

Reflections

Guest Editorial: **Jenna Cooke**

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From the moment I stepped into my first clinical setting, I knew that nursing was more than a profession—it was a calling. The ability to support, heal, and advocate for patients during their most vulnerable moments is an honour that I hold with the utmost respect. Over the years, my journey in nursing has transformed me into not just a caregiver but also a leader, a mentor, and a relentless advocate for high-quality patient care.

With over 12 years of experience working in the field of neurosurgical nursing where I found my true passion. The complexity and critical nature of neurosurgery demanded the highest levels of clinical competence and a deep understanding of each patient's unique journey. I found myself continuously drawn to the challenge of helping patients recover from life-altering conditions, knowing that each small victory—whether it was restoring mobility, easing pain, or providing emotional support—had a profound impact on their quality of life.

In addition to my work as Clinical Team Leader, I have the privilege of serving as the secretary of the Australasia Neuroscience Nurses Association (ANNA). This role allows me to contribute to the broader neurology and neurosurgery nursing community, facilitating the exchange of knowledge, supporting professional development, and advocating for improvements in neurological patient care across the region. Being part of this influen-

tial organization has not only expanded my professional network but also reinforced my commitment to driving excellence in neuroscience nursing. Through ANNA, I am able to collaborate with nursing leaders across Australasia, ensuring that our profession continues to evolve and adapt to the latest advancements in neurological care.

Whilst nursing is my professional I find balance with teamwork, leadership and creativity. This is through playing rugby league in the winter, touch football in the summer and on the odd occasion decorating cakes. For me, cake decorating isn't about creating something visually beautiful, but it requires patience, precision and a keen eye for detail, all traits mirrored by nurses. If you were at the most recent conference held in the ACT you would have seen a variety of cakes and cupcakes. I can't take all the credit, a beautiful colleague Christine also has a keen interest in baking and she supported me through delivering the goodies for the conference.

Jenna



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¹ Lynch A, et al. A systematic review of the effectiveness and complications of using nasal bridges to secure nasogastric feeding tubes. *Aust J Otolaryngol.* 2018;1(8):1-11.