

Nursing Life



“Nurse revalidation is a way for the profession to demonstrate its worth and for nurses to embrace a culture of continual learning”

Ann Shuttleworth on nursingtimes.net/practiceblog

Nursing book club

Don't know what book to buy? Let Nursing Times help you to decide. Go to nursingtimes.net/bookclub

Title: An Introduction to Child and Adolescent Mental Health
Author: Maddy Burton, Erica Pavord and Brony Williams
Publisher: SAGE, 2014
Reviewer: Evelyn Martin, senior lecturer, West Virginia University
It encapsulates the disease and conditions with clear, precise definition and activities help the learner gain more knowledge through critical thinking. Case studies offer valuable insight into child mental health and wellbeing. This book would suit students and established nurses.



60 SECONDS WITH

Cathy Hughes

We talk to Cathy Hughes, consultant nurse in gynaecology/oncology at Imperial College Healthcare Trust, who has been a nurse for 33 years.

Why did you decide to become a nurse?

My mother and aunt were both nurses. I was interested in health and disease as well as the complexity of the biological basis of health and the experience of it. Initially I would like to have been a speech therapist but nursing gave me

a broader experience before focusing. I also wanted to work in the US or a developing country and with nursing offered the potential to work, or do charitable work, abroad.

Where did you train?

Wrexham, North Wales.

What was your first job in nursing?

Once qualified, I worked in an acute medical unit for a few months before travelling and then working in surgery and gynaecology.

What is the trait you least like in yourself and why?

I don't think very quickly on my feet and am not often able to give a good response on the spur of the moment. This means I often don't feel as though I got the best message across - certainly not the best answer I could have given.

From whom have you learnt the most in your career?

Peter Mason, the gynaecologist who set up the cancer service at Samaritan Hospital for Women (now Imperial Healthcare) and appointed me as one of the first gynaecological oncology nurse specialists in the UK in 1989. He taught me to listen to patients

and also demonstrated how to get the best from others with the right balance of independence and support.

What advice would you give someone starting out?

It is a great profession - take time to learn from those around you.

What keeps you awake at night?

That I may have forgotten to do or organise something. I keep meticulous lists of tasks.

What's the most satisfying part of your job?

Knowing I have made a

maintaining the more holistic impact of nursing.

What would you have done if you hadn't become a nurse?

Probably speech therapy.

What job would you like to be doing in five years?

Having just become a consultant nurse I hope to have consolidated this post and be developing a portfolio of strategic projects and interests.

What do you think makes a good nurse?

Caring about the impact of illness and disease.

I wanted to work in the US or a developing country - with nursing came the potential to work, or do charitable work, abroad

difference to the experience of having cancer and cancer treatment.

What's your proudest achievement?

My kids... but in nursing, obtaining my doctorate.

What is likely to change nursing in the next decade?

The continued development of independent diagnosis and treatment of disease,

If you could change one thing in healthcare, what would it be?

I'd ensure providers have a minimal number of people who have no face-to-face contact with patients or relatives.

What would your ideal weekend involve?

Long breakfast, gardening, a walk with the dog, ice cream, a BBQ with family and friends, and a good film.

Nocturnal Enuresis

This course introduces the Three Systems to help health professionals understand bedwetting. It includes recommendations for clinical practice and guidance on how to implement them.

eric.org.uk/Training/TrainingCalendar

Institute of Family Therapy | ICC | Birmingham
6-7 July

RCN Emergency Care Association Conference and Exhibition 2015

A range of clinical and professional sessions will help emergency care practitioners improve their competence when treating diverse patient presentations.

rcn.org.uk/newsevents/events
Manchester Conference Centre | Manchester
15-16 July

Calendar

JULY

Critical Care Nursing Workshop: Challenges and Changes

This event includes talks and presentations showcasing and evaluating recent advances in the field. Topics include ebola and end-of-life care.

rcn.org.uk/newsevents/events
20 Cavendish Square | London
4 July

Patient Safety Congress and Awards

This year's event focuses on human factors, commissioning support as well as developing a safe staff culture.

patientsafetycongress.co.uk
ICC | Birmingham
6-7 July

ROLE MODEL

Making time meaningful

Penny Hibberd helps families of those with dementia spend quality time with their relative



Penny Hibberd hopes dementia can be better understood

Every three minutes a person is diagnosed with dementia. With no cure for it, it is the job of Admiral Nurses like Penny Hibberd to help the families of those with dementia give the best care possible while coping with the deterioration of a loved one's mental state.

Ms Hibberd has a PhD in dementia care and currently works as a consultant admiral nurse for the Good Care Group, a home care service that provides around-the-clock care. Part of her role is working with the patient's family, introducing them to the care team and setting up individualised care plans with the family in mind.

The Good Care Group's service is used by many people with dementia and helps to relieve some of the pressure on those who are caring for these people.

"Dementia doesn't go away," Ms Hibberd says, "but the service does take away some of that pressure."

For example, often a close family member has been looking after their loved one with dementia. When the Good Care Group places professional carers with families, they often take on

Ms Hibberd supports families to enable them and their relatives with dementia to become codependent.

"One of the things we strive to do at the Good Care Group is really encourage that," she says. "We're able to support the whole family."

There are also difficult assumptions about dementia Ms Hibberd works to confront as an Admiral Nurse. Part of her role is to give the families of those who have dementia the confidence to talk to health professionals about the condition and what the family needs to do to have the best quality of life possible.

"I think the main challenge is the assumption that people with dementia can't die at home," she says. "It's a difficult subject to bring up, and hard to gauge when the person with dementia is still able to make the decision regarding his or her own care. We need to talk much more about it early on," she adds.

Another challenge is that, depending on the circumstances, people with dementia can still enjoy intimate time with their significant other, but many don't know it is a possibility. It's a subject that is not often spoken about by professionals.

Ms Hibberd describes a session she had in a clinic with a man who was frustrated partly because he

and his wife thought they were not able to be intimate.

"That was a particularly difficult session," she says, but added that, by the end, the couple was holding hands. "Working with that couple was very important."

Sometimes, it's small things like this that can make all the difference. Ms Hibberd says one of the best things that she, as a dementia care nurse, can provide is "the knowledge that there is somebody there for them." And she has a very simple way of doing this.

"One of the biggest things I always ask people is 'Do you want to carry on doing this?'" Mostly, when she poses the question to those who have been caring for their family member for a long time, they say it's the first time anyone has asked. "It's really powerful when people say that to you," she says.

"That's one of the things I've learned," she adds. "Relationships can be built in ways that you're really not expecting."
Kathrine Schulze

WANT TO FIND YOUR DREAM ROLE?
Go to nursingtimesjobs.com, set up your own account and get details of jobs you are interested in emailed directly to your inbox