

Nursing and midwifery people stories for NHS England and NHS Improvement

Website location:

<https://www.england.nhs.uk/north-east-yorkshire/year-of-the-nurse-and-midwife/north-east-and-yorkshire-people-stories/>

Name

Tara Kadis

Role

I am the Lead Diabetes Nurse at York Teaching Hospital NHS Foundation Trust, responsible for leading the diabetes nursing teams for both inpatients and the community, across York and Scarborough hospitals. I am also responsible for the management of the busy Diabetes and Endocrine unit, based at York Hospital, where we see over 200 people each week in our outpatient clinics. When I tell people what I do, many ask - what actually is diabetes? There are two types, but simply it is a condition where the amount of sugar in the blood is too high because the body's way of converting glucose into energy is not working as it should – which can cause all kinds of medical conditions.



On a typical day

I start work at 7.30am. This gives me the opportunity to answer any email queries from patients, plan the day's staffing activities, ensure staff are allocated to the outpatient clinics and community support. My clinical days starts at 8.30am, usually in the diabetes centre at York Hospital, where I support people with both type 1 and type 2 diabetes. The clinics are extremely varied – from people on insulin-pump therapy needing support with technical set-up or changes to their pump settings, to people who may need to change their diabetes therapy to a more intestine regime, including teaching how to give injections of insulin and the day-by-day management of this treatment. As humans we are all unique and no two people are the same and so it is important to ensure individual care is offered to all people we see.

The afternoon may find me as the triage nurse, taking urgent calls from GPs and practice nurses requesting advice for their patients, to patients themselves ringing in – for example if they are unwell and need advice on medication changes, or they may have questions relating to their diagnosis.

In the UK around 90% of all adults with diabetes have type 2, which is largely preventable and about 9 cases in 10 could be avoided by taking simple steps like keeping weight under control, exercise and healthy eating. I'm absolutely passionate about improving diabetes care for our local communities and strive to ensure standards are of the highest quality by benchmarking us against other diabetes services across the country.

One way I've made a difference as a nurse or midwife

I am fortunate I have had the opportunity in my career to represent the Trust at national and international conferences, and in October 2018 I joined one of our senior diabetes consultants in Japan to help develop a local diabetes team, designed to deliver diabetes care to the same high standards we pride ourselves on here at the Trust. I am a firm believer in 'treat others how you would want to be treated yourself' and this is something I have taken with me throughout my career.

What would you say to someone considering a career in nursing & midwifery?

I am incredibly proud to say I work in this organisation and for the NHS. I am now in my thirty-second year of working in the NHS, starting as an 18-year-old student nurse in Manchester. I have been very lucky to have had the opportunity to work in some large teaching hospitals, including Leeds Hospital Trust and Mid Yorkshire Hospital Trust, before finally moving to York just over six years ago. I live in the area, so to be able to work in my local hospital is a real privilege – especially in a senior nurse position where I can utilise skills and knowledge gained from years of working in the NHS.

With thanks to York Teaching Hospital NHS Foundation Trust

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