



## Case study

Name: Luca Chiarello

Job title: Deteriorating Adult Response Team (DART) Nurse

### What role/ profession are you in?

Since I started working in the UK I have always admired colleagues who specialised in a particular field of practice. This is because career progression is very limited in Italy and seeing all the opportunities that I could take here have been motivating me since day one. DART (previously Critical Care Outreach) has always been something that I have considered as a pinnacle of a clinical oriented nursing career and I soon found out how rewarding this role can be as well as challenging. Having to combine being able to work independently and prioritise my own workload as well as being able to fit into each and every environment that I step into during a shift is definitely one of the most challenging part of the job.

### What did your early career look like?

I started as a staff nurse at CDU in Glenfield Hospital and I appreciated the environment so much that I wanted to contribute towards its development. I developed an informative leaflet for patients and relatives improved the triage pro forma for the nurses as well as introducing a competencies booklet for them. I then became a deputy charge nurse there and finally became DART.

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

I have trained in Italy to become a nurse through the University of Padova, straight after my high school diploma. A few weeks after my graduation, I interviewed for a job as a staff nurse for the UHL, so I came straight to the UK. It was a bit of a leap of faith to drop family and friends to undertake a career abroad and it has been very difficult, even after the first couple of years. However now I couldn't be happier.

I have always been keen to study and I would never stop doing that. Which is also the reason why I always seek further career opportunities for both improving myself and the care I can provide, but also to keep myself constantly up to date. As mentioned, I recently completed a module on master level degree to enrich my curriculum and improve my DART nurse skills and knowledge.

### What is a typical day as a DART Nurse?

One of the aspects that I appreciate about this role is how the day can be unpredictable. Normally the routine is based on taking handover from the colleague of the previous shift and then spending some time on the medical handover for the AICU patients to identify any potential discharges during the day that will later have to be followed up on the destination wards, but also an occasion to raise concerns with regards to patients on the wards who are deteriorating. The rest of the day is then based on reviewing those patients on the wards, making suggestions about their plans and rely on communication with each and every team to optimise patient's care and avoid AICU admissions. But as part of the cardiac arrest team anything could happen during a shift, as well as being busy responding to referrals from the wards.

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

A career in healthcare can sometimes be worrying but it is also extremely rewarding. It is always incredibly fulfilling to be able to work with professionals that all share the same goals and values. Whether you want to take on a career opportunity because inspired to help others or just because you want your own professional development, take on this journey because for me it was definitely worth it.

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