice promptly.



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