

## Our nursing and midwifery people

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### On a typical day

A typical clinical day is a 12 hour shift, either 07:00-19:30 or 19:00-07:30. Handover starts at 07:00 – so I take handover, then provide care for the woman and her family. Sometimes I work in triage, other times in the advanced obstetric care unit, providing care for high risk pregnant or postnatal women. Often I help a baby come into this world; sometimes I also do admin, such as clinical risk investigations.

When I am on a coordinating shift, I have to ensure smooth and efficient care for women and their families. I work on a busy tertiary unit with colleagues to provide a high level of care, while reacting to emergency situations as they occur. I also have to ensure staff are supported in their care for women, and to support staff to grow and gain confidence in their abilities. I monitor staff acuity and call for help when numbers are low, at night this can be community staff, ward staff or during the day this can be staff on admin duties etc. I finish my shift handing over the ward to the next coordinating midwife on the next shift.

### One way I've made a difference as a nurse or midwife

As a midwife I make a daily difference to women and their families, I have been stopped in public places in the past and had an infant placed in my arms that I helped bring into the world. I have been to funerals of babies that have passed away too early and their parents have asked me to attend to help them cope with this tragic loss. When I go to work I want to ensure that I can provide women with best evidence-based care. I want to assure them that I am here to advocate for them and that they are in an environment conducive to their needs.

### What would you say to someone considering a career in nursing or midwifery?

To someone whom is interested in midwifery as a career I would say, stop watching *One Born Every Minute* - these reality programmes are not truly reflective of the job! Instead, talk to women around you who have had children and ask them what they remember about their midwives. A midwife is a person a woman and her family remember for a very long time, a vital part of their transition to becoming a mother.

**Find out more about our nursing and midwifery people stories, and how you can submit yours, by contacting us at: [England.nursingmidwifery@nhs.net](mailto:England.nursingmidwifery@nhs.net)**

