

Our South West nursing and midwifery people

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On a typical day

On a typical day My working day starts at about 8am and I generally finish about 6pm on a normal day. My work involves close engagement with local System CHC Leads across the South Region where I offer support and perhaps a critical friend subject matter expert on all things “CHC. CHC is Continuing Healthcare which is an area of care delivered by the NHS primarily to support the most vulnerable in our population and involves a series of assessments and decisions made by the local Clinical Commissioning Group (CCG) to determine eligibility for a fully funded package of care or placement. It is a very emotive and often politically driven programme where I link with the National CHC team to influence policy direction and equally inform them on our local regional view. I have several meetings with CCG CHC leads covering areas such as assurance and improvement and I have further meetings or calls with Local Authority colleagues to strengthen and develop relationships so that the National Framework for CHC is adhered to. I also oversee a very bespoke team who work in NHSE& I called the Independent Review Team where I support them to deliver our NHSE statutory duty to facilitate an independent review of the CCGs decision in relation to CHC and the process the CCG took regarding those statutory obligations. This very small team is working hard to ensure people who believe the decision by the CCG is wrong are heard and listened to in a timely way by an independent panel and a final decision made. I also probably pick up the phone a few times a day to colleagues who need various levels of information and support any further questions on CHC or anything it may link to for example Responsible Commissioner, End of Life care or Urgent and Emergency Care programmes and Safeguarding. Once a month I meet all Regional CHC Leads to come together with the National team to discuss policy direction and regional positions. I may in my day also prepare several reports for executive meetings where CHC is an agenda item. I would say my days are always varied and gives me great satisfaction.

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

I have been a nurse for over 30 years and would consider my experience of each of my roles so far as “making a difference”. Even as 3rd year student nurse I remember taking charge of the ward and feeling like I would not be able to achieve this but as team we did it together!

I recall trying to support more junior staff including new doctors on the ward and I loved it and this became my passion for a number of years.



My style I think comes from aspiring to teach and coach where I can see the progress and growth in individuals. Working hard together on a busy ward made me realise we are only as good as our team and if we do not coach and support all team members including admin and ancillary we will fail.

So, I guess I make sure everyone feels important in what they do and knows their worth.

On qualifying I worked on acute wards for many years becoming a senior member of the team and at that time I was also the mentor and teacher to students and new staff members. I recall very busy shifts and days where there was so much to do, and it seemed never enough time but with a smile and a commitment to keep going we achieved great things offering a smile and compassion making it seem as if we had all the time in the world to one patient at a time. I think I taught others how to manage sometimes crazy times with humour and humility!

I can genuinely say like most nurses that I have “saved someone’s life” because that’s what we do if we have to when we are faced with it, What I can also say is that I have also contributed to many many people recovering after devastating change in their lives and showing them there is a future for example after a head injury, the joy of seeing someone walk again is out of the world ! Or supporting a cancer patient through treatment and witnessing their joy when they are told it worked ! I have also walked with people through the final days of their life in the night time hours when fear and darkness is all around and your hand and your presence is the only thing you can offer.

I have contributed to new born babies being born sometimes not in the most appropriate places like in the lift!

The way I make a difference where ever I work is to make sure everyone feels worth something and that I have time for them despite the chaos that may be around us. I hope that’s what my colleagues would say anyway.

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

Dear Young person being is nurse or a midwife is one of the most rewarding career pathways you could join and it can take you all around the world . You will contribute to peoples lives in so many ways by supporting them through significant life events and they will remember you!

If you want to study hard the human body as a holistic system and the way in which medical science can help with disease prevention, treatment and management or you want to work with young people with learning difficulties or Mental Health issues or if you want to work on a cruise liner being part of the medical team or you want something else then nursing is for you ! There are so many ways in which you can be a nurse so don’t just think it is on the ward nurses are everywhere.

If you want to feel part of a team, laughing and sometimes crying but always feel you did the best job then nursing is for you!

You will be part of a national and even international team of nurses who are bound by one thing, the commitment to make a positive difference.
In fairness the pay for a newly qualified nurse or midwife is also very good and by being a nurse the world literally is your oyster. Being a Nurse or midwife is being part of something big and you will fit right in !!!

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