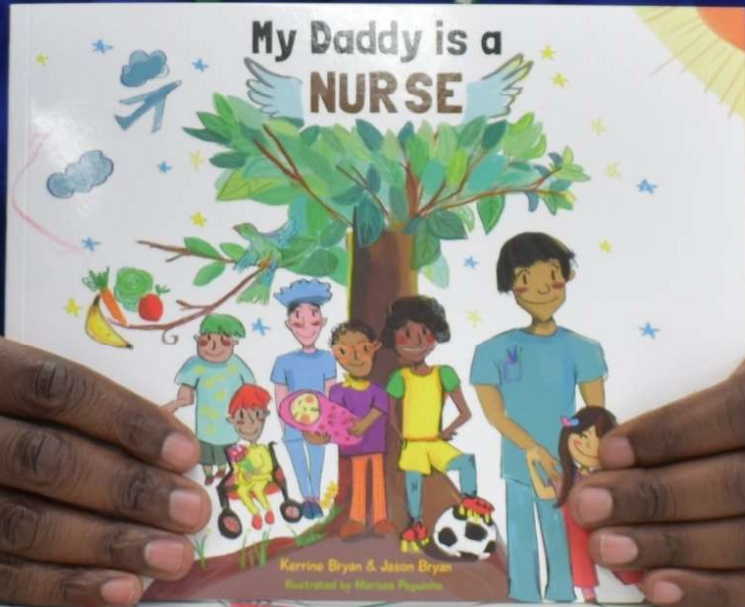


inspire

Issue 1 | February 2020

NHS
This is OUR Time
2020
#YearOfTheNurseAndMidwife



During Year of the Nurse and Midwife we'll be saying thank you to our nurses and midwives, celebrating the impact they have on our society and showcasing nursing and midwifery as brilliant and rewarding professions to aspire to.

CONTENTS

Hello

Welcome to the East of England Year of the Nurse and Midwife *Inspire* magazine.

The Year of the Nurse and Midwife is our chance to showcase and celebrate the professions.

This newsletter is an opportunity to share your stories and keep you up to date with the many events happening in the region to celebrate across the year.

Every nurse and midwife has a story to tell as we care for people of all ages and backgrounds, in their highest and lowest moments in life, so I would encourage you all to share your stories, memories and photographs for the newsletter.

Please also follow the online conversation with the hashtag [#YearoftheNurseandMidwife](https://twitter.com/YearoftheNurseandMidwife) and look out for updates from our region's Twitter account [@NHSEastEngland](https://twitter.com/NHSEastEngland).

On a personal note, as I approach my retirement, I feel extremely proud to be a nurse and to have had the opportunity to work in our wonderful profession. Nursing and midwifery touches everyone's lives at some point, so whatever your role within our region, or the wider NHS, I hope that you will all get involved and enjoy this year's celebration.



Dr Lynne Wiggins, Regional Chief Nurse, NHS England and NHS Improvement - East of England

 [@LynneWiggins](https://twitter.com/LynneWiggins)

1 Introduction

2-3 Rising Star



4 A day in the life of

5 Service spotlight

6 Get involved



NHS
2020 is the International Year of the Nurse and Midwife.
How will you be celebrating?

[#YearoftheNurseandMidwife](https://twitter.com/YearoftheNurseandMidwife)

7 Quiz

8 What's on

Inspire is produced monthly throughout Year of the Nurse and Midwife by the NHS England and NHS Improvement (East of England) nursing and communications teams.

Please send your feedback, ideas and suggestions for the next issue to:
england.eastcommunications@nhs.net



[@NHSEastEngland](https://twitter.com/NHSEastEngland)
[#YearoftheNurseandMidwife](https://twitter.com/YearoftheNurseandMidwife)



She's a star

Meet **Natalie Brooks**, this month's rising star.

In celebration of International Year of the Nurse and Midwife it is important to recognise our aspiring leaders and rising stars within nursing.

As the Director Nursing and Quality for the Acute Commissioning Team and Mid Essex Clinical Commissioning Group (CCG), I take pride in

supporting the development of our nursing workforce to ensure that we continue to improve our patients' experience of healthcare.

It gives me great pleasure to nominate Natalie Brooks, Clinical Nurse Specialist in Children and Young People's Continuing Care as a *Rising Star*.

Natalie joined Mid Essex CCG in 2017 making an immediate impact with her incredible energy and enthusiasm for patient care.

She has been quick to excel in her role and her tenacity to achieve the best outcomes for children,

young people and families has been appraised by both families and the wider multidisciplinary team.

Natalie is equally recognised for her appetite for learning and development, seeking out and taking on new challenges which she achieves with great success. She has recently passed her Mary Seacole programme with the NHS Leadership Academy and has used this new learning to support and inspire student nurses.

Important to us are our 'Live Well Values' which promote the wellbeing of staff to achieve the wellbeing of our population. Natalie has contributed to this in a number of ways such as by acting as a digital nurse champion for the NHS App, completing the London Moonwalk 2019 and supporting our Care Home's holding a summer party. In addition she launched the Period Poverty campaign within the CCG.

Above all Natalie's passion and commitment to the delivery of high quality of care is evident in her everyday practice and for this she is our *Rising Star* and a future nurse leader.

Rachel Hearn

Director of Nursing & Quality

Mid Essex Clinical Commissioning Group

Tell your story...

We're looking for regional nurses, midwives and patients to talk about their service, share their stories in our 'a day in the life of' segment or nominate a rising star.

We have themes each month – next month we're focussing on cancer and dementia.

If that sounds like you or someone you know, let us know at:
england.eastcommunications@nhs.net





Meet Morranna Grant

Morranna is a Nurse
Hysteroscopist and Trainee
Nurse Colposcopist at East and
North Hertfordshire NHS Trust.

On a typical day... I can see up to 12 women. I assess their symptoms before undertaking hysteroscopy and colposcopy procedures and advising them on their findings. I also help patients via telephone, organise staffing for clinics, attend MDT meetings, undertake failsafe checks and assist with the nurturing and development of staff.

How do you contribute to patient care?
I've always aimed to make a positive difference in

the lives of patients and to ensure that they are supported, reassured and receive high-quality care.

The women I see are often vulnerable, scared and confused but, when treated with compassion and empathy, even the most frightening experiences can be that much more bearable.

What advice would you give someone considering a career in nursing and midwifery?

I would say 'Go for it!' Being a nurse or midwife is an incredibly rewarding career. Within gynaecology, there are various sub-specialities and numerous opportunities to learn, develop and positively impact the lives of patients. Becoming a specialist nurse requires hard work and dedication but the fulfilment you experience is well worth it, and the lives you can touch is priceless.

Nursing and midwifery training

Health Education England (HEE) exists for one reason only: to support the delivery of excellent healthcare and health improvement to the patients and public of England by ensuring that the workforce of today and tomorrow has the right numbers, skills, values and behaviours at the right time and in the right place.

Commissioning and supporting education and training programmes for nurses and midwives is a key part of HEE delivering on its statement of purpose. HEE commissioned courses for students on nursing and midwifery and allied health professions pre-registration programmes until August 2017 and students received a bursary. Students have since accessed the standard student support package.

A recent announcement has confirmed that from September 2020 nursing, midwifery and some allied health professions students and some will receive a non-means tested grant of £5,000 a year. Students on programmes where there is a particular shortage in the specialism, e.g. Learning Disability nursing, will be eligible for an additional grant.

HEE has continued to commission a number of post qualification specialist roles including Health Visiting, School Nursing and Advanced Clinical Practitioner Programmes (also available to allied health professions). HEE is mandated to contribute to the development of apprenticeship standards in health and leads the work for Trainee Nursing Associates.

There have been some significant changes to pre-registration nurse education and all universities are required to deliver against the NMC 'Future Nurse' standards by September 2020 and 'Future Midwife' standards by September 2021. In tandem with these changes is a move away from mentorship to the new NMC 'Standards for Student Supervision and Assessment' (SSSA).

HEE continues to work closely with universities and placement providers to support readiness for the changing requirements.

High quality clinical placements are central to the training of students and HEE is mandated to ensure that placements are of the necessary quality. HEE works with universities and placement providers to ensure placement quality through the HEE Quality Framework process and since 2018 has taken placement feedback from students via the National Education and Training Survey (NETS), following up when concerns are raised.

Pre-registration students sometimes do not complete their studies and HEE is leading the RePAIR (Reducing pre-registration attrition and improving retention) project. This project has helped HEE develop an in-depth understanding of factors that impact on student attrition and the retention of newly qualified workforce in the early stage of their careers and this important work is continuing with the establishment of regional delivery groups that include representatives from placement providers and universities.

Most recently HEE has been working with system partners in the East of England to develop the Health and Care Academies. This pilot project builds on the work of the James Paget University Hospital and enables young people to gain increased awareness of roles in the NHS. The academy approach encourages young people to consider a career in healthcare, when they may not have previously thought it was possible.

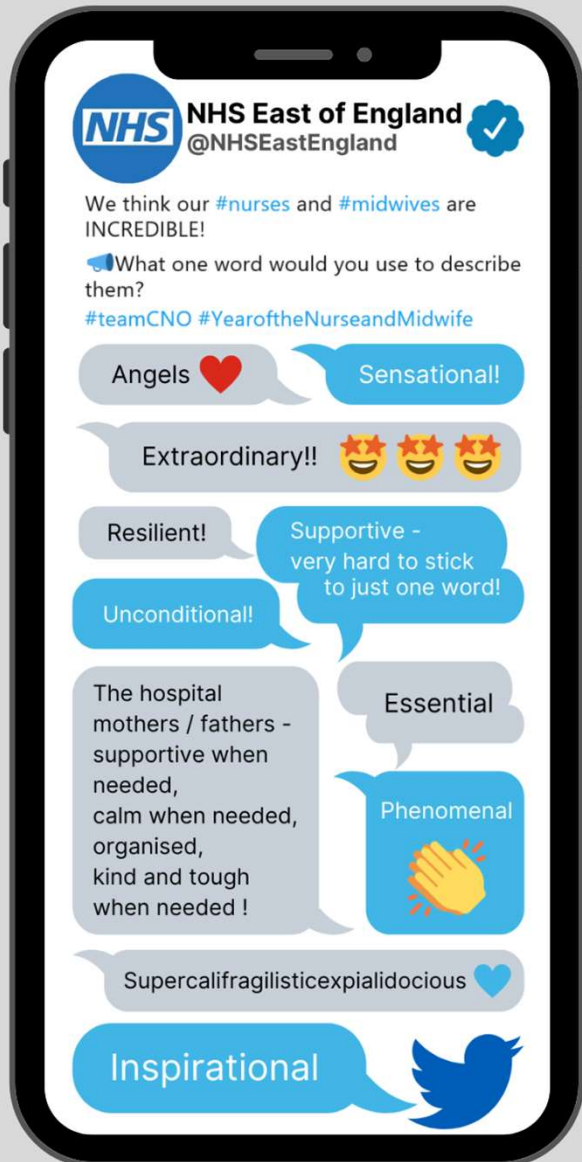
Marie Alexander
Regional Head of Nursing and Midwifery
Health Education England
East of England

For further information please go to:
<https://www.hee.nhs.uk/our-work/health-care-academies>





What people had to say about our nurses and midwives..



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Why inspire?

Our magazine has been named **inspire** thanks to your input.

At the beginning of 2020 we launched Year of the Nurse and Midwife with a Tweet asking our followers to name one word that describes nurses and midwives.

The response was incredible – if you look to the left you'll see all the words we received.

It was difficult to choose just one to name our magazine with, however following much deliberation we settled on **inspire**.

Inspire encapsulates everything that is great about our nurses and midwives. It is one of the many ways we will be showcasing the value and breadth of work of our nurses and midwives, building the next generation of expert skilled nursing and midwifery professionals we need.

Thank you!

Twitter takeover...

We're looking for regional nurses, midwives and patients to curate the **@NHS Twitter feed**.

If you're active on Twitter and would like to take part, or know someone who is, let us know at england.eastcommunications@nhs.net.



Wordsearch

Break-time puzzle



We've hidden 20 words and abbreviations with a connection to nursing and midwifery - see if you can find them all!

Simply email england.eastcommunications@nhs.net with your list of words.

One winning entry will be pulled out of the hat to be crowned as our Wordsearch Champion.

Good luck...

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