

## Our South West nursing and midwifery people

**Sarah Tiley, Practice Nurse at St Thomas, Exeter**

### On a typical day

I start at 8.30 if I am team leader that day ~I check all clinics to ensure we have sufficient patient access. Then I start seeing my patients at 10/20 or 30 minute intervals.

I may see a first time mother for a chat about baby immunisations, an elderly patient for wound care/ a patient to give an antipsychotic drug or a woman for a smear. These are just some of my roles.

In practice nursing I see all ages in many different situations. It is this variety that makes it so interesting and allows me to keep up to date in many areas.

I also mentor student nurses and organise placements for them.

A lot of my role entails liaising with other agencies to optimise care

Never a dull day!! Each day is different!!

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

I always strive for an individual approach to my care and like to make the patient feel valued.

I like to think that in building relationships with patients that I may see time and time again we both gain.

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

I'm still working, and I'll be 70 this year!

I have daughters and granddaughters who are nurses – we all love it.

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