

JETS Workforce – International Nurse’s Day 2026

For International Nurse’s Day the JETS Workforce programme caught up with Sabrina Cox who is a member of faculty for JETS Workforce, to share her story about working in endoscopy as an internationally educated nurse.



Can you tell us about your background in nursing and when you started working in endoscopy?


I would love the opportunity to share my article that focuses on recognising and celebrating internationally educated nurses (IENs) working within endoscopy. As an IEN myself, I am deeply passionate about highlighting the invaluable contributions, resilience, and dedication that internationally trained nurses bring to endoscopy services. I believe this would be a meaningful way to acknowledge their efforts, share their stories, and inspire others within our workforce.

I am a Filipino-born Canadian, raised and educated in Toronto, Canada. I began my nursing career in medical-surgical nursing, where I built a strong foundation of core nursing skills that shaped my clinical practice.

As nursing is such a versatile profession, I was eager to specialise. I discovered a passion for perioperative nursing and completed a postgraduate diploma in Operating Room nursing, working as an OR nurse for several years.

My journey took a significant turn when I relocated to Newport, Wales. Due to limited theatre opportunities during the COVID-19 pandemic, I returned to ward-based nursing. This transition was particularly challenging, navigating homesickness, adapting to a new healthcare system, and moving countries during a global pandemic tested me both professionally and personally.

In 2020, I saw an opportunity to join endoscopy and decided to take a chance. Since then, I have worked as an endoscopy nurse and progressed into specialized clinical and pre-assessment role. Endoscopy reignited my passion for nursing, and I have truly fallen in love with the specialty.



In what ways do you feel nursing has changed since you qualified?

Nursing has evolved continuously across all specialties, including endoscopy. One of the most exciting changes for me is the rapid growth of digital innovation and artificial intelligence in healthcare.

I am particularly enthusiastic about how technology can enhance workforce education - an area I am deeply passionate about. I have been exploring ways and strategies in which digital tools and innovation can support learning, improve accessibility, and empower nurses to continuously develop their skills in an ever-changing healthcare landscape.

What motivated you to join the JETS Workforce Faculty?

I have always felt a strong desire to share what I have learned, including the lessons gained from missed opportunities, challenges, and mistakes. I strongly believe in a “passing the baton” mindset, where knowledge, encouragement, and experience are shared to empower others.

My goal is for endoscopy nurses/AHPs to feel motivated, confident, and inspired to become lifelong learners. As an internationally educated nurse (IEN) from a global ethnic background, representation matters deeply to me. I want fellow IENs to see that someone who looks like them can progress, dream big, and make a meaningful impact.

One of my biggest inspirations is Dr Phedra Dodds, who began her career in endoscopy at the same unit where I currently work. I first met her when she facilitated an Endo1 face-to-face training session for our team. Hearing her journey was incredibly inspiring and solidified my passion for sharing learning experiences and becoming part of faculty myself.

What do you most enjoy about being ENDO1 faculty and running the ENDO1 course?

What I enjoy most is learning from others’ perspectives. I value listening to people’s ideas and seeing how those perspectives broaden understanding and challenge assumptions.

I am not a fan of recycled knowledge or spoon-feeding information. I strongly believe in encouraging critical thinking, curiosity, and initiative. It is incredibly rewarding to engage with staff who are eager to learn more, ask questions, and grow and even more fulfilling to motivate them to consider becoming faculty themselves so we can continue improving endoscopy workforce education together.