

Our South West nursing and midwifery people

Linda Winn PhD

Specialist Psychological Practitioner

On a typical day

I start at 08:15 and check whether there have been any changes to people on my caseload and prioritise new referrals.

I will complete a psychological and health assessment on the pregnant or post-natal woman and plan her treatment.

I will normally see 4 to 5 people throughout the day and practices will range from EMDR, Compassion Focused Therapy or Attachment work depending on the needs of the patient.



One of the ways I've made a difference as a nurse

At the beginning of my career in the 1970's people often resided in long stay psychiatric wards. The reason for their initial admission would be buried in case-notes and long forgotten. Some were suffering from 'neurasthenia' or 'shell shock' others simply had a child out of wedlock.

Colleagues and I were determined that things should change in Mental Health and are committed to following best practice. I developed my nursing skills and taught others how to consider the whole person. I have witnessed changes throughout my career and now those in need of help are given a voice and the respect they deserve.

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

It is a most interesting career!

I cannot think of a career that would have provided more variety. You learn so much from patients, families, carers and colleagues.

My own experience has ranged from a variety of projects including leading the development of the first rural home treatment team, working with combat veterans; families; infants; perinatal; and people with eating disorders.

If I were given the opportunity to choose again, I would still choose nursing as my career. The challenges are outweighed by the rewards, opportunities to develop and privilege of being a registered nurse.

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