

Our South West nursing and midwifery people

**Paul Bolton,
Lead Nurse Infection Prevention and
Control, Poole Hospital NHS Foundation
Trust**

On a typical day

I cycle to work as often as I can, it's a great way to start the day as it's only 6 miles. I begin the working day by reviewing the results from overnight and the outcomes of actions we took the day before in preparation for a team huddle at 09:00. Usually at 08:30 there is a Trust wide meeting looking at patient flow, internal bed pressures and any threats to patient safety within the Trust, so it's a rush to get things done before the meeting starts.



At 09:00 we meet as a team, check we are all OK and then review the patients on our list looking at what we did yesterday, how the patients are progressing and any outstanding results we are looking for, we then agree what we plan to do for each patient today.

From that point onwards my day tends to be busy attending meetings, preparing information to report to our commissioners or national teams and visiting wards to and departments. We work really closely as a team and regularly touch base throughout the day but we try every day to feedback later on the afternoon on how the day went, what we are worried about and anything we need to follow up.

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

I hope that I make a difference every day. But one that stands out for me is the day I spent talking to school children about being a nurse as part of the Inspiring the future programme. These were 8 to 10 year old boys and girls from a local school who had free range to ask any question they wanted. We talked about the good bits (fun, lots of friends around you and a sense of feeling good about yourself for helping others) to the harder parts of the job (looking after people in the last days of their lives, smells and sights associated with infections or wounds). They definitely made a difference to me, rejuvenated my love for what I do.



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

Nursing is one of those rare jobs that enables you to continuously learn as well as develop yourself. There is no end of opportunities available to do something new and different all around the world. I've met people from all walks of life. I've been able to make lifelong friends, meet international experts, work with the military and travel the country all as part of being a nurse. I didn't choose a career in nursing it just happened to me, but I wouldn't change it for the world!

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