

# Our South West nursing and midwifery people

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## On a typical day

The very first thing I do when I arrive is talk to both night and day staff about both professional and personal topics to check on their wellbeing, to ensure that they know I am available to help wherever I can. I review the nursing handover ensure that there are no concerns with our 27 patients, check that staffing is appropriate and that the coordinator has nothing they need to escalate to myself. I often walk around the ward and speak with patients about their experience, sometimes the tea round is the most effective way to meet every patient, so they are aware of who the sister is and so that I can address any issues directly, early on.



My office based work looks at the day-to-day running of the ward, staffing, rosters, staff training, staff recruitment, auditing our care, investigations, letters, emails, creating improvement plans, attending relevant trust meetings and feeding back appropriate changes with my team.

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

I am the patient's voice; when they are not strong enough to use their voice themselves. I am there to care, to be by their side when they have never been more scared and to share my confidence that together things can get better. As a sister I now am there to support nurses to share my experiences and to support them to be the best that they can be and to support them when they need advice, training and guidance.

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

I always knew I wanted to be a nurse (that or a teacher) and it has lived up to everything that I expected it to be. Be confident, stick with it, you can achieve anything that you put your mind to. Nursing isn't easy (but who wants an easy life!); but what it is, is rewarding, the thanks you receive and the gratitude from patients leaving hospital is more than money can buy.



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