

Statement of Intent.

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The potential benefits of a professional Portfolio by nursing and other professionals are demonstrated across the literature (Andre, Heartfield & Cusack, 2017). Producing a Portfolio is a growing practice that highlights professional development, showcases the growth of knowledge and exhibits plans for continuing education and ongoing reflection (Andre, Heartfield & Cusack, 2017). My portfolio is evidence of maintenance of requirements for Nursing Registration, Massage & Myotherapy Australia (MMA) membership, professional standards of practice with comprehensive record-keeping, compliance with relevant Constitutions, Code of Ethics and Standards of Practice, and Continuing Professional Education (Cope & Murray, 2018; MMA, 2019). Remedial Massage therapists can use a professional portfolio to provide evidence of their practice, identify their strengths and record reflections on areas for improvements (Gwozdek, Springfield & Kerschbaum, 2012). The proof is required by the MMA's recently introduced Specialist Certification, which has been endorsed by the Government for professional practice assessment based on National Best Practice Standard and Quality Assurance measures (Gallagher, 2019). The ePortfolio is a manageable way to maintain an awareness of the practitioner's scope of practice, both what has been achieved and what is yet to be achieved (Bell, 2018; Joyce, 2005). It is a concern that others do not read portfolios, but that is another discussion about qualities and quantities in the broader profession (Melles, Leger & Covell, 2018). A practitioner's first responsibility is to their personal self-regulation and self-development (Gwozdek, Springfield & Kerschbaum, 2012). The first, concerns deliberate practice and the other is an aspirational ideal. A Portfolio can strengthen, stabilise confidence, establish foundations upon which we can stand each day and creates an orientation that engenders a sense of vocation, as different from mere employment (Cope & Murray, 2018).

An important issue for my journey has been to manage what became an increasing struggle between what was, for me, a clear and natural symbiosis between nursing and the tactile, engaged and connecting experience of remedial massage therapy. From the early days in Australia of Sister Kenny finding the beneficial impact of touch therapy with polio patients (Kendall, 1998) to the current concept not only dealing with but managing mental health issues, my career has developed within the framework of the complexity of a patient, rather than compartmentalising the patient's experience of recovering health and wellbeing. My portfolio intends to demonstrate my passage of study and express the long-term engagement between my personal, professional development and the parallel growth of a new professional industry of Remedial Massage Therapy (Gwozdek, Springfield & Kerschbaum, 2013). The portfolio will include professional development of reflective self- assessment and learning experiences from hospital trained nursing and massage apprentice training to the present day (Green, Wyllie & Jackson, 2014).

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