

Our South West nursing and midwifery people

Lucy Compiani

LAC Nurse-Looked After Children's Health Team, Dorset

On a typical day

I work 8:30-4:30. Our core work is carrying out review health assessments for looked after children (we offer a flexible service, so that we can meet the young people at a time and a place that is convenient for them, so we often work evenings)

On a typical day, I might also attend MACE meetings, Strategy discussions, and other professionals meetings with our colleagues in social care. We also offer training to foster carers and other health professionals.

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

I am a specialist community public health nurse, with a background in Health Visiting-so health promotion is a key part of my day-to-day work.

As a team, we work hard to promote the health and wellbeing of looked after children.

A large part of our role as a LAC Nurse is to advocate for our young people. They have experienced chaotic, neglectful and abusive childhoods-and often as a result display very challenging and risky behaviours. Because of their experiences, they often have greater and more complex health needs than their peers. We try to encourage and promote a trauma-based approach. We aim to support our looked after children to reduce health inequalities, to achieve their full potential, and to support them to lead happy and healthy lives.

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

It is such a varied, rewarding (and demanding!) role. I think that nursing is a great career choice; there are so many different specialities and career paths available. Often we are with people at the most difficult times in their life-it is an absolute honour to care for our patients.

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