



Case study

Name: Emma Mackness

Job title: Ward Sister

What did your early career look like?

I did not like school very much, I wasn't academic, much more hands on. As a student I worked part time in a bar and in the local post office. I left school at 17 after completing a BTEC in Health Promotion at Hinckley College. I then went to train at De Montfort University to gain a Diploma in Nursing. I wanted to come into nursing following my grandad being poorly and requiring hospital care.

How did you become a ward sister?

After I qualified, I worked as a nurse on an acute medical unit, this was a very busy area where patients would often be admitted short term from the Accident and Emergency department to either be discharged home or to be transferred to a ward if they needed to stay in hospital for longer. I then moved on to work as a project nurse delivering a new way to administer medications, this involved teaching. Following this I was a deputy sister in a Short Stay Unit. This led me to my current role as a ward sister. I now have a degree in Health and Professional Practice and I attend study days relevant to my current ward.

What is a typical day as a ward sister?

As a ward sister I am responsible for a ward in an acute hospital. A typical shift includes managing the ward which includes overseeing patient care, medicine rounds, arrangements for discharging patients to a variety of settings when they are well enough to leave hospital, sorting staffing rotas and addressing any issues (staff and patient) that have occurred during the previous shift. I accompany doctors on their ward rounds.

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

Find a place to work that you enjoy; for me this was medicine. Nursing is much more than studying so if studying isn't natural keep trying it will click and you will get there.

To find out more - www.your-future.co.uk