

## Our nursing and midwifery people

**David McCaffrey - Infection Prevention and Control Nurse, Hertfordshire Community NHS Trust**

### On a typical day

It can be pretty diverse - I work in Infection Prevention and Control four days a week for Hertfordshire Community NHS Trust, and the remainder of my time I run a publishing house with my wife, Kelly. Oh, and I'm also an author of mostly psychological thrillers!



### One way I've made a difference as a nurse or midwife

I worked in Libya for nearly a month establishing Infection Control policies in a newly build hospital in Al-Marj outside Benghazi. I like to think I helped a little there, though the biggest reward was learning a small amount of Arabic which allowed me to communicate with a small number of repatriated Libyans during the troubles over there. I could only say "hello", "how are you" and "thank you", but the look on their faces that someone was trying to communicate however simply in their first language, was worth the whole experience!

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

Be certain you are fully aware of what to expect and that at times it can be hard work, both physically and mentally. However the rewards outweigh anything negative. These include constantly meeting new people, playing a part in someone's recovery, helping someone deal with difficulties, always learning something new, forming relationships that may well transcend your job and knowing that you are truly making a difference to so many patients, indirectly or otherwise.

**Find out more about our nursing and midwifery people stories, and how you can submit yours, by contacting us at: [England.nursingmidwifery@nhs.net](mailto:England.nursingmidwifery@nhs.net)**

