

Our nursing and midwifery people

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On a typical day

I don't have a typical day which makes my job so interesting!

Communication is a common thread via email, calls and face-to-face. I have daily contact with a variety of professionals including occupational therapists, clinical psychologists, district nurses and prison healthcare staff and learn so much from them. I am also working across the full multi-agency partnership so I have contact with the Police, Fire and Rescue service and Social Care. I can be liaising with individual staff members about concerns for a patient on a call and then be attending a strategic meeting, followed by delivering a training session to 60 staff.

I have a fair bit of desk work, such as reviewing incident notifications, supporting staff in arranging protection plans and reviewing internal investigations but also have time attending operational team meetings and governance meetings.

Working in Safeguarding can mean a lot of sad stories and difficult decisions so it is important to focus on getting positive outcomes or making changes to practice that will benefit patients. That's why my typical day would not be complete without some restorative discussions with my team and support network, usually over a cup of tea.

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

I am a Registered Nurse for people with Learning Disabilities (RNLD) so I always consider how my work within a general health Community Trust can impact on the care provided for people with learning disabilities. I promote the reasonable adjustments and support that this group require so that the care outcomes are positive.

I am also passionate in supporting our staff in the practical application of the Mental Capacity Act (MCA) to develop, not only knowledge, but the confidence in using the act as part of their day-to-day work. In the last 3 years we have made great strides in this area and I am now celebrating this with an awareness campaign and awarding our staff a badge to identify their excellence in the use of the MCA.

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

My biggest piece of advice is to first do your own research. I am from a family of Registered General Nurses (RGNs) but I decided to take some time after A-levels to work as a HCA in an Acute Hospital to see which areas appealed to me. It was during this time I found myself working with people with learning disabilities on the wards and this led to a job in a special residential school with children and young



adults with cerebral palsy and complex health needs. I had grown up with people with learning disabilities through my Gran's work with our local Mencap group, so I immediately felt at home. I hadn't realised that I could specialise in this area of nursing and I'm so glad I took the time to have these experiences as I found my niche!

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