

Sarah Murphy is currently working in an Acute & Intensive Care Mental Health Inpatient Ward for the Southern DHB as the Clinical Nurse Specialist.

I was born and raised in Dunedin with family in north Auckland and iwi being Te Uri o Hau in the Kaipara harbour. My schooling occurred at Otago Girls High School, the University of Otago and the Otago Polytechnic. Since graduation almost 18 years ago, I have worked as a registered comprehensive nurse in Mental Health, whilst also being a mum to three children. Having worked in a variety of settings and in different leadership roles has provided diverse knowledge and viewpoints of mental health nursing across different areas.

Nursing, and in particular mental health nursing is a passion of mine and I am a strong advocate for consumer rights and seclusion and restraint reduction. As mental health nurses we provide a vital role in improving people's lives and are pivotal in their recovery. I am involved in various working groups within the DHB including: Safewards steering group; zero seclusion project; quality forum; trendcare champions group; staff injury group; seclusion panel review and am now a new SPEC trainer. These, along with completing my master's degree (MHsc Nursing) have improved my knowledge and education which has positively impacted on the lives and wellness of people experiencing mental illness.