



Children's Nursing News

VOLUME 2, ISSUE 4

JUNE 2020



Competition Time!

Isaac and Emu have donated a gorgeous Northumbria University bear to us as a thank you to our healthcare students. We're decided that the best way to find him a loving home is to run a competition on our social media sites.

Keep an eye out on our Instagram and Twitter (details to follows us on the back of the Newsletter) in the month of June to enter the competition or pick your favourite entry.

SPECIAL POINTS OF INTEREST:

- *Your new RCN Student Ambassador*
- *Hello my name is...*
- *Experiences of caring for patients with COVID-19*
- *Hospice Fundraising*
- *Catch up with an NU graduate*

Meet your new RCN Student Ambassador!

Hi, I'm Meg! I am a first-year student child nurse and I have recently become a Royal College of Nursing (RCN) student ambassador. I want to explain about the role and what it means.

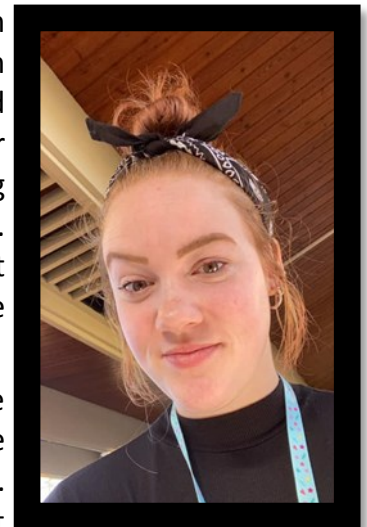
In my role as a student ambassador for the RCN I have 3 main responsibilities, one being to signpost and support students in being able to contact the relevant RCN staff and resources to aid your education. The role also involves me connecting with other RCN student members and sharing the work the RCN are doing and actively encouraging people to engage in these campaigns. Finally, the third role is to actively question issues which impact on student education and experience, whilst trying to get more student members involved.

I chose to take on this role because I think, especially at the moment it is important that as students we are aware of all the actions being taken around us and allowing our voice to be heard. By becoming a student ambassador I am able to raise student concerns to both a regional and national level.

Please get in touch if you want to know any more information on the role or have anything you want me to raise.

I hope I can bring you some updates soon!

Email: megan.r.ward@northumbria.ac.uk



Have something to share in our Newsletter?

If you have a story or an idea for a feature in the next newsletter, or would like to be involved in the production of the Newsletter, please contact Leah at leah.rosengarten@northumbria.ac.uk

#hello my name is...

An inter professional research project

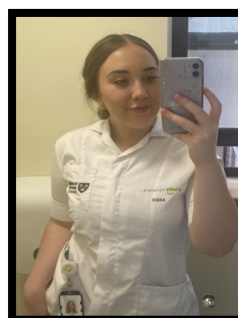
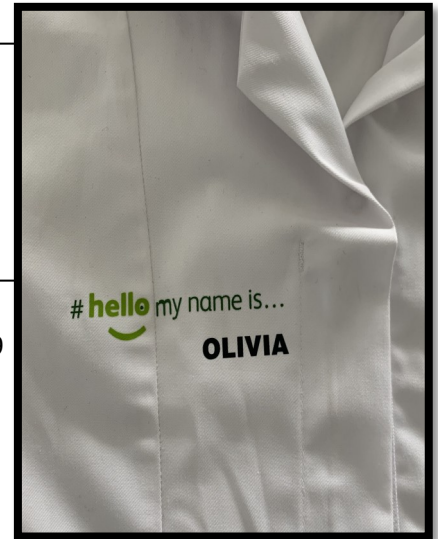
An inter professional research project was launched in September 2019 to explore the student experience in practice of wearing a uniform which has the #hello my name is... logo and their first name printed on their uniforms. The launch was supported by Chris Pointon (founder of #hello my name is alongside his wife, Kate Granger) who presented a video to the students to thank them for being involved in this initiative.

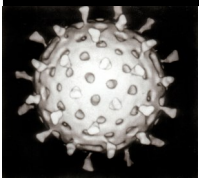
It was clear that all 65 students (14 from children’s nursing) in the project were excited to be part of it.

The research idea was developed following feedback from students in practice, patients/service users and professionals in support of the #hello my name is... campaign. The focus was on the impact on the student experience to see if it made a difference in terms of three key themes: sense of belonging; patient safety; care and compassion. As part of the case study research, students were asked to complete questionnaires about their experience before and after their placement, they completed a reflective log and were invited to attend focus groups at the end of their placement. Findings from the research have been positive and the research team hopes to publish these soon.

One of our children’s nursing students discussed how she felt about being part in the initiative:

“I love my ‘#hello my name is’ logo being on my uniform. As a student you move around a lot and its personal touch helps me feel included in the team, I really notice a difference every time I wear it”.





Caring for people with COVID-19: an interview

We've caught up with Kayliegh, one of our second year children's nurses, to ask her about her experience of caring for people with COVID-19 during this global pandemic. We're fortunate in paediatrics to see fewer cases than in adult services, but Kayliegh has shared with us some of her experiences from working as a Health Care Assistant.

What was your initial experience of caring for patients with COVID 19?

My very first shift I was actually terrified. I did not know that the ward I had previously worked on was now being used as a COVID 19 ward so I felt very much chucked in at the deep end. The patients we currently had were all awaiting results from swabs, but were all showing symptoms such as high temperatures and difficulty breathing. We had 25 patients who were all on oxygen and had temperatures above 38 degrees.

It was a very new and surreal situations to be in, I felt conflicted that the patients needed my care but I was worried about keeping myself and my family safe.

How have you found the increased use of PPE?

I have never washed my hands so much in my life. I always make sure I wear all the PPE advised by the Trust, which includes a mask and goggles, which has to be worn at all times whilst on the ward. When entering a patient's room, we also have to wear a plastic apron and gloves. At first, we just wore a mask, apron and gloves when entering patients rooms, but then with each shift PPE protocol had changed, so every shift was going into the unknown.

Did you face any particular barriers when caring for this patient group?

There were many barriers but the biggest was communication because of the face masks. I found it hard that patients couldn't see me smile, as just giving that little smile does go a long way. I also found actually putting on the PPE equipment was very time consuming. You have patients who urgently need your assistance, but you have to put on the PPE before you can do anything which wastes vital time getting to the patients.

"I found it hard that patients couldn't see me smile, as just giving that little smile does go a long way".

What are the positives from your experience?

Definitely seeing patients who were so poorly recover and go home. Also, the way that all staff, from housekeepers to porters to doctors, and everyone else, came together to help and support each other and the patients. The care and compassion delivered was literally amazing.

What will you take away from this experience?

I have learnt to not take anything for granted and that no matter how scared I am, I will still give the best care I can. I have never been on a ward where so many patients had DNARs in place and knowing these patients were unable to have visitors and relatives with them was heart breaking. I was angry as there was nothing I could do to treat the virus, but I felt honoured that I was able to give the best care, love and dignity to all patients I had looked after.

This experience has definitely been the hardest thing I have faced in my nursing journey but it has driven me even more, and shown me how to overcome barriers. The things that I have seen and gone through will never leave me and I am just so proud to have been there for patients who needed me.

Meet our Staff - Mike Stephenson

I originally trained as an adult nurse and whilst I enjoyed the adult placements, the paediatric placement opened my eyes to a new world. As soon as I qualified I completed my children's nurse conversion in Edinburgh, and have only worked in child health.

I spent my first years as a children's nurse driving around the North East gaining experience in general paediatrics, burns, surgery and orthopaedics (first working with Barbara in the late 90's). This was deliberate to find a speciality I liked before "settling down". I knew I'd found my home within the first week of walking into PICU. I spent 10 years moving between NICU and PICU as I worked from a band 5 to a band 7.

After 10 years, I was in need of a new challenge and was appointed ward manager of the children's day/emergency care unit at the RVI (where I first worked with Pete). I chose to focus my efforts on management and completed a PG Diploma in Management and an MA to secure a matron role at South Tees Hospitals. My final career move in the NHS was to County Durham and Darlington Hospitals as operational manager for child health.

I moved to Northumbria in 2011 into a post specifically designed to teach qualified staff in CPD. I deliver the Neonatal Specialist Practitioner Programme, the Foundations in PICU module and work in the Return to Practice Programme. I have moved into the undergraduate programme over the last 3-5 years. It is a privilege to be considered a member of the "children's team" and I look forward to meeting you all at some point in your training.

Outside of work, I have an 18 year old son and two hobbies I am passionate about- Cycling and the ocean. Cycling is my tonic to remove all stress in this world; sun, rain or snow- I am on the roads. Last year I cycled the length of France (North to South) in 2 weeks. I am a qualified rescue diver and continue my interest in marine life as a hobby. I remain passionate about child health and contributing to the future workforce in undergraduate and CPD.



Catch up with one of our alumni - Kirsty Devine



I graduated from Children's Nursing at Northumbria University in 2009 - a million years ago in the world of nursing! Since qualifying I first worked in the Children's Bone Marrow Transplant Unit and then in the Children's Oncology ward at GNCH.

Then came the time when I felt like I needed something completely different and out of shift work; I was ready for a change and a new challenge. I applied and was given a job in children's research which is something I never thought I would do, leading on trials. There is a lot of organisation involved which I loved and I learnt about a whole new area of nursing but I missed the interaction that I had with my patients and families that I had on the wards. I didn't feel like I wanted to return to shift work so I felt like another change!

In 2019, I was able to have a 6 month secondment with the stem cell transplant team which again was a complete 180° change to research! I loved the nurse specialist role and I felt like this would be a role that would suit me. I now work as a Clinical Nurse Specialist in Haemoglobinopathy (a big word that means non-malignant haematology) it's a new role but it encompasses everything that I love about nursing! I get to establish a relationship with my families and help them through their chronic conditions. I am still learning and that for me is always the best thing about my job.

The best advice I took from being in University at Northumbria was that it's good to move around and keep challenging yourself in different areas of nursing. That's also what I love most about Nursing, there's so many different options.

HOSPICE FUNDRAISING

FROM NURSING, MIDWIFERY AND HEALTH AT NORTHUMBRIA

Due to the temporary closing of charity shops and postponement of fundraising events, it was recognised that charities are experiencing a reduction in their income from donations. The Nursing, Midwifery and Health department at Northumbria, wanted to think of ways they could help, so are raising funds for five North East Hospices: Jigsaw Children's; Marie Curie; St. Benedicts; St. Cuthberts; and St Oswalds.

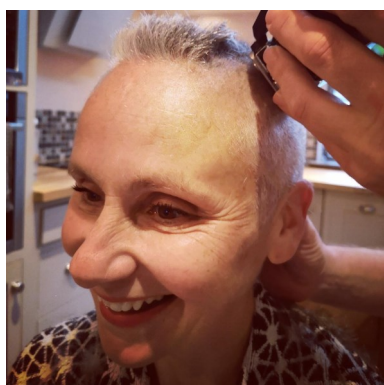
In these challenging times, especially for providers of nursing and healthcare services, the NMH department decided to challenge themselves in a variety of ways. Some staff and students are opting to undertake a daily walk, run, jog, cycle (or even a shuffle!) during the month of June, whilst others are embarking on a variety of other fundraising activities. One of our Children's Nursing team, Sasha Ban, opted to shave her head, as her way of contributing to the fundraising efforts, getting the donations off to an amazing start! To date, we're proud that £2,640 has been raised so far.

We think this fundraising is really important as UK Hospices provide essential services to people with life-limiting diseases and their families. They rely on public generosity, through donations and fundraising, to generate at least two thirds of their income. These Hospices are valued partners of the University. They continue to provide our students with invaluable work placement opportunities and first-hand employability experiences. We want to give something back.

This is your invitation to support us to help them. Get involved by doing your own fundraising or, if can afford to, donate using the link below.

JustGiving page: <https://www.justgiving.com/campaign/HLShospices>

Together, we hope to raise £2,500 between five local Hospices.



Changes to Organ Donation Law



On 20th May 2020, the law around organ donation in England changed to an 'opt out' system for adults over 18 years of age. This law does not apply to children.

Visit the NHS Organ Donation website at www.organdonation.nhs.uk to find out more about what this means for the patients you care for.

Puzzle Time!

Fill in the blanks in these nursing-related riddles.... (answers on bottom of page)

1. 206 B__ in the H__ B__ (A__)
2. The N__ was F__ in 1948
3. 6 C's = C__, C__, C__, C__, C__ and C__
4. 18 of M__ 2020 is 200 Y__ since F__ N__ w__ B__
5. 5 R__ of M__ A__
6. 1000 M__ in 1 G__
7. 706,252 R__ on the N__ and M__ C__ R__
8. 12 A__ of D__ L__
9. 20 T__ in a F__ S__ of B__ T__ (about 3 years old)
10. 4 Ps = P__ P__, P__ E__, P__ S__, P__ P__ and T__

Northumbria University Alumni Association!

We don't like losing touch with our Northumbria graduates so we are currently thinking of new and exciting ways to make sure we all stay connected for both social and professional purposes!

If you used to study at Northumbria, we recommend you sign up through the Alumni website at <https://www.northumbria.ac.uk/about-us/alumni/> so that we can stay in touch.



Publications

Since the last edition of our Newsletter in December, we are excited to share another two publications with you from our Children's Nursing team:

Camara, C., Callum, J (2020). 'Care of children and young people who are dependant on technology. *The British Journal of Nursing*. 29;7, pp403-405.

Stephenson, M (2020). 'Understanding shock in children'. *The British Journal of Nursing*. 29;6, pp350-352.

Northumbria University
#Takeontomorrow



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Answers: 1) 206 Bones in the Human Body (Adult). 2) The NHS was Founded in 1948. 3) 6 C's = Care, Compassion, Commitment, Communication, Courage and Competence. 4) 18 of May 2020 is 200 Years since Florence Nightingale was Born. 5) 5 Rights of Medication Administration. 6) 1000 Milligrams in 1 Gram. 7) 706,252 Registrants on the Nursing and Midwifery Council Register. 8) 6 Activities of Daily Living. 9) 20 Teeth in a Full Set of Baby Teeth (about 3 years old). 10) 4 Ps = Prioritise People, Practise Effectively, Preserve Safety, Promote Professionalism and Trust