



Dear fellow nurses and midwives,

We would like to invite you to take part in the Challengers' Committee, "I'm a Nurse, I'm a Midwife" video.

The purpose of this video is to raise awareness of the Nursing Now Challenge and the Challengers' Committee, as well as to highlight the diversity of nurses and midwives and the scope of nursing and midwifery roles globally.

To take part in this video, we simply ask you to stand proud and announce to the camera that "I am a nurse" or "I am a midwife".

This is the first of many Challengers' Committee projects to raise awareness and bring positive change in nursing and midwifery practice around the world. Please follow our social media channels to learn more, follow and support our progress! (Twitter: europeanNNCC).

If you wish to be featured in this video, we kindly ask that you sign below to confirm that you consent to the Nursing Now Challenge and the Challengers' Committee using your name, image, and job title for the purposes outlined above.

When recording yourself, please do not wear a uniform that identifies you as an employee of a particular hospital or trust. If this is not possible, please wear your own clothes.

Please note that this video will be shared on the Nursing Now Challenge global platforms, including the website and social media channels. This video will also be shared at global events.

If you have any questions, please do not hesitate to contact challenge@nursingnow.global.

Please submit your video and this consent form to challenge@nursingnow.global by 25th February 2022.

Name

Job title & employer.....

Signature

Date.....

Thank you

Tips for the video:

- **Switch your phone to airplane mode**
This will prevent you from being interrupted by calls and alerts.
- **Start with a full battery**
Filming and storing video files uses lots of power.
- **Check your storage**
Video uses lots of space on your device, make sure you have enough before recording.
- **Keep it stable**
Use both hands or a selfie stick or portable tripod. If you don't have these, try attaching your phone to something solid or ask a friend to record you.
- **Don't forget the sound**
Ensure that you are in a quiet environment when recording.
- **Film in a location which is well-lit**
- **Consider the frame**
Film in landscape rather than portrait and avoid a cluttered background. Make sure your shot looks good before you press record.
- **Ensure that there is no patient or hospital information identifiable in the shot**