ROYAL COLLEGE OF NURSING WALES
NURSE OF THE YEAR
AWARDS

Below are two excellent examples of previous nominations that have been well received by the judging panels. They both detail the work, determination, and character of the nominee, which creates an interesting read and enthusiasm to learn more about them. They have adhered to the 500-word maximum word limit (and minimum 300-word limit) and have addressed the individual award criteria. Please note that the names have been changed for anonymity and that the locations of employment were correct at the time of submission.

SAMPLE

Example 1 – Nomination for the Health Care Support Worker Award

Elusen Hospital Outpatient Department is striving to fulfil their vision that all rural Outpatient Departments (OPD) will be Health Promotion Hubs, encouraging the community to see the department not only as a place for ill health but a centre where they can access information to improve their own health and wellbeing. Gaps in rural health provision results in health inequalities.

Preventing avoidable ill health through lifestyle change will be significant to the future of the NHS. Changing the focus of OPDs towards supporting patients and the community to make lifestyle changes requires the positive 'can do' attitude that characterises *Peter*. Health education is an innovative role for Health Care Support Worker that has required him to extend his traditional OPD duties to make health education central to all health care. Encouraging good health and wellbeing has required him to understand the principles of behaviour change and to apply them in an effective way. The success of the Health Promotion Hub has required *Peter* to work closely with the team, but he also uses his initiative, participating in strategy meetings and conferences, presenting our plans with confidence.

Peter always shows great enthusiasm and support for developing new ideas and often makes innovative suggestions. He is striving to provide accessible, acceptable, relevant, and effective health education, aiming to reduce levels of avoidable ill health in our patients and wider community. *Peter* became aware that men's health in rural areas was underrepresented due to a lack of services and information that was acceptable to men. Men have a lower life expectancy; premature death from cancer; more deaths from cardiac disease; are three times more likely to die from suicide; are less likely to access health services resulting in later presentation of disease. *Peter* realised that health education for men

would only be effective if he went to where men are; where they work, socialise and study.

To address this, he developed several initiatives to reach out to men within their community by:

- Training as an Ambassador for Wales for men's health
- Providing testicular awareness sessions for construction and farming students
- Giving presentations to men's groups in pubs
- Maintaining health noticeboards in fire and police stations and leisure centres
- Working with college students on sun awareness projects
- Providing sunscreen and advice on skin cancer to farmers, veterans, postmen, firemen and male police officers
- Writing a column for the local newspaper and online called 'Men's Health'.

We have had excellent feedback on his work: "Male members of staff are more willing to discuss their health since you have been coming to the department" and "I have only come in for advice because I have read your column".

In his own time, *Peter* works incredibly hard raising money and awareness for charities that support men's health. His approach to health education for men is inspirational and he deserves recognition for the initiative, enthusiasm, good humour, kindness and understanding he brings to all aspects of his work.

SAMPLE

Example 2 – Nomination for the Specialist Nurse award

Lara is the lead nurse practitioner for a Hepatology service in Wales and is a clinical expert in this field. She is a passionate advocate for this patient cohort, many of whom are vulnerable and at risk of being marginalised. Over time, *Lara* has developed the role of the hepatology specialist nurse and as the nursing lead she has ensured that patients receive care that places nursing front and centre of the hepatology multidisciplinary team (MDT) and service.

In her role *Lara* has key leadership responsibilities relating to practice and policy/protocol, interpreting new developments and guidance, innovating and implementing into the service for improved patient safety and experience. An example of this relates to the management of ascites. Historically, patients with decompensated liver disease in the form of ascites were admitted to hospital for an average 3-4 days to have a 6-hour procedure. Management of the drain varied medication advice post procedure was often forgotten and samples were sent incorrectly missing the opportunity to diagnose sepsis. This was sub optimal and a financially unnecessary burden for the Health Board. Recognising this and the clinical imperative to make improvements, she progressed to successfully complete the Clinical Patient Assessment and non-medical prescribing as part of her MSc in advanced nursing practice. *Lara* undertook training to be able

independently undertake the procedure, and she is now providing nurse led paracentesis in Wales. She progressed to developing a training programme and writing a protocol which is available on the Health Board intranet. She now provides training to medical staff up to registrar level and trains advanced practice nurses in other health boards throughout Wales.

At a local level *Lara* leads on the nursing aspects of national accreditation for her hepatology service, requiring forward thinking, innovation to achieve optimal service delivery with limited resources.

She is also the lead nurse for the All-Wales Liver Disease Delivery plan, forming part of an expert panel who decide on what service developments and policies are required to impact patient care at a local and national level.

More recently the patient centred focus and vision for improved patient care that *Lara* possesses has driven and supported the MDT in writing a business case for a regional Hepatocellular Carcinoma service. They are delighted to have received approval for funding and development for this from the Welsh Health Specialised Services Committee.

To date there has been no formally commissioned service for HCC and no Cancer nurse available to patients which falls below the national clinical standards and the National Optimal Pathway for Hepatocellular Carcinoma. This will be a significant step. As a Lead Clinical Nurse Specialist *Lara* is a highly skilled autonomous nurse working at an advanced level and consistently has a passion to care for and improve the care for people with hepatology conditions. *Lara* is a credit to her health board and nursing care in Wales.

SAMPLE

Further information about all the award categories and the criteria for each award can be found via: https://www.rcn.org.uk/walesnurseoftheyear

Good luck with your nomination!

Coleg Nyrsio Brenhinol Cymru
Royal College of Nursing Wales