P

**Case study**

Name: Hollie Perkins

Job title: Deputy Sister

**What role/ profession are you in?**

I am a Deputy Sister on an Acute Assessment Ward. I always knew I wanted to go into a career in healthcare and obtain a career in nursing I needed a university degree - I achieved a BSc Honours in Adult Nursing and three years after qualifying to be a registered Nurse. I felt it was time to continue to expand my knowledge and take on more responsibility. I was successful with an application I made for the role of Deputy Sister. My job can be stressful at times but it is very rewarding.

**How did you became a deputy sister**

I began my journey later in life after I had my children. Prior to this, I had various jobs including mobile photography and an occupation in administration. I started my health career as a Community Support Worker for people with learning difficulties then I went on to work in a hospital as a Healthcare Assistant (HCA). From there I did a Diploma in Nursing through the role and from here I was successful in going to university. My first Staff Nurse job was on a Stroke Unit then I went on to an Acute Assessment Ward before getting my current job.

**What is a typical day as a Deputy Sister?**

A typical day consists of managing the staff on the ward, coordinating discharges of patients when they are ready to leave hospital, looking after a team of staff and ensuring patients have timely and correct medication and the care they require. I respond to any incidents that have occurred on the ward and liaise with the Multidisciplinary teams (MDT) to ensure patients have their health and care needs met whilst in hospital.

**Do you have any words of encouragement for anyone thinking about a career in health and social care?**

The NHS does provide rewarding careers, every day is different and the patients that you care for are from all different backgrounds. We care for the patients that need us the most; they are often scared coming into hospital as they do not know what is going to happen or what conditions they have. We provide holistic care to the patients and their families/carers.

I personally would not work anywhere else as I really enjoy being part of the NHS team. There are of course some bad days but we all pull together and I have made some of the best friends throughout my career and do not know where I would be without them.