

Our nursing and midwifery people

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On a typical day

On a typical day I leave for work at 6.30am ready for handover at 7am. My first task is to ensure the skill mix is correct for our patients' needs, and if any concerns need to be raised this is done via safe care. I will then ensure I am involved in as much hands-on patient care as possible, and this is one of my favourite parts of the day. At 8am I will start the medication round, which can last until 9.30am. Considering patient safety during the medication round is key. During lunch we have protected meal times, which means we all get involved in feeding our patients and assisting those that need it, before another medication round at 1pm. Around 2pm I will check my observations, address any medical concerns that may have risen during this and respond to any queries raised by staff, patients or families. After my afternoon break, I normally start documenting care plans, answer patient buzzers and support my team with pressure care turns. This takes me to tea time and the evening medication round. Any outstanding non-urgent jobs are handed over at 7pm to finish work at 7.30pm. I will then catch up on any management issues before I leave for the day.

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

I would like to think I make a difference every day to my patients. I go out of my way to ensure my patients smile and are happy considering where they are. I'm known as a people's person and someone who would go the extra mile for my patients. As an example, a gentleman had his wedding anniversary while he was with us. During the morning I noted he was very quiet and distracted and so sat with him. I called the nursing home and asked them to invite his wife in, and I arranged for us to pay for the taxi, cards and cake. His smile and expression when his wife arrived was priceless. I can honestly say every day we make a difference when it matters the most.

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

I would honestly say it's the most rewarding career and probably the only job that gives you the satisfaction of making a difference when it matters to people. It takes a lot of effort and requires ongoing learning, but it is something you will fall in love with. You will never regret being a nurse. I've done a lot of work on inclusion and equality for all backgrounds and faiths; nursing has many strands, you will never get bored. My nursing career is on my Twitter pinned story [@shaziaparv](#). Please do watch my story as it's one that I believe will inspire those that think they won't achieve their potential.

Find out more about our nursing and midwifery people stories, and how you can submit yours, by contacting us at: England.nandm2020@nhs.net