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Rasa Kabaila, a Mental Health Nurse Practitioner, has brought together a collection of stories in her new book 'Put some concrete in your breakfast: Tales from contemporary nursing'.

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A former Mid North Coast Local Health District Nurse Practitioner has drawn on her years of nursing experience to write a book that she hopes will support and encourage a new generation of healthcare workers.

Rasa Kabaila, a Mental Health Nurse Practitioner, has brought together a collection of stories in her new book 'Put some concrete in your breakfast: Tales from contemporary nursing'.

The stories of a nurse are unique but rarely documented, perhaps because nurses are too exhausted to think about writing down these tales after a long and difficult shift.

These stories can be sad, funny, heart-warming, or just plain strange, and sometimes they are all of those things.

"The stories in this book discuss humanity in its ultimate grit and beauty as told by a practising nurse," Rasa said.

The book begins with the author discussing what led her to pursue a career in nursing and the challenges she faced as a student undertaking a clinical placement in a prison and as a new graduate nurse in the hospital system.

The book reveals each workday for a nurse can be colourful, and the author has compiled some particularly special nursing stories under chapter themes.

The chapters also include interesting anecdotes that show how a nurse sensitively approaches hilarious and bizarre clinical scenarios.

As Rasa has specialised in mental health, the book also covers how to manage the care of patients with complex mental illnesses and those contemplating suicide.

"Nursing is a hard profession and without a doubt there are times when nurses feel they need to put some concrete in their breakfast to be able to survive their next shift," Rasa said.

"However, nurses choose to be nurses because they have an innate want to care for others.

"Nursing is not a regular job, it's a vocation. A nurse knows that throughout each workday, they have the opportunity to—at the very least—help a person significantly as well as possibly change the course of their life forever—a reward that is worthy of the hardship."

This book follows the author's journey from what led her to become a nurse to what convinced her to stay in the profession, despite the many obstacles that she continues to face and overcome in this unique and fulfilling career.

Put some Concrete in your Breakfast: Tales from Contemporary Nursing

Building Resilience, Empathy
and Confidence within a
Challenging Profession

Rasa Kabaila

 Springer

Put some concrete in your breakfast is
available online.