

From Chaos to Clarity: Building Confidence in Your First ED Role

If you've just stepped into your first Emergency Department (ED) role, welcome. It's exciting. It's intense. And let's be honest—it can feel like chaos.

You're suddenly surrounded by experienced colleagues speaking in abbreviations, patients presenting with everything from ankle sprains to cardiac arrests, and a pace that seems relentlessly fast. No matter how prepared you thought you were, your first days in emergency care can feel overwhelming.

But here's the truth: confidence in emergency nursing isn't born—it's built. And it's built piece by piece through the right support, the right resources, and the space to grow.

That's where the Faculty of Emergency Nursing (FEN) steps in.



Learning on Your Terms

You don't have to figure everything out on shift. FEN gives you access to over 200 on-demand webinars created *by emergency nurses, for emergency nurses*. These sessions cover core clinical topics, communication skills, legal and ethical considerations, prioritisation, and more—all delivered in a way that makes sense to your ED reality.

And because the webinars are accessible anytime, you can watch them when you are ready—before a shift, after a shift, or while reflecting on a clinical experience you want to better understand.

Turning Knowledge into Confidence

What's different about FEN isn't just the content—it's what happens *after* the session.

Every webinar includes an evaluation that prompts you to reflect on:

- What you learned
- How it changed your thinking
- What you'll do differently next time

These reflections help you build your portfolio and make your learning visible for appraisals and revalidation. But more than that, they help you internalise your knowledge—and that's where real confidence starts to grow.

Clear Assessments, Fair Feedback

Feeling unsure if you're "doing it right"? You're not alone. That's why FEN has created quality-assured, easy-to-use assessment tools like Mini-CEX, DOPS, and ESLE—so your practical learning can be observed, guided, and validated by your senior colleagues.

This isn't about box-ticking. It's about building trust in your own ability—and knowing others see it too.

Support That Grows with You

Confidence isn't a one-time achievement—it's a journey. Whether you're just starting, consolidating, or aiming for leadership, FEN offers structured pathways that meet you where you are.

So, if your first weeks in ED feel overwhelming, remember: **you're not meant to do this alone**. With the right tools and a little time, chaos becomes clarity—and uncertainty becomes expertise.

FEN is here for that journey. And we're cheering you on every step of the way.
