P

**Case study**

Name: Reena Patel

Job title: Primary Care Nurse

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

**What did your early career look like?**

I decided to become a nurse as I knew if I went for anything else, I would be average at it and my purpose in life isn’t to be average. I had a work experience placement in a GP practice where I had the opportunity to work with a Practice Nurse, who was incredible, a sign that Practice nursing was for me. However clinical Skills was vital for me to be a good nurse, so as NQN I worked on a Stroke unit for a year, then A&E for two years then went into Primary care. In total, I have been qualified for over 16 years.

The beauty of nursing is that you are always learning, there are always opportunities to go into a field, to do something that you love, and when you are in a job that you love, when you are working for an organisation that you respect, where there is good leadership, you excel in your job and that is reflected in your patient care. The job satisfaction for me comes from the difference that I make with my team for the patients. It

**How did you become a Registered Nurse and Ward Manager?**

After 3x A-levels did Adult BSc (Hons) Nursing at DMU, Leicester and qualified in 2004. It was a 3-year degree course. Straight after which via NHS trust job applications from university, successfully got a position as a staff nurse in secondary care.

Wanting to work in primary long term joint a GP practice which provided support to train in becoming a practice nurse. Then specialising in diabetes overs years of training, upskilling with clinical supervision. In addition, developed roles and gained position in Leadership & Management and academic writing. Including health promotion work as a podcaster.

**What is a typical day as a Registered Nurse and Ward Manager?**

A typical day for a diabetes specialist nurse would include both face to face and telephone consultation.

This would include consultations with newly diagnosed diabetic patients, patients with complex diabetes who may also be under secondary care, preconception advice for women with diabetes including contraception, reviewing, and changing medication, starting injectable therapy and acute patients which may require an admission on the day.

This also includes patient education on technology and devices to management their diabetes care such as blood glucose meters / sensors.

The day would also include administrative work such as actioning hospital letters and doing referrals. There may also be clinical meetings scheduled in e.g., Practice meetings, multidisciplinary meetings, or staff debriefing / training. You may even get a clinically emergency which you may need to attend e.g., a patient has collapsed or is complaining of chest pain. Updating and writing/reviewing policies / protocols is also part of the role.

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

A career in health and social care can be as rewarding and successful as you want it to be, because it opens the door for opportunities. If you have the heart, focus and motivation to serve and the dedication to work towards the welfare of the global population, you will find your area of speciality you will fall in love with.

The fundamental law of working in the NHS is that it forever changing, like the change of population health needs. It also comes with its own set of challenges e.g. lack of resources and workforce. Hence, you have to be constantly developing your skill sets and learn to strike a balance without burnout.

However, working for the NHS is a privilege. If you put you heart and soul into it, you will be able to add value to people's lives. And that satisfaction is priceless.