



BJN

British Journal of Nursing

The Awards 2021

Recognising clinical excellence in nursing



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8th March 2021

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Editor: Sophie Gardner
Publisher: Andy Iafrati
Design: Fonthill Creative

Printed by: Pensord, Blackwood, Newport, Wales, UK

Published by: MA Healthcare Ltd, St Jude's Church, Dulwich Road, London SE24 0PB, UK

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Foreword

Welcome to the *British Journal of Nursing* Awards 2021 Winners supplement. What a year it has been! Once again, due to the COVID-19 pandemic, our award ceremony was held virtually, having been recorded from the stunning Royal College of Physicians' library. Hundreds of nurses joined together online to celebrate excellence and innovation in nursing over the past year. The host for the evening was Dr Ranj Singh, best known for his stint on the BBC's *Strictly Come Dancing* and as the host of children's TV show *Get Well Soon*. He praised the support and guidance he has had from nurses over the years and highlighted how integral nurses have been in tackling the pandemic.

Although the ceremony itself is a treat, it is the work that led up to it—and that continues long after the ceremony is a distant memory—that counts. This booklet provides you with a summary of the outstanding work that led to our winners receiving an award that recognises and celebrates the innovative, compassionate and selfless work they do day in, day out.

Every year we are surprised and encouraged by the number and calibre of nominations and entries, and this year was no different. In this booklet, you can read about the central venous access team set up by Anne Ho, the community-based hepatitis C 'test and treat' service implemented by the Dorset Hepatitis C Elimination Programme and the outstanding work of the breast care nurses at the Northern Devon Healthcare NHS Trust, as well as many more innovations that are improving the lives of patients every day. The work nurses do that goes above and beyond their job roles never ceases to amaze me, and it truly is an honour for *BJN* to be able to commend this work and share it with nurses across the UK. Congratulations to all of our nurses and runners-up!

Entries for the *BJN* Awards 2022 will soon be open. To nominate yourself, or a colleague, please visit bjnawards.co.uk for more information.



Sophie Gardner

Editor, *BJN*





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Date of Preparation: April 2021



Gastrointestinal/IBD Nurse of the Year

Maria Tan

Advanced Clinical Practitioner in Gastroenterology,
The Royal Wolverhampton NHS Trust



Describe the work you have done that resulted in you winning a BJN award

I have been instrumental in developing a novel and completely nurse-led, nurse-delivered day case paracentesis and infusion service within the Trust. The service has helped prevent unnecessary admissions and treatment delays to patients with advanced liver disease, inflammatory bowel disease and other GI conditions. The service is responsive to patient needs, wherein appointments are flexible and consider patients' convenience. Over the pandemic, it has uniquely provided a continued service attached to the emergency department, which facilitated urgent care. Additionally, ultrasound training was initiated, which assisted the management of patients with loculated ascites who would otherwise have needed a prolonged admission. Furthermore, training and competency assessment was developed for nurses and doctors in paracentesis. It changed clinical practice completely, an illustration of a truly integrated service with no boundaries between nurses and doctors. This initiative has contributed to advancing and developing nursing roles. Most importantly, patients are at the heart of the service.

How do you think winning this award will affect your practice in future?

It's provided a platform to share best practice with directorates within and outside the Trust. It opened opportunities to further develop the service and nursing roles. It's offered a venue to explore nursing boundaries and look at other areas we could transform. It is a morale boost not only for myself but the nursing workforce, particularly during the pandemic.

How has winning this award changed people's perception of your role?

It's raised awareness and is seen as an inspiration for others to initiate change. It's provided an arena to share evidence-based practice and opened the door for the team to celebrate their hard work and showcase how the face of nursing has evolved over the years. This award has raised the profile of nursing and gastroenterology.

What is the most important aspect of your role and why?

The ability to integrate the four pillars of nursing: advanced clinical practice, leadership and management, research and education. Being on the front line, I am seen as the link and voice of the nursing workforce and patients with the medical and management teams.

What do you most enjoy about your role?

Patients' feedback. Knowing that we are able to provide an excellent service and make a difference in our patients' lives is very rewarding.

What are your main concerns about your role?

Service expansion. Because of the success of the service, there is a high influx of referrals. There's a need to increase capacity: a bigger unit, equipment and nursing resource.

What advice would you give to nurses aspiring to achieve positive change?

Change is good, never be afraid to take the leap. Nurses have a duty to care and a responsibility to provide the best service by developing our workforce with the right knowledge, skills and values. Have the courage and vision to find improvements and innovations. Putting patients first and keeping them safe is the priority. Nursing is not just a job, it is a profession, a vocation, a calling. We have every opportunity to make a difference.

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Urology Nurse of the Year



Jonah Rusere

Advanced Nurse Practitioner, South East London Accountable Cancer Network (on secondment), Guy's and St Thomas' Hospital NHS Foundation Trust

Describe the work you have done that resulted in you winning a BJN award

In 2017 Guy's Hospital Department of Urology announced plans to stop performing transrectal ultrasound guided biopsies in favour of transperineal biopsies for better diagnosis and reduction in sepsis (referred to as TRexit). This posed a threat to my skills, so I had to consider finding another job if I was to continue performing biopsies. Thankfully, consultant surgeon Rick Popert offered to train me to perform transperineal biopsies (TP) under local anaesthesia (LATP). Within weeks I was signed off to perform TP biopsies independently. I was appointed by South East London Accountable Cancer Network (SEL ACN) in 2018 to support TRexit across the hospital network. Guided by Mr Popert, I worked to standardise biopsy technique, protocols and the training of consultants, nurses and registrars. As a network, we were able to achieve TRexit within 4 months. Over the past 2 years I have had the privilege to assist and train doctors and nurses in over 100 hospitals across the country; more than 30 have achieved TRexit. With the support of Mr Popert, we set up a one-day LATP biopsy course for nurses and registrars that has been endorsed by BAUN and Prostate Cancer UK. Nurses, consultants and registrars have also been able to visit our department at Guy's to shadow our biopsy clinic for further learning opportunities.

How do you think winning this award will affect your practice in the future?

It has provided an opportunity to show nurses that TRexit should not be viewed as a threat but a chance to enhance and develop their skills. Now, hopefully, they will be able to see it's an opportunity to learn new skills that benefits their patients and their service.

How has winning this award changed people's perception of your role?

Winning the award has been amazing. It's shone a spotlight on the work and the achievements of urology nurse specialists who are leading the delivery of TRexit across the country through cancer networks, replicating what we achieved in SEL ACN.

What is the most important aspect of your role and why?

To have a comprehensive understanding of biopsy technique, MRI review, assessing patients for suitability of biopsy and type of biopsy (systematic, target only or systematic and target). This is important because I need to be able to pass this knowledge on to those I am training.

What do you most enjoy about your role?

I have been fortunate to be able to influence practice within SEL ACN and across the country. Each hospital we help achieve a local TRexit is a step closer to achieving it nationally. Being involved in TRexit has been enjoyable and fulfilling.

What are your main concerns about your role?

Working for the network is soon coming to an end and the challenge now is to find a similar role that will allow me to continue the work we have been doing.

What advice would you give to nurses aspiring to achieve positive change?

You can achieve anything you aim for, if you are willing to work hard, use your initiative and be passionate about your work. Don't be afraid of learning new skills. If you put in time and effort, you will succeed. Take the opportunity to teach other people so more patients can benefit from your learning and experience.

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With contributions from leading clinicians in the sector:

Jennie Burch, Head of Gastrointestinal Nurse Education

Anna Boyles, Stoma Care Nurse

Emma Maltby, Stoma Care Nurse

Jenny Marsden, Stoma Care Nurse

Nuria Martin, Tissue Viability Nurse

Benjamin McDermott, Stoma Care Nurse

David Voegeli, Professor of Nursing

This must-read consensus document is free to download and available here:
www.magonlinelibrary.com/doi/full/10.12968/bjon.2021.30.Sup6.1



Stoma Care Nurse of the Year



Helen Coulter

Community Stoma Care Nurse, Respond Healthcare Ltd

Describe the work you have done that resulted in you winning the award

I'm frustrated by people who don't understand stoma care, but I'm aware that 'people don't know what they don't know'. I see patients and families or carers who they wonder how they will cope. I try to 'show' them stoma care in the easiest way possible. I've also heard of negative experiences of people who have been in, or travelled through, public areas such as airports, who haven't been afforded the treatment, respect or privacy they deserve. Going to these public places, and educating staff, has helped raise awareness of stomas and what ostomy patients need to travel with day to day.

How do you think winning this award will affect your practice in future?

Winning the award, hopefully, will raise the profile of all stoma care nurses. So many people have never heard of a stoma or the care required. If I can keep up the interest in my training, so many more people will become aware.

How has winning this award changed people's perception of your role?

As I work for a home delivery service, winning has raised my profile in the community with ostomy patients. My ability to train in a sensible way has also been shown to be effective. Being known through 'word of mouth' is the best accolade you could receive, and this is how I have been asked to train in a variety of community settings. Nomination by my employer shows they have faith in my abilities, and it's nice to be thought of in that way.

What is the most important aspect of your role and why?

It's knowing people understand the information I'm giving. I try to make my training sensible and simple (never boring) for non-nurses. It's finding the best way to get the message across: I use sayings or rhymes that are easy to remember, while showing people pouches and accessories. The two together seem to make sense and greatly help understanding. In face-to-face training, it is easy to see the understanding or puzzlement.

What do you enjoy about your role?

Simple! It's people and our interaction. It's going into someone's home where everyone is anxious, giving positive information, verbal and written, and leaving with everyone looking happier. It's people knowing they are not alone and can contact me if necessary: this can be pre-op or post discharge, patients and carers, in their homes or in a care facility.

What are your main concerns about your role?

COVID-19 has stopped face-to-face training. Although I have attempted to train via Zoom, a lot is lost and it's not as effective. My training is very hands-on and I try to connect with everyone around a table. Although I've sent pouches and accessories in advance, I didn't feel the understanding was as good and people didn't tend to ask questions as freely. It's up to me to get the momentum going again as soon as is possible—and I will.

What advice would you give to nurses aspiring to achieve positive change?

Do what you love to do—and do it well. I hope I deliver training in the way people can easily understand and, if not, I need to know to change direction. Keep it simple, people need to know things can and do go wrong. If they are anxious and feel there is no one to contact, it makes life difficult when it doesn't need to be. Training as prevention is fabulous.

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Chronic Oedema Nurse of the Year



Katie Riches

Lead Research Nurse, Lymphoedema, Breast Cancer and Palliative Medicine, University Hospitals of Derby and Burton NHS Foundation Trust

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Describe the work you have done that resulted in you winning a BJN award

I work as part of the Derby Lymphoedema Service leading the research we undertake. Most recently this has been looking at improving the assessment of breast lymphoedema after breast cancer treatment. This research was part of my PhD. I have also worked on studies focusing on lymphoedema of the arm after breast cancer, the genetics of primary lymphoedema, the genetics of lipoedema and the incidence and cause of chronic oedema in people with MS. I am part of the British Lymphology/Lymphoedema Support Network (BLS/LSN) cellulitis consensus group. This group developed guidelines on how cellulitis should be treated in people with lymphoedema. This work is reviewed annually, with guidance updated. I have been part of the BLS committee for several years. I have been involved in different projects and working groups within BLS to support health professionals and improve the care of people with lymphoedema.

How do you think winning this award will affect your practice in the future?

I am very proud to work as part of a great team, and to be recognised for the role I have in the team is an honour. I am keen to continue to maintain and develop the profile of our service and the care we provide.

How has winning this award changed people's perception of your role?

Winning this award has raised awareness of my role and our lymphoedema service within the Trust and local community. People have contacted me and spoken with me about our service and the specialist role we have. A lot of people weren't aware of our International Centre of Excellence status and that we are one of two teams within the country that specialise in the care of children with primary lymphoedema.

What is the most important aspect of your role and why?

Within our service, we care for patients who have rare conditions that include vascular malformations and primary lymphoedema. I am proud of how we work collaboratively with others to share best practice and support these patients. I continue to be enthusiastic and driven in my role. Undertaking research that will improve and support evidence-based care for people with lymphoedema is hugely satisfying.

What do you most enjoy about your role?

Working as part of a great team, led by Professor Keeley. Every day is different and I benefit massively from seeing the positive impact that we have on our patients' lives. I enjoy working collaboratively with the wider teams and the relationships that we have developed.

What are your main concerns about your role?

COVID-19 has impacted lymphoedema services greatly. Our own service has seen big changes with loss of clinical space being the biggest challenge. We haven't been able to see patients in person and, although we have adapted our practice to undertake a virtual service, we are not able to provide the service that we pride ourselves in giving.

What advice would you give to nurses aspiring to achieve positive change?

If you are passionate and enthusiastic about what you do, this will result in positive change.

Continence Nurse of the Year

Community Urology/Continence Service

Guernsey Health and Social Care

Describe the work you have done that resulted in you winning a BJN award

Historically, locally and nationally, when patients in acute urinary retention presented to the emergency department (ED), they would be assessed and have a urethral indwelling catheter inserted and discharged. Onward referrals would be made to community nurses for support and to the urological clinical nurse specialist for follow-up and for trial without catheter (TWOC). The catheter would remain in situ for up to 2–3 weeks until a TWOC could be undertaken. During this time, there is an increased risk of the patient developing a catheter-associated urinary infection (CAUTI), pain and discomfort. Should the TWOC fail, the patient would be taught clean intermittent catheterisation. Patients would often ask, 'why could I not have been taught this technique to start', which prompted a change in practice for the management of acute urinary retention in the ED department.

How do you think winning this award will affect your practice in future?

Winning the award gives us the platform to share with our colleagues how this change in practice has ultimately benefited the patient, prevented CAUTIs and saved nursing time.

How has winning this award changed people's perception of your role in your trust?

Winning the award has raised our profile within the health service. We are a small team, but are leading the way to improve patient care and our practices.

What is the most important aspect of your role and why?

The most important aspect of our role is patient care and supporting our colleagues to deliver evidence-based practice.

What do you most enjoy about your role?

We enjoy the diversity of the role: as well as the mixture of clinical practice, the role involves educating and supporting our nursing/medical colleagues on a daily basis.

What are your main concerns about your role?

The main concerns are having the time to cover all aspects of our service. Clinical care is always our main concern, resulting in the non-clinical work being neglected. Also, during the pandemic, supporting and managing our patients remotely can be challenging.

What advice would you give to nurses aspiring to achieve positive change within their role, and in wider health care?

Do not be afraid to think outside the box: big trees start out as small acorns. If you have an idea that you feel would benefit your patients and service, go for it. If you are met with negativity at the first hurdle, don't be afraid to approach it from a different angle and keep chipping away. If we had stopped at the beginning, when we were met with negativity, we would never have made this change in practice so successful. Now urology departments and EDs at other trusts are following our changes in the approach to managing acute urinary retention.



Patricia McDermott (top),
Consultant Clinical Nurse
Specialist, Urology, and
Steve Mundy, Clinical
Nurse Specialist, Urology/
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members Community
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Vascular Access Nurse of the Year



Anne Ho

Clinical Nurse Specialist, Central Venous Access Team,
Interventional Radiology, Great Ormond Street Hospital
for Children NHS Foundation Trust

Describe the work you have done that resulted in you winning a BJN award

I set up the central venous access team (CVAT) at the end of 2015 within our Interventional Radiology department. Since then, we have become the team to contact with regard to all central venous access devices (CVAD), both by the teams at the hospital and children's parents. My philosophy is that my team is responsible for every aspect of the CVAD: from initial referral for insertion to the point when a CVAD is removed, when the child no longer requires it. The team is a one-stop shop for vascular access!

How do you think winning this award will affect your practice in future?

This pushes me more to expand the service, continue to develop ideas and to promote education to improve the lives of the children we see.

How has winning this award changed people's perception of your role in your trust?

It is early days, so I'm not yet sure. Hopefully, it will help provide a platform for us to expand the CVAT service and, via senior management, secure more resources to enable us to provide central venous access within a more timely aspect.

What is the most important aspect of your role and why?

Vascular access is an integral part of most roles at the trust. The majority of children need some form of vascular access, with central venous access being very popular in the trust! I feel that we offer a reassuring presence—we will do our utmost to ensure the best outcome for every child. Being visible and approachable is very important: I like the fact that I can walk down a corridor and staff and families will ask a question or check on a patient.

What do you most enjoy about your role?

That I am able to keep a very clinical presence, which I love doing. Getting to knowing the families who are 'frequent flyers' and being able to fix the majority of CVAD problems. I enjoy the variety. One day I can be on the wards running around seeing children and families—I could be showing them the CVAD that their child will have and resolving a total occlusion. Another day, I will be operating, placing CVADs or removing them for the child's end of treatment which is always a great day for the family.

What are your main concerns about your role?

Being able to maintain a high level of service. We are a small team of three covering the whole trust, so having the time to see all the children within a timely fashion is a challenge. My ideal would be for every child who needs a CVAD to be seen within the required timescale, so any urgent need would be resolved within 24 hours. To have the time and resources to bring in all the projects/equipment that will improve the CVAD service we provide.

What advice would you give to nurses aspiring to achieve positive change within their role, and in wider health care?

Go for it. Ensure you have a voice and use it! Determination and a love of what you do pushes you to do better and achieve changes that will enhance the patients in a positive way to make their lives better.

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Hepatology/Liver Nurse of the Year



Dorset Hepatitis C Elimination Programme

University Hospitals Dorset NHS Foundation Trust

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Describe the work you have done that resulted in you winning a BJN award

We won the BJN award for an innovative community-based hepatitis C 'test and treat' initiative. The Dorset Hepatitis C Elimination Programme (University Hospital Dorset's Liver Nursing Team) has been working in partnership with the community blood-borne virus and homeless health nurses, the local council, public health, drug and alcohol services 'Hep C U Later' initiative and Hepatitis C Trust), with the aim of eliminating hepatitis C in the community by 2025, 5 years ahead of the World Health Organization target. Over the past year, in response to the COVID-19 pandemic, we brought care to those most affected by running targeted pop-up clinics at community locations, targeting those supported by the government's 'Everyone in' response to the pandemic, whereby homeless individuals, previously rough sleeping, were brought into temporary accommodation by local councils. We ran clinics in hotels (accommodating the homeless), hostels and supported housing provision and in car parks, using a bus (provided by the charity Liver4Life), offering testing and antiviral treatments that give 95% cure rates through a daily course of tablets. As a multi-agency team of nurses we are delighted to receive the award and gain recognition for our work. It has been a welcome boost to morale at the end of a tough year.

How do you think winning this award will affect your practice in future?

It has enabled us to reflect on the past year and review our approach, looking at what worked and what didn't. We plan to adopt within our standard service many of the novel approaches, such as using incentive vouchers to increase engagement, a mobile clinic bus and offering simple point-of-care testing, and pathways that prioritise hep C elimination.

How has winning this award changed people's perception of your role?

This award highlights what can be achieved with collaborative working with numerous partners and stakeholders, while raising the profile of the hep C elimination programme.

What is the most important aspect of your role and why?

It is having the freedom to innovate and put ideas into action, while evaluating, learning and adapting as we go, making the most of the opportunities and resources at our disposal.

What do you most enjoy about your role?

I love developing new and existing services and working as part of a team with a common goal and passion for what we are trying to achieve. It is very rewarding when you receive positive feedback from patients that the service provided is what they want and need, while breaking down barriers, increasing engagement, access to care and reducing stigma.

What are your main concerns about your role?

My only concern is the constant feeling that there is still so much to do and energy needed to maintain focus as the pandemic has brought opportunity, but also many challenges.

What advice would you give to nurses aspiring to achieve positive change?

My advice is simple, be brave. Do your homework, learn from others in your field but, most of all act, innovate and challenge yourself and your team. Try novel approaches, if they don't work, evaluate and change. You will achieve great things and get it right in the end.

Infection Prevention Nurse of the Year



Gloria Beckett

Lead Health Protection/Infection Prevention and Control Nurse, Public Health, Oldham Council

Describe the work you have done that resulted in you winning a BJN award

I have single-handedly led Oldham's community infection prevention and control (IPC) nursing agenda throughout the pandemic. Due to team vacancies for much of the pandemic, I managed a significant workload. I've approached this challenge with energy, commitment, compassion and a calm determination, especially when there was an atmosphere of palpable fear across our organisation, commissioned services and the community at large. I have supported care homes, primary care, independent sector providers, schools, children's homes and businesses in providing clear IPC advice and taken a lead role in outbreak management. Partnership working with colleagues from the NHS, voluntary sector and council departments was key in managing the outbreak responses. This mostly involved supporting care homes across Oldham by ensuring they had timely IPC training, good access to PPE and testing, and ensuring residents and staff received appropriate clinical/emotional care.

How do you think winning this award will affect your practice in future?

It has boosted my confidence and highlighted the important role IPC plays across many organisations. I am hoping that this kudos will give me plenty of opportunities to inspire up and coming nurses who are seriously thinking about having a career in IPC.

How has winning this award changed people's perception of your role?

It has helped to give IPC a higher profile across multiple organisations. This, in turn, has ensured that providers are willing to work with our team to raise standards and deliver high-quality IPC practices to ensure the safety of staff, clients and the wider community.

What is the most important aspect of your role and why?

It is to ensure the patient/resident is central to everything I do. When I started my career I had a senior sister who was a fabulous role model. She kept her focus on the patients in her care and was a great leadership role model who promoted quality of care. That is what I always strive for in all my nursing roles throughout my 30+ year career.

What do you most enjoy about your role?

It's the diverse work with so many different people/clients, constantly troubleshooting issues and challenges. The role allows me to use my creativity and to think outside the box when there seems to be a brick wall in the way. Also, building working relationships, engendering mutual respect and trust has been rewarding during the pandemic, and being able to support managers and businesses through the toughest times has been a privilege.

What are your main concerns about your role?

My main concern about my role is that there has been very little investment and succession planning prior to the pandemic and therefore finding a good calibre of Infection Prevention & Control nurses has been a real challenge.

What advice would you give to nurses aspiring to achieve positive change?

Be true to yourself by keeping your focus on providing compassionate care for those you serve in every aspect of your work. This quality above all has enabled me to be a good role model and engendered my leadership skills.

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Nutrition Nurse of the Year



Sue Green

Principal Academic, Bournemouth University, and
Community Nutrition Nurse, Solent NHS Trust

Describe the work you have done that resulted in you winning a BJN award

My role as a clinical academic enables me to undertake a fused portfolio of education, research and professional practice activities that focus on nursing and nutrition. I have worked as a nutrition nurse in a community trust (Solent NHS Trust) part time since 2009 while working as an associate professor at the University of Southampton, moving to Bournemouth University in 2018. As a community nurse, I work with dietetic colleagues to support people with enteral tubes to manage at home. As an academic, I support all levels of student to achieve their learning potential, striving to provide them with a high-quality educational experience. The research I undertake focuses on nutritional care, and I have published widely in journals and written book chapters.

How do you think winning this award will affect your practice in future?

I am delighted to have won this award because it has enabled me to raise the profile of nutritional care and nursing research. Personally, it has boosted my morale and I feel it has recognised my commitment to good nutritional care.

How has winning this award changed people's perception of your role?

The award has highlighted my role as a nutrition nurse and as a clinical academic in the Trust. In the university, it has demonstrated that roles that combine clinical work and academic practice in nursing are valuable and support the development of clinical and research leaders.

What is the most important aspect of your role and why?

The most important aspect of my role is to promote good nutritional care of patients by nurses. As an educator, my role is also to support the learning and development of current and future nurses and act as a role model.

What do you most enjoy about your role?

I enjoy the variety. As a clinician, educator and researcher, each aspect of my role complements the others, giving a rewarding and interesting work life. I enjoy working with patients and carers, and this helps ensure that my research is focused on clinical practice issues with the emphasis on improving effectiveness and the patient experience.

What are your main concerns about your role?

My main concerns relate to what I most enjoy about the role! It is difficult to balance a clinical with an academic role and, as a result, my clinical role is squeezed into a few hours a week as my academic role is very busy. This is manageable, because I have been in the same clinical role for a number of years, but nurses starting on a clinical academic career pathway need time to develop their clinical role, as they do their academic role.

What advice would you give to nurses aspiring to achieve positive change?

My advice would be to grasp opportunities to develop and use the evidence base to inform and advance practice. Clinical academic roles present opportunities for nurses who want to develop as researchers and clinicians, and a clinical academic career pathway is well worth considering.

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Cardiovascular Nurse of the Year



Rosalie Magboo

Senior Sister, Barts Health NHS Trust

Describe the work you have done that resulted in you winning a BJN award

First, I developed, published and implemented (locally, with national interest) a care bundle for the prevention of atrial fibrillation (AF) after cardiac surgery. Postoperative AF affects 30–50% of patients (35.4% in our centre). The implementation of the tool reduced postoperative AF to 23.3%, significantly reducing patient morbidity. This project was highlighted in the 2021 Atrial Fibrillation Association Healthcare Pioneer Report (tinyurl.com/AFA-pioneers-2021). Second, I developed, validated, published and implemented (locally, with national and international interest) a tool to predict cardiac surgery surgical site infection (CSSSI). CSSSI is high (about 8.6%) and is associated with discharge delays, readmissions and reoperations. The developed risk assessment tool is, to date, the most reliable and valid tool in the specialty. This work led to local policy change and the development of targeted intervention for high-risk patients. Third, working with patient partners, I have designed three studies to explore the psychosocial and health-related quality of life effects of the diagnosis and surgical interventions of aortovascular manifestations in Marfan's syndrome (MFS) patients, which resulted in a Clinical Research Doctoral Fellowship award. There is little evidence and in fact none for the UK population related to this. Hence, the result will be valuable in informing a holistic patient pathway for MFS patients. Finally, I developed the inaugural Society of Cardiothoracic Surgery research day for cardiothoracic surgery nurses/allied professionals. This provides leadership and mentorship nationally to highlight the importance of research and evidence-based practice in the specialty, which can influence patient outcome and experience.

How do you think winning this award will affect your practice in future?

It has further inspired me to continue become a great innovator in pursuit of furthering compassionate and holistic cardiac surgery patient care.

How has winning this award changed people's perception of your role in your trust?

More people are considering me as their role model, which is very humbling. I have also inspired many to get involved and be an agent for change.

What is the most important aspect of your role and why?

It is ensuring we provide the best quality care to patients based on the latest evidence.

What do you most enjoy about your role?

Being with my patients. As a cardiac ICU nurse, empowering my patients to take control of their health after a critical period of their sickness is truly fulfilling.

What are your main concerns about your role?

Having less time to provide direct patient care during the period of my research fellowship.

What advice would you give to nurses aspiring to achieve positive change?

Always put patients at the centre of what you do. Always persevere and strive for better because even the small things that we do can make a huge difference to our patients.

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Mental Health Nurse of the Year



Jane Anderson

Advanced Clinical Practitioner, Ear, Nose and Throat/
Oral and Maxillofacial Surgery, Leeds Teaching Hospitals
NHS Trust

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Mental Health Nursing

Describe the work you have done that resulted in you winning a BJN award

I moved from working as a community psychiatric nurse in a mental health crisis team to train as an advanced clinical practitioner in a major physical health trust. I work in the head and neck surgical specialty which brings me into contact with patients with cancer who have experienced physical trauma. I use my mental health skills every day and am actively engaging in research relating to suicide and head and neck cancer patients. I try to influence my peers to practise holistically and consider mental health outcomes as well as physical outcomes.

How do you think winning this award will affect your practice in future?

Winning the award has highlighted that it is possible for an RMN to move into the physical health domain and be valued for doing so.

How has winning this award changed people's perception of your role in your trust?

Staff stop me to say 'hello' and offer congratulations now, which is testament to receiving this high-profile award. I am grateful and always pleased to be asked about my mental health work and research.

What is the most important aspect of your role and why?

I think being able to offer our patients truly holistic care is the most important aspect of my role. I encourage others to do so too.

What do you most enjoy about your role?

I love that I am doing something different. I feel like I am leading change and this is to the benefit of our patients.

What are your main concerns about your role?

I don't really have any concerns about my role.

What advice would you give to nurses aspiring to achieve positive change within their role, and in wider health care?

Go for it! It is possible to do something different, be an agent for change, effect policy and practice. I would also encourage others to engage in research, too.

Oncology Nurse of the Year



Claire Herlihy, Amy Barrow, Karen Hillman and Abbi Osbourne

Specialist Breast Care Nurses, Breast Care Team, Northern Devon Healthcare NHS Trust

Describe the work you have done that resulted in you being shortlisted

Our hospital is the most rural acute trust in England. As a breast care team, we have a history of innovation and adaptability. This is partly because of our size, but also through a culture of necessity: this is due to the countrywide shortage of appropriately skilled medical staff, which affects smaller trusts like ours more significantly. At the end of 2019, we found ourselves at the centre of a perfect storm. Our specialist doctor had left and attempts to engage a reliable locum breast surgeon to support our single-handed oncoplastic surgeon proved unsuccessful. So, when our surgeon needed to have 10 months leave in early 2020, we had a dilemma. Should we close the service or could we step up to take on the triple assessment clinics and coordination of the symptomatic breast cancer service without direct supervision? We had a fully functioning multidisciplinary team (MDT) and the breast care nurses had skills in advanced assessment and ordering imaging, as well as in advanced communication. Two also were non-medical prescribers. Our neighbouring centres were happy to assist with the governance of putting patients through their MDTs and offering surgical slots.

How do you think winning this award will affect your practice in future?

A huge confidence boost! We work in a small trust, so we can sometimes think we aren't always at the forefront of innovative practice. This award gives us confidence that we are offering an equitable service and encourages us to continue and plan for the future.

How has being shortlisted changed people's perception of your role?

Winning has highlighted the nature of our work, and it is lovely that our small breast care department has been recognised nationally for doing something innovative and positive that puts the patients' best interests at the heart of our service.

What is the most important aspect of your role and why?

As a team, we are passionate about offering our patients the best possible care and access to services. Because we are a small symptomatic breast service, we pride ourselves on providing a personalised patient-centred service.

What do you most enjoy about your role?

The amazing team we work in and the privilege of, hopefully, making a positive impact for our patients when they are at a vulnerable time. We all have unique qualities, and we are blessed to not only be colleagues but also friends.

What are your main concerns about your role?

This has, at times, challenged us physically and emotionally. Going forward, we hope that discussions involving the evolution of advanced nursing roles within the breast care team as a whole will motivate and encourage future innovation and progress.

What advice would you give to nurses aspiring to achieve positive change?

Believe in yourself and your capabilities. Don't be afraid to speak up. You are the ones dealing directly with patients. Always try to turn a negative situation into a positive one. Negotiate your terms and conditions prior to taking on extra responsibilities and, remember, the patient should be at the centre of all that you do.

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Respiratory Nurse of the Year

Lindsay Berry

Children's Cystic Fibrosis Clinical Nurse Specialist, East Kent Hospitals University NHS Foundation Trust



Describe the work you have done that resulted in you winning a BJN award

I am involved in service development within children's respiratory. I developed an integrated care pathway for children with asthma, which bridged the gap between primary and secondary care. I established a nurse-led clinic for children following an exacerbation, reviewing and providing guidance on asthma management. It was evident that there were recurring themes, enabling me to target specific training needs. I have therefore provided educational sessions on paediatric asthma for staff in primary care and secondary care. I developed an environmental assessment tool to help identify changes required in the home and developed a severe asthma clinic. This project had a high referral rate with positive health outcomes; funding was agreed to continue the service, which employed three asthma nurses. Currently, I am focusing on cystic fibrosis. I am the first point of contact for parents, and I coordinate a large multiprofessional team across three hospitals sites. The geographical area has a high level of social deprivation, with a one quarter of the caseload having safeguarding concerns. I work with the families, supporting them to look after their child with a life-limiting condition, escalating concerns as necessary. Quarterly operational meetings are held to discuss service development. I collate annual patient feedback, which helps inform service development. Since the start of the COVID-19 pandemic I have implemented changes to include video consultation with a pre-clinic home assessment. Video consultations are also used to support vulnerable families between clinics.

How do you think winning this award will affect your practice in the future?

I'm extremely proud. It will continue to motivate me to strive for high standards of care.

How has winning this award changed people's perception of your role?

Children's respiratory is a specialist area within a large NHS trust, and the award has helped to raise the profile of the team and my role within it. It has helped to engage and interest members of the senior leadership team in the service.

What is the most important aspect of your role and why?

Working directly with the children and families and listening to their feedback enables me to have an open and honest partnership with them.

What do you most enjoy about your role?

Seeing the difference that I have made to the children and their families, whether it be giving advice on medication and treatments or advice on their social interactions at school. Seeing the children come back thriving is the most rewarding and satisfying part.

What are your main concerns about your role?

The effects of the pandemic on children and families. It can be difficult to fully reassure a child over a video consultation. Also resources may currently be focused on acute care.

What advice would you give to nurses aspiring to achieve positive change?

Consider your ideas, ask your colleagues for ideas but, most importantly, ask the service users who are experiencing the service—they may have a completely different opinion on what could improve. Having their feedback and evidence really helps when approaching management to support changes and ensuring successful implementation.

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Renal Nurse of the Year



Tricia Sutherland

Renal Supportive Care Nurse, NHS Ayrshire and Arran

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Describe the work you have done that resulted in you winning the award

I began a two-year secondment in 2019 as renal supportive care nurse, a post funded by Kidney Care UK. Renal supportive care provides supportive, palliative and end-of-life care for people with advanced/end-stage kidney disease. Creation of this post was essential to the maintenance and development of the renal supportive care service within NHS Ayrshire and Arran. The main focus during the secondment has been the development and implementation of a renal supportive care referral pathway and future care planning. The COVID-19 pandemic has highlighted the importance and need for future care planning for patients who are clinically extremely vulnerable.

How do you think winning this award will affect your practice in the future?

It makes me feel valued and recognised for my contribution to the development of the renal supportive care service. It has inspired and motivated me to continue with the development of the service.

How has winning the award changed people's perception of your role?

It has created a positive perception and raised awareness of an essential service. My colleagues have been very supportive and recognise the work that went into developing the Renal Supportive Care service. They also recognise the benefits of having a renal supportive care nurse in post and the benefits this has for patients and their families.

What is the most important aspect of your role and why?

I feel the most important aspect is patient contact: being able to listen, support, advise and signpost to other services is greatly appreciated by patients and families. People with advanced/end-stage kidney disease often have a symptom burden similar to that of cancer. Being able to identify troublesome symptoms can improve their quality of life.

What do you most enjoy about your role?

There are three main areas: future care planning, conservative care and end-of-life care. Many people feel apprehensive and frightened about future care planning. However, after having open, honest and sensitive conversations, they feel relieved to have shared their thoughts. I support people who choose not to have dialysis, termed conservative care. I speak with this patient group regularly, review and discuss symptoms, offer future care planning and, when appropriate, refer to community specialist palliative care nurses. I feel privileged to be involved in planning end-of-life care and supporting patients and families.

What are your main concerns about your role?

Funding for the secondment is due to end soon. A business plan has been submitted to the trust and we are hoping to receive funding for the substantive post of a renal supportive care nurse. Funding will enable us to further extend the Renal Supportive Care service.

What advice would you give to nurses aspiring to achieve positive changes?

Aspire to give your best and make a positive difference. Don't be afraid or hesitant to discuss with your line manager and colleagues how to achieve positive change. Each trust has a quality improvement team with a wealth of knowledge and experience. It's good to push yourself outside your comfort zone—the results are very rewarding.

Wound Care Nurse of the Year



Clare Barker, Vascular Nurse Specialist; Donna Slater, Vascular Outreach nurse, Adele Bastow Vascular Nurse Assistant

Clare Barker, Donna Slater and Adele Bastow

Lower Limb Wound Care Clinic, Mid Yorkshire Hospitals NHS Trust

Describe the work you have done that resulted in you winning a BJN award

The 'lower limb wound clinic' staff established a community-wide pathway and service for patients with new lower limb ulceration. The service is fully aligned to the national wound care strategy clinical recommendation of ensuring that all patients receive full timely assessment. The service is for all patients, whether referred from GP clinics or community nursing services, and it breaks down the barriers of silos within healthcare providers. The clinic was established during the first wave of the COVID-19 pandemic, because the team appreciated that lower limb ulceration would continue to occur and the realisation of the consequence in access issues/delays in assessment that could increase the burden on NHS services long term and extend patients' suffering. The focus on timely assessment has resulted in fantastic healing rates at only 3 months, and the service aims to eliminate chronic ulceration.

How do you think winning this award will affect your practice in future?

Winning the award gives the team great enthusiasm to change services, redesigning them for the people who use them—the patients. It has brought a spring back into our steps that our efforts are recognised, valued and that system-wide change is possible.

How has winning the award changed people's perception of your role?

It has raised the awareness of our service throughout the organisation, including the executive team and middle management. The Trust has shared the news on social media and the weekly bulletin, and the team even had a letter from the chief executive thanking us for our contribution to nursing.

What is the most important aspect of your role and why?

It is ensuring patients get the best care possible. Within lower limb wound management you can make such a difference with timely intervention, preventing suffering, aiding healing and simply limiting the burden of ulceration on the patient and NHS services.

What do you most enjoy about your roles?

Making a difference. Nursing is a very privileged role where you have the chance to care, change lives and make an impact that patients and family will remember for a long time. Lower limb wound management is a very satisfying job—there is nothing better than healing a patient in a matter of weeks rather than months.

What are your main concerns about your role?

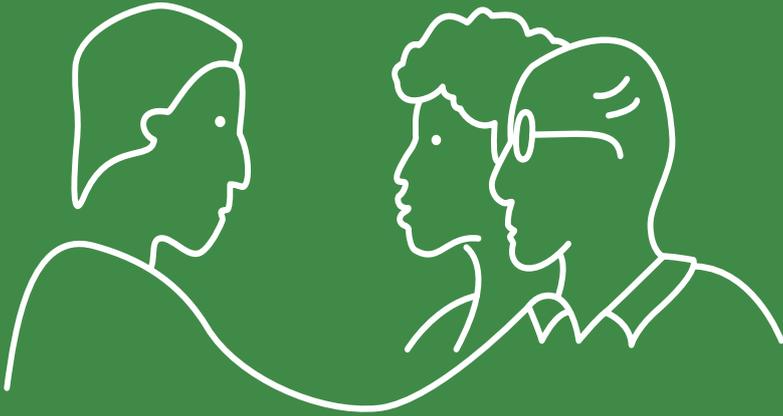
The major challenge for our role and across nursing is the sustainability of the workforce. Across the NHS, the impact of the nurse needs to be better recognised. We need to be attracting passionate people to the profession, keeping them in nursing and valuing their contribution. Without nurses there would be no NHS.

What advice would you give to nurses aspiring to achieve positive change?

Don't give up—if you think that you have a good idea that will improve practice/patient outcomes, then it probably will. Don't lose enthusiasm, keep positive, ask for help in changing practice and, if you knock on one door and get a negative reply, then find another door—find someone who recognises the potential in your ideas.

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Health and care is evolving and nursing practice is changing and advancing at the same time. We need to update our standards routinely to keep pace with that.

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The new standards will support specialist community nurses to provide expert care and support for people at home, in the community, visiting a GP surgery or accessing public health services.

The new programme standards will cover what we expect from education institutions and practice learning partners delivering the education and training of these future professionals. The standards will allow universities the flexibility to develop innovative approaches, which have the potential to widen access to courses.

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Nurse of the Year

Yvonne Francis, Gerri Mortimore

Describe the work you have done that resulted in you winning a BJN award

We developed the Venesection Best Practice Guideline which provides guidance to health professionals involved in therapeutic venesection, for the treatment of haemochromatosis, polycythaemia vera and idiopathic and secondary erythrocytosis. The guideline was a culmination of over 3 years' work and was undertaken with the support of a national charity, Haemochromatosis UK (HUK). Data collected from patients and health professionals highlighted that there was limited evidence to base venesection practice on and, as a consequence, the standard of venesection care delivery varied across the country, from excellent to poor. This had serious implications for patient care and safety.

How do you think winning this award will affect your practice in future?

The guideline (available at www.haemochromatosis.org.uk) has standardised the care for thousands of patients undergoing venesection each year and has provided guidance for health professionals where no such provision previously existed. The guideline was published last year and was endorsed by Royal College of Nursing (RCN), signifying that it conforms to the RCN quality criteria for professional standards and is deemed suitable for national UK nursing practice.

How has winning this award changed people's perception of your role in your trust?

Winning this prestigious award increases the profile of the nurses' role, in providing care and treatment for patients undergoing venesection and raises awareness regarding these medical conditions and its treatment.

What is the most important aspect of your role and why?

Combining our interests in haematology, hepatology and working collaboratively with a national charity has contributed in published guidance that standardises health care practice and patient care.

What do you most enjoy about your role?

Having the opportunity to be a role model and change agent. Educating health professionals to enhance their knowledge base and skills for improved care of patients.

What are your main concerns about your role?

Projects like this require time, which is often a challenge to obtain from work.

What advice would you give to nurses aspiring to achieve positive change within their role, and in wider health care?

Audit is a powerful tool, evidence gained from audit can be utilised to highlight gaps or good standards in practice and care, which can be used to change/enhance care and service provision. Making change is not solely the present of senior nurses. Any nurse who identifies a gap in care or service provision is capable of initiating change!



Yvonne Francis (top),
Faculty Development Lead,
Guy's Cancer Academy,
Guy's and St Thomas' NHS
Foundation Trust, and
Gerri Mortimore, Lecturer
in Advanced Practice,
University of Derby

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Innovation Award



Ascitic Drain Service

Huddersfield Royal Infirmary, Calderdale and Huddersfield NHS Foundation Trust

Describe the work you have done that resulted in you winning a BJN award

We developed an elective drain service that has reduced patients' length of stay from an average of 4.5 days to 6 hours. This has given patients freedom to plan their lives, give them control over their illness and knowledge that there is 24-hour support. The clinic gives patients the flexibility to change their appointments and attend according to their needs, rather than attend due to appointment availability. It has given patients the ability to access support groups, medical advice, regular wellbeing check-ups and medication reviews. In many cases, friendship with arisen with patients in similar situations.

How do you think winning this award will affect your practice in future?

It has inspired me with the confidence to develop the service further and share my skills and knowledge with as many colleagues as possible. It has made me proud of the team that I work with, that the work that everybody contributed has been recognised. It is rejuvenating and refreshing for everyone after such a lengthy period and hard work to get the service developed.

How has winning this award changed people's perception of your role?

I think it has made people recognise on a wider scale the benefits to patients and the Trust of running such a service, how it has facilitated, improved patient flow and reduced bed occupancy. The 'wider' Trust employees have now been made aware of the service and that the award has rightly recognised this innovative service.

What is the most important aspect of your role and why?

The most important aspect is improving patients' lives and giving them the ability to live their lives to the fullest under their own control. Knowing that this service has changed, lengthened and improved the lives of hundreds of patients—and will continue to do so—is what makes this role important and worthwhile.

What do you most enjoy about your role?

It is seeing the difference that the service has made to the quality of life of this patient group, how it has given them confidence with the knowledge that 24-hour support is available. I enjoy the fact that both patients and their families have more time to spend together and can plan family events and time together.

What are your main concerns about your role?

My main concerns are that, on occasion, you can become too involved with patients—in terms of involvement on a personal level, because you see them on a regular basis and get to know them and their families well.

What advice would you give to nurses aspiring to achieve positive change within their role and in wider health care?

My advice would be to research what you want to change, and the benefits of that change and the practicalities of the changes. Then follow your dreams, believe and have confidence in what you are doing. Involve your team and others around you and never give up at the first hurdle.

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Lifetime Achievement Award



Nola Ishmael OBE

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I grew up in Barbados and have many happy memories of my childhood. My family lived in a the Scotland district, so called because of its similarities to the Scottish landscape. I recall a childhood picking fruits like mangoes, avocados, cherries and limes, and vegetables like sweet potatoes, watermelons and lettuces. My school days were happy. We walked the one mile to school along roads bordered by sugarcane fields and hedgerows dotted with a range of wild flowers. My headteacher would arrange trips to places like the National Museum, where I learnt about various artefacts. I was given additional lessons and massive encouragement, which helped me to excel.

In time my family moved from this idyllic location to one nearer Bridgetown the capital of Barbados. This was to facilitate being nearer to high schools located in the capital. Again, my high school days were exciting and exhilarating. Achieving high marks was important. Good diction, speaking and writing succinctly were a requirement. We were expected to be courteous and dignified towards all. I was, and remain, an avid reader.

In the late 1950s and early 1960s the British Council came to Barbados to recruit young people to join the NHS. I applied and was accepted. This started a new adventure for me. Joining the NHS, which was in its infancy at that time, was a thrill. Studying with colleagues, getting to know the patients and, in some cases, their families, and sending letters back home to family and friends helped to reduce the pangs of homesickness. Passing exams were paramount. Much was expected of me and I tried hard not to disappoint.

My first promotion to unit sister came within 18 months of my qualifying as staff nurse. It was determined that I would be as effective in the role as I could be. I sought out new in-house courses on management and read up on the subject. I wanted to apply as much wisdom as possible in order to lead from a basis of knowledge and up-to-date information. Family responsibilities played a key part in my training to be a health visitor. I loved working in the community. Listening, advising and supporting families. This eventually led to my becoming a community nurse manager.

Later, looking towards the future, I applied for a newly created post of assistant director of nursing in Greenwich. This was the mid-1980s, but against all the odds I got the job. This was a real breakthrough at the time and with fierce determination I endeavoured to meet and surmount the challenges that defined the role. Four years, later I was appointed Director of Nursing, the first black nurse in the NHS in such a role in London. It was a massive step forward at the time for black and ethnic nurses, and it gave me an opportunity to shape services. In 1994, I was invited to join the Department of Health on a secondment. How could I refuse? At the end of my six months I was asked to stay on for a further six months. I was subsequently offered the post of Professional Private Secretary to the Chief Nurse of England. It was an honour to be asked and so I accepted.

Over my tenure at the Department of Health I received the OBE in 2000, an Honorary Doctorate from Birmingham City University and had my portrait displayed in the National Portrait Gallery in London. This recognition by the *BJN* for the 2021 Lifetime Achievement Award completes my joy.

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