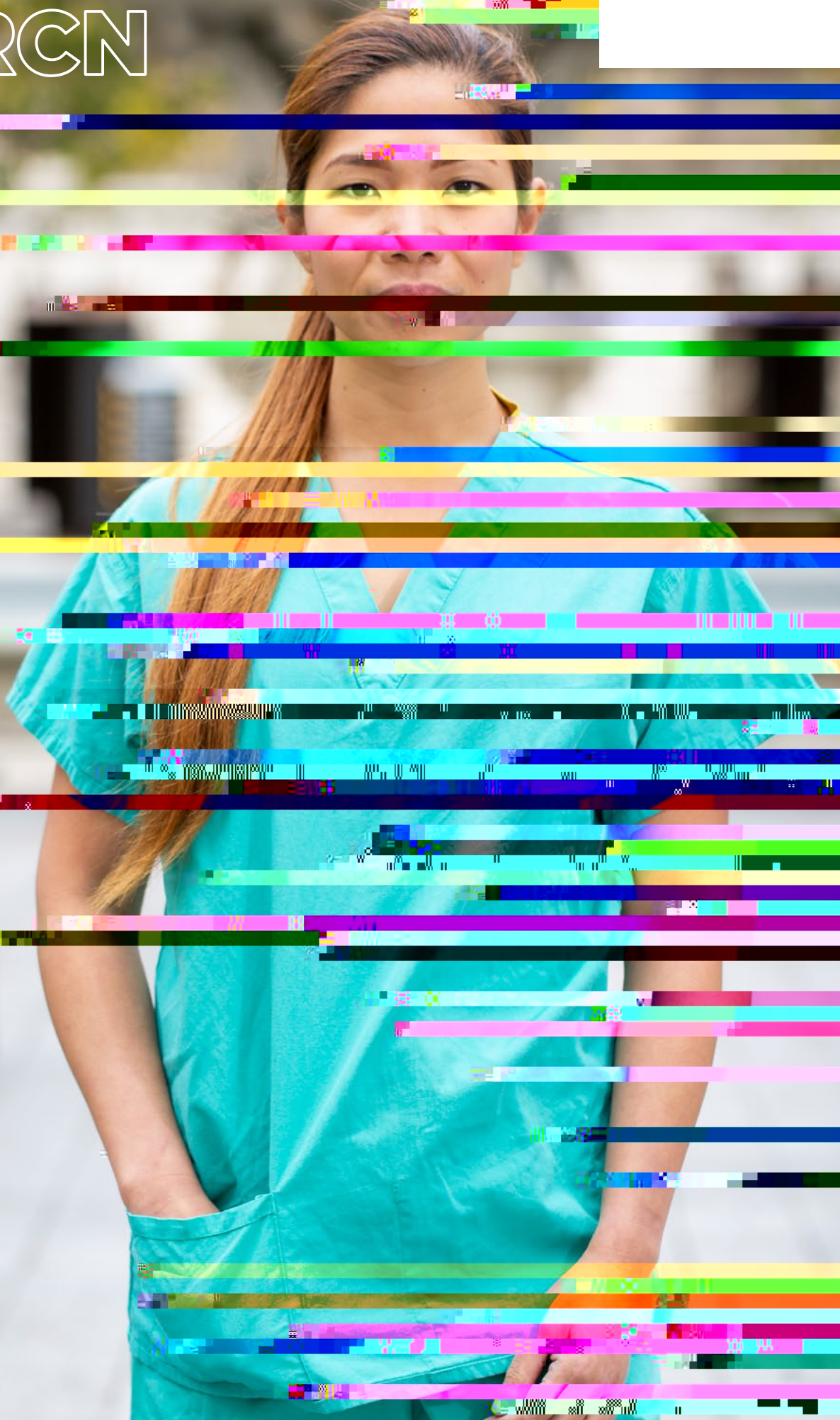


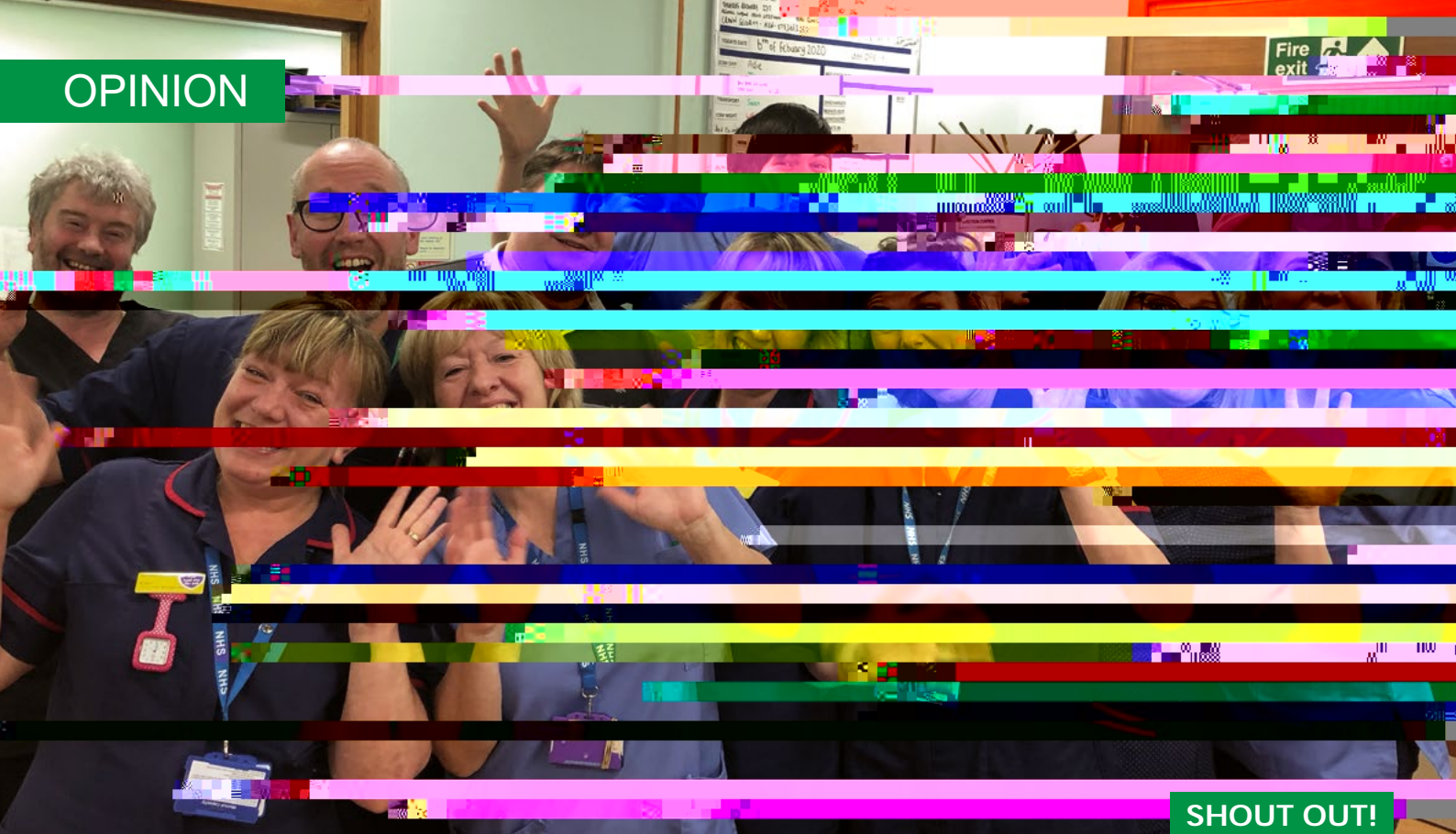
RCN





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SHOUT OUT!

NURSING SUPPORT WORKERS' DAY 2020

THE VIEW FROM HERE

Vaccine ready?

I've been representing the RCN on the London clinical reference group looking at the COVID-19 vaccination programme.

There are well-publicised logistical challenges. As a nurse with many years' experience in vaccination, I'm helping think through how the programme can work in practice.


People now know the vaccines are coming – they're imminent, there is understandable excitement and high expectations. This poses additional pressure on practice nursing colleagues nationally, facing daily questions, many of which can't be answered. As yet we don't have an authorised vaccine and therefore don't have the details on when exactly the programme will start, what vaccine will be used, how delivery and storage of stock will be managed and how quickly it needs to be used.

While this is in some ways understandable, there is a communication void right now and practice nurses, despite being experts

join the conversations in the way we should have been.

Many people are concerned about the speed the vaccines have been developed. Nurses are in an ideal position to provide information on the vaccines and help allay those fears. But it all comes back to communication: we haven't yet had the information ourselves.

GPs don't generally deliver or administer vaccines – nurses do – so whenever there's discussion about v Å ß ß % ê R ã , v ê K % \$ ê % Z , ÿ Æ ß to just be talking about, or to GPs, but to all general practice staff. Our role is pivotal. We need recognition for this and be actively included in planning.

 See our COVID-19 vaccine advice: rcn.org.uk/covid-19-vaccination



Debbie Brown, advanced nurse practitioner in general practice

”, ß ê ê ð K Å Z ê Z ê ... _ R Æ K F #NursingSupportWorkersDay on 23 November, we asked our Twitter community to big up their brilliant colleagues

Here are some of the great support workers from the Northern Devon Healthcare Trust Clinical Site Team (pictured pre-pandemic above). We couldn't do it without you – thank you. **Victoria**

Support workers are the backbone of the NHS and social care. They are critical members of the nursing team; often providing the bulk of face-to-face contact. In my experience they are amazing. **Richard**

Every day we work with amazing and hardworking support workers. They are the glue that binds us and they keep the Nightingale Hospital going, come rain, sun or lockdown. We owe each and every one a debt of gratitude and appreciation. **Risq**

The health care support workers we have at Woodend Hospital's Specialist Older Adults and Rehabilitation Service are amazing. Always going above and beyond to deliver person-centred care. **Beverly**

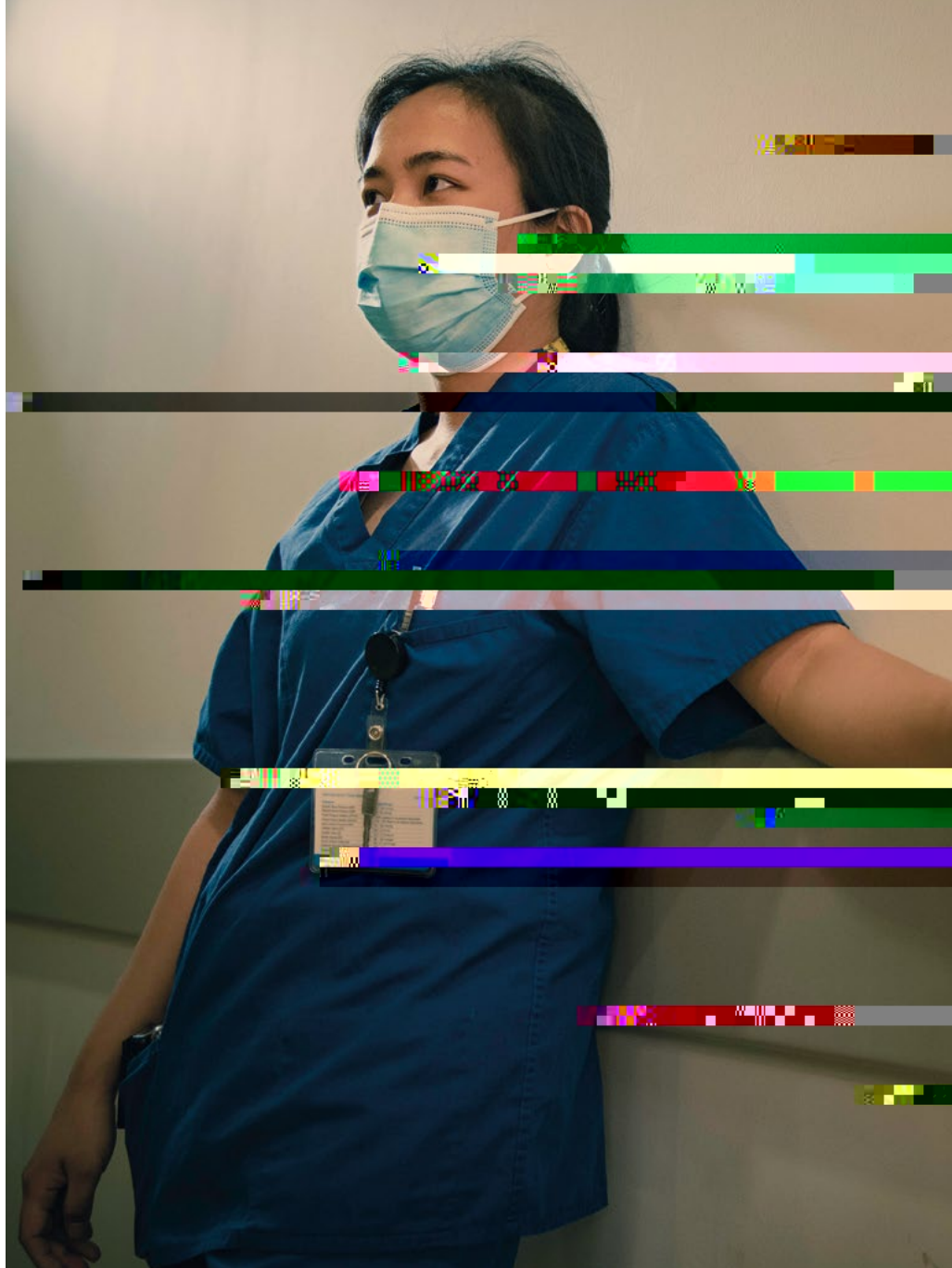
Our support workers are the backbone of our ward, so hardworking, caring, compassionate and professional at all times. We really would be lost without them. **Laura**

ADVICE THAT CHANGED MY LIFE

'You don't know what you don't know'

This piece of advice really struck a chord with me when I started my journey as an advanced clinical practitioner. The more you learn, the bigger your scope of practice becomes, but even as we transition to the role of "expert" we have to remember that there will still be gaps in our knowledge. This is always in the back of my mind when I am assessing patients. It keeps me grounded and ensures that I do not miss the basics. It's OK for me to not know the answer, as long as I keep learning and growing.

Anissa, advanced clinical practitioner



'We need to be vocal, every one of us, and campaign for what we deserve'



While there's still so much we don't know about COVID-19, a growing body of research indicates that many patients are not experiencing a straightforward recovery. A study from the College London COVID Symptom Study showed that one in 10 people were still suffering symptoms three weeks or more after their illness began.

The National Institute of Health Research (NIHR) launched the Post Hospitalisation COVID-19 (PHOSP-COVID) Study with Leicester Biomedical Research Centre. It's recruiting 10,000 people treated in hospital with COVID-19 and following them to observe ongoing symptoms. Results are expected next year.

In the meantime, NIHR released a review in October of published evidence, patient experience and expert consensus around the long-term impact of COVID-19. The report emphasised the urgency of the problem—health care professionals need to be aware of the potential for ongoing symptoms and be ready to support people in their care.

A crucial takeaway is that the collection of symptoms we've been referring to as "long COVID" could in fact be four separate syndromes:

Post-viral fatigue

Common symptoms include fatigue, difficulty concentrating. Researchers are looking into potential overlap with chronic fatigue syndrome.

Fluctuating multi-system symptoms

Data from the COVID Symptom Study showed that those with long COVID are experiencing a variety of symptoms affecting many different areas of the body: the heart, lungs, digestive system, brain and skin. They were also twice as likely to report a relapse, with symptoms returning again after completely disappearing.

Lasting organ damage

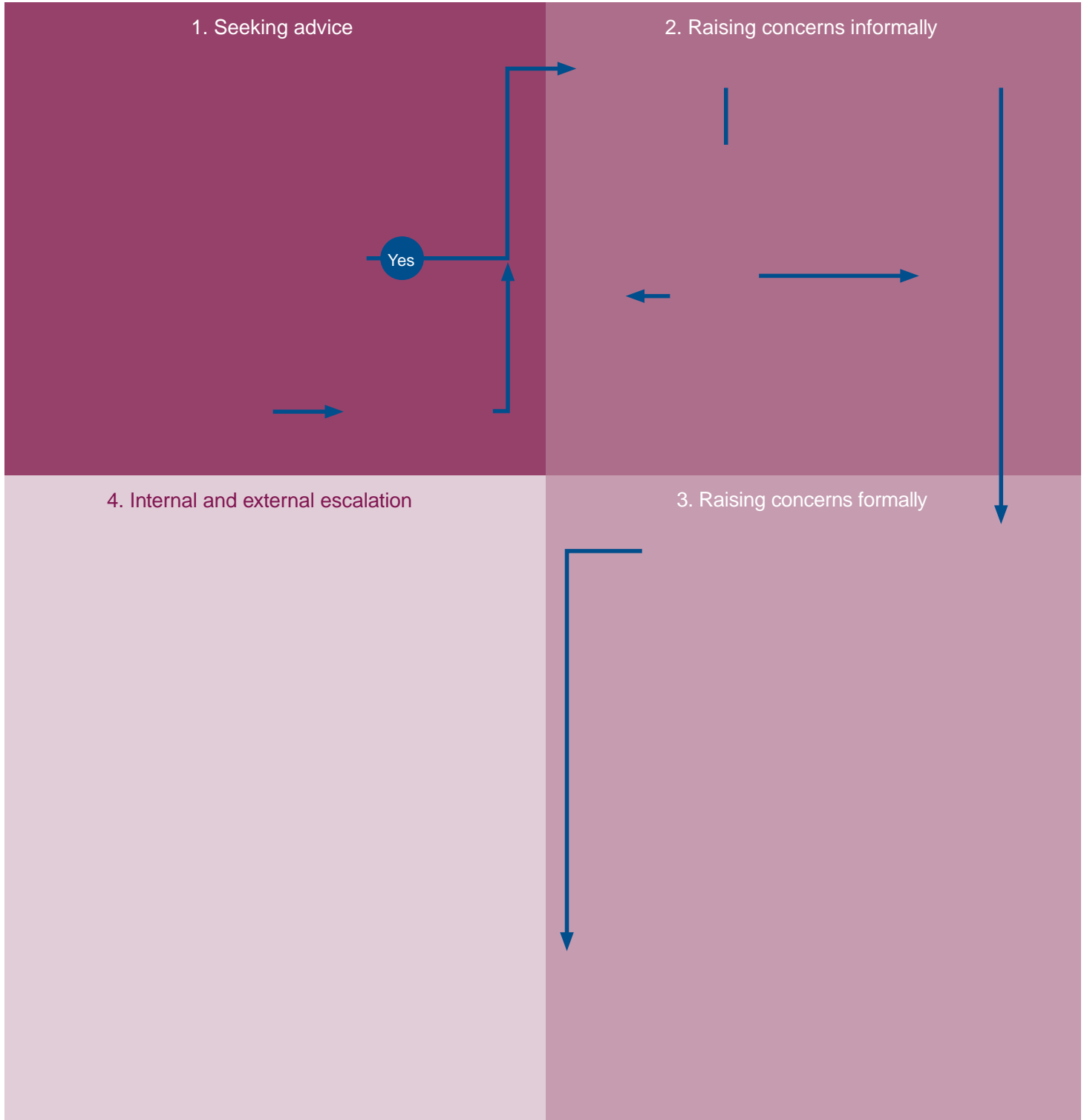
This does not necessarily mean permanent damage, but changes that last for a number of weeks after the initial COVID-19 infection. An Austrian study published in September indicated that six weeks after leaving hospital,



Know what pay and support you should receive

Four steps for raising and escalating concerns

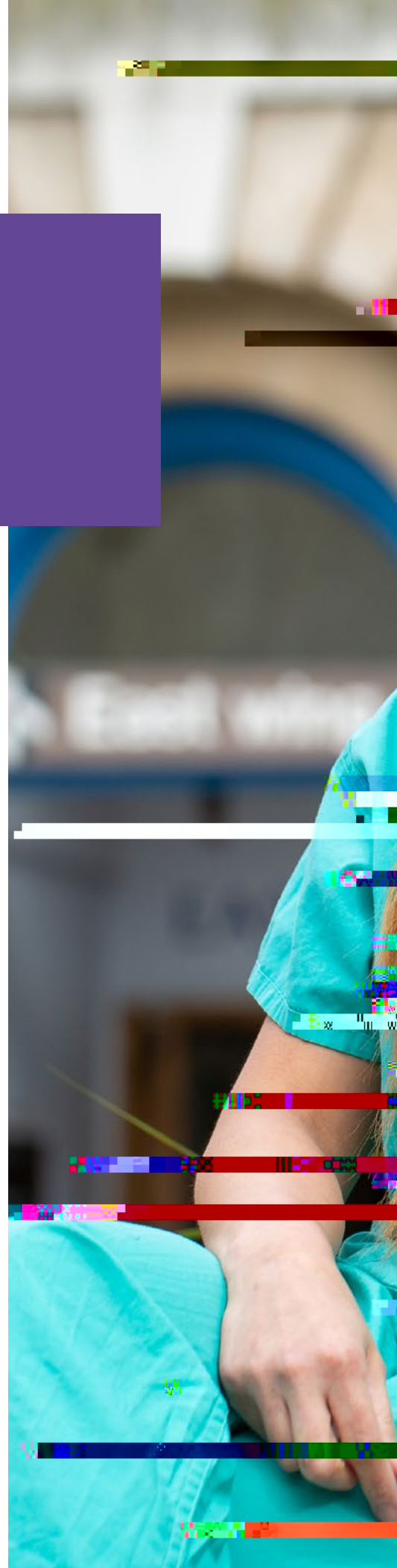
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“There was a point where I felt I couldn’t talk to anyone,” says Jessica Filoteo.

She’s describing the moment when she decided she needed help to deal with the pressures she was experiencing as a result of the COVID-19 pandemic.



Teaching skills, saving lives

Witnessing a young man die after he was injured in a knife attack was a turning point for paediatric nurse Ana Waddington. She set up a charity to overcome compassion fatigue, says RCN Nurse of the Year Ana, who set up a charity to teach basic lifesaving skills and help young people overcome compassion fatigue.

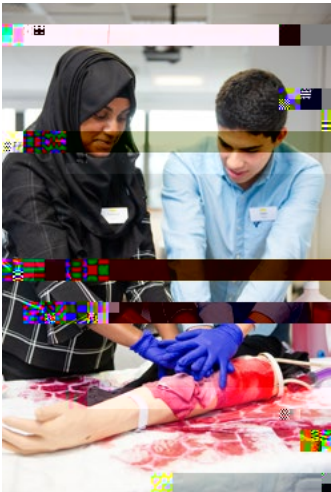
Witnessing a young man die after he was injured in a knife attack was a turning point for paediatric nurse Ana Waddington.

“He was rushed to theatre but unfortunately they couldn’t save him,” she recalls. “Had his friends only known they needed to put pressure on the wound, rather than get him up walking, there was a chance he could have survived. It’s such an easy skill to teach.”

The traumatic event inspired her to set up an organisation called YourStance, which teaches young people basic lifesaving

skills and help young people overcome compassion fatigue.

I hope it
inspires
other people



Fair treatment

READ MORE
ONLINE
25. 2020
19.09.2020

Agency nurse Neomi has launched a grassroots movement to

"I noticed that I was always sent to wards with COVID-19 positive patients and wasn't rotated around the hot areas like other, white, agency nurses.

"At that point there was a shortage of personal protective equipment (PPE), and there was an occasion when I was told that I could only have a surgical mask, not an FFP3 respirator that provides better protection. I thought it was because I wasn't a permanent member of staff, but later found out that the other, white, agency nurse on the ward was given the right FFP3 respirator equipment.

"I would never walk away from patients, so continued my shift, regardless of the life-threatening risk to my health. But I was so worried afterwards. I self-isolated for two weeks, not able to earn, because I couldn't face the possibility of passing on COVID-19 to my patients, family, friends or nursing colleagues."

Neomi found that she wasn't alone. After talking about her experiences with other black nurses, she learned that they too felt that they were being disproportionately asked to work on COVID-19 wards and weren't always given the protection they needed.

1,200 people have become members of the group

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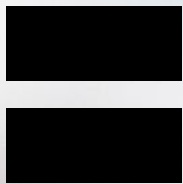
The conversations she was having of black nurses coming together via Zoom to share their experiences. But word quickly began to spread, and the need for support grew. Black nurses began to die at disproportionately high levels.

Traumatised and petrified

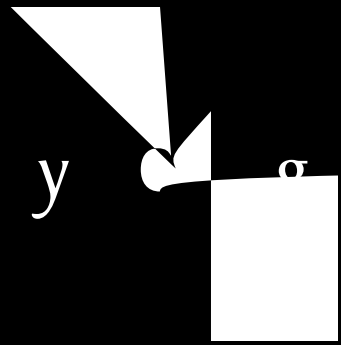
“I couldn’t just sit back and do nothing,” says Neomi. “We were inundated by nurses who wanted to join us. They needed a channel to express what they were going through. They were traumatised by what might happen to them.”

The Equality 4 Black Nurses group was born and from June became more formalised, with Zoom meetings held every Tuesday at 9pm and experts volunteering their time and advice. The group now has more than 1,200 members.

CLAPPED US BACK US



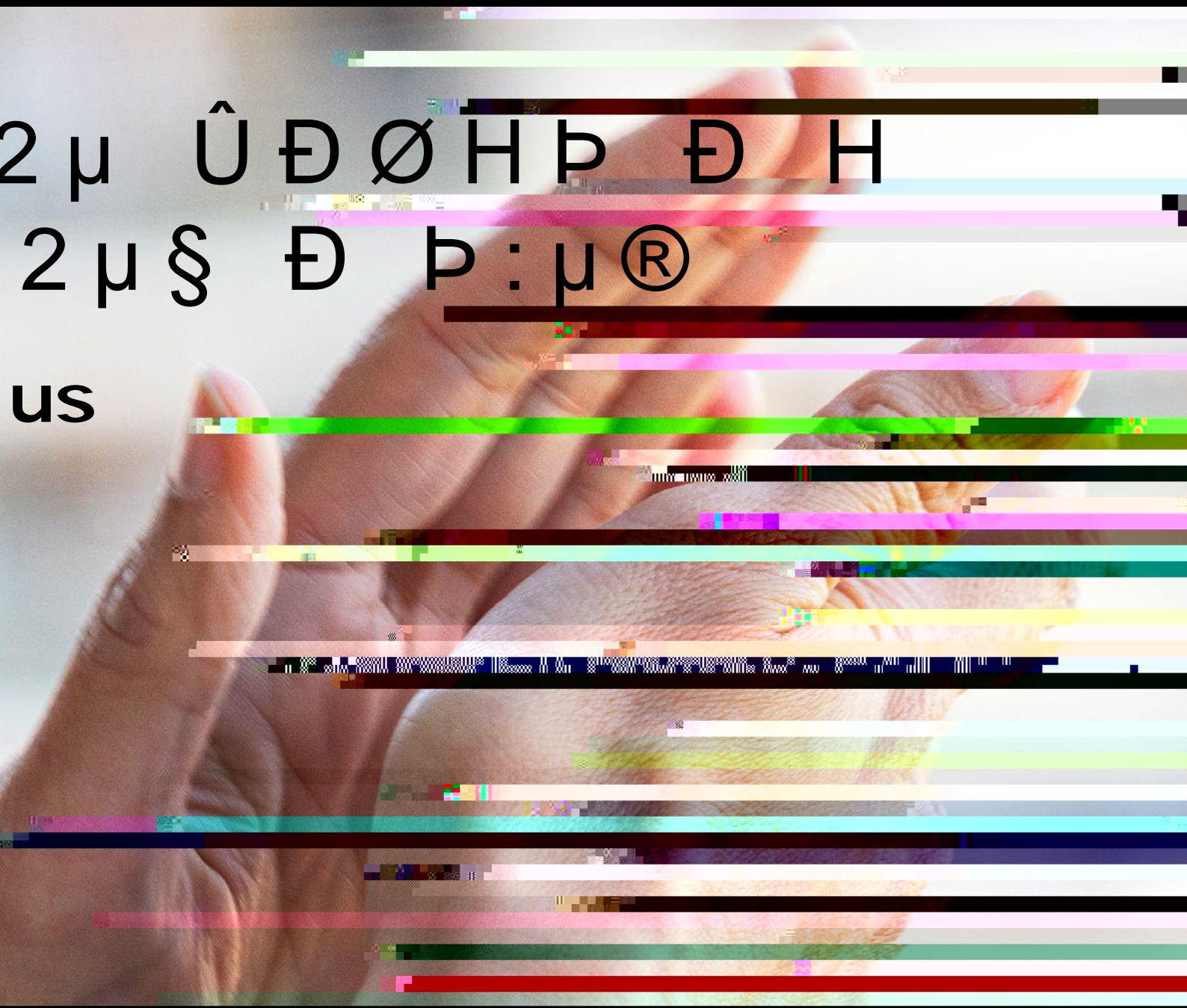
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The temptation to look elsewhere for a romantic relationship after seven years of monogamy – “the seven-year itch” – has been talked about for many years. But what about that nagging feeling that the career or role you’ve always wanted isn’t providing job satisfaction or meeting your expectations?

Having dreamed of a career in nursing and studied hard to get to where you

Ten tips f

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rcn.org.uk/interviews

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