

MEMBERS IN FOCUS

Nurse Practitioner in focus: May 2023

Rasa Kabaila

In this edition of Australian College of Nurse Practitioners in-focus for May 2023, we have spoken to our member and Nurse Practitioner Rasa Kabaila about her journey as a NP. Rasa was the lead researcher and practitioner for an innovative depression and anxiety treatment clinic. It was the first of its kind, in Australia and the outcomes were very positive. Rasa has had over a decade of experience working as a Nurse in Mental Health Care and became endorsed as a NP in 2021.



Rasa now runs her own Private Practice- **Broadleaf, Holistic Nurse Practitioner Services**, which specialises in mental health care. One of the benefits for Rasa's clients, is that being a private practice NP run clinic, clients can skip going to see a GP or psychologist. They are able to book direct with her; are able to seek counselling & gain strategies to treat their mental health, be prescribed medications where needed & be referred on if so required.

This is such a benefit for the Australian Mental Health care sector, which is currently under a lot of stress with patients facing longer waiting periods than before. Post Covid lock downs, bushfires & rising economic stress in Australia, the wait list time to see a mental health care professional is rising. Some psychologists are fully booked, unable to take on new patients, with others offering several months waiting times to see anyone, unless they are severally acute or high risk patients.

Rasa has also written a book about Nursing. Rasa, in a recent interview talks about her book as a 'collection of stories'. Titled "Put Some Concrete in Your Breakfast: Tales from Contemporary Nursing" Published by Springer Nature- Rasa's book gives a sincere yet honest representation of modern nursing in all its forms rather than purely focusing only on the 'good' 'the funny' 'the sad' or the 'ugly'. Rasa provides a collection of stories that concentrate on nursing, that validates, educates and encourages those undertaking a career in nursing. In addition, this book also celebrates the amazing rewards that the unique career of nursing has to offer, for those who can find a way to persevere through the challenges.

We Congratulate Rasa on her success & hard work and are proud to have her as a member at ACNP! We encourage our members to read her recent interview with ABC. Here is a link to Rasa's recent interview with ABC about her new book.

[**Read Rasa's interview with ABC**](#)