



I Didn't Know That - 5 Things FEN Taught Me That Changed My Practice

We've all had those aha moments—they catch us off guard, make us pause during a shift, a thought, or an action, and they usually leave us thinking: "I never knew that!" That blend of surprise and relief can transform our approach to work, and FEN just keeps serving these moments up.

With my extensive years in emergency nursing, I wasn't expecting to still stumble upon new insights so frequently. However, ever since I connected with the Faculty of Emergency Nursing (FEN), these unexpected moments of clarity, understanding, and newfound assurance have poured in.

Here's a handful of invaluable lessons from FEN that have truly influenced how I practice nursing.

1. There's More to Pain Management Than Just Paracetamol

FEN's webinars on both pharmaceutical and non-drug-based pain relief introduced me to how often we lean on the obvious choices, when more comprehensive alternatives might work just as well. The sessions helped me transition from the mindset of "this is what we always do" to "what's best for this patient right now"—and armed me with the knowledge to communicate this effectively to my colleagues and patients.

2. ABCDE Is Not Just a Mnemonic—It's a Way of Thinking

I assumed I had ABCDE down pat. We all did. But FEN's workshops revealed it not merely as a checklist but as a flexible clinical tool. It's not a one-time task—it's a continuous process we revisit and utilize as a stabilizing anchor in chaotic situations. This subtle shift in perspective has had a considerable impact on how I deal with patients whose conditions are getting worse.

3. Documentation Goes Beyond Just Covering Yourself

A top-rated FEN webinar, focusing on documenting care for head injuries, fundamentally changed how I view record-keeping. Now, instead of just "checking boxes," I document like crafting a clinical narrative—detailing my reasoning, noting red flag decisions, and making my thought process visible to others. It's made me more reflective—and defensible—in my practice.



4. Learning Is Flexible (and Recognised) on My Terms

One of the most unexpected benefits wasn't just the quality of FEN's content, but how adaptable it was to my schedule. Webinars at 2 am when my shift finishes. Assessments that I can apply directly while working. Continuing Professional Development credits that align with my NMC requirements and slot seamlessly into my e-portfolio. No travel hassle—just professional growth tailored to my lifestyle.

5. Competence Evaluation Doesn't Need to Be a Mystery

I'd heard terms like Mini-CEX, DOPS, and ESLE but hadn't tapped into their full potential until FEN demonstrated their practical applications. Suddenly, evaluating a colleague wasn't a guessing game. It was a supportive, structured experience that enriched both our skills and our confidence. FEN made these evaluations straightforward, reducing stress on both sides.

Final Thoughts

Learning from experience is invaluable, yet FEN has provided me with the means to learn with precision, structure, and purpose. If you're working in emergency care and think "I've learned all there is," consider this a wake-up call. There might just be more "I never knew that!" ahead—for you.

And those "a-ha" moments might just change everything.

Let's keep discovering.