

Our South West nursing and midwifery people

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On a typical day

day March 23rd 2020 changed what a typical day looks like for me and I suspect that is the same for my nursing colleagues across the country. I have found that a typical day now means checking in with the wellbeing of colleagues, friends and new acquaintances more so than before March 23rd. Where once conversations may have been focused on aspects of patient care they start with self care and care for colleagues. A typical day now affords me a personal glimpse into the lives of those I interact with. A picture here, a pile of washing there; all this adds richness to conversations and relationships I may have missed before.

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

Nursing offers such a wide variety of experiences but maybe none more so than the year I spent with a group of actors travelling the length and breadth of the country in a Thrifty van delivering a nationwide mental health promotion programme called 'On the Edge' – an interactive theatre in education programme about first episode psychosis. As the touring nurse I would introduce and orientate the audience (young people, families, carers, health and welling professionals) to the story. At the conclusion of the story, when we leave at a point of crisis, my role was to engage the audience in finding hope and ways to help before finally delivering information about first episode psychosis. During this journey many young people told me how it reflected their own experiences and for some young people it prompted them to seek support. The programme was delivered to about five and a half thousand people of all ages and backgrounds across the country and to have been a part of that was amazing and makes me proud as a nurse.

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

My career as a nurse has taught me that the possibilities in nursing and the NHS are virtually endless. Care and creativity are foundations for a career that is valued and values others.

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