



A day in the life of a Parish Nurse Ali Cherry Parish Nurse Aldeburgh

As we all know the work of each parish nurse project can vary vastly, depending on whether it is a rural or urban location, and depending on the age range of the population. In Aldeburgh my workload tends to focus largely on the elderly as that appears to be where the greatest need arises. I work 2 days a week here, one 7 hour day and a 5 hour day.

Special points of interest:

- A day in the life of a PN
- PN volunteers in China
- Retreat Day report
- Just giving Fundraising

My days at work in and around Aldeburgh can vary vastly between days. I often find myself involved in a wide range of tasks, from getting some shopping in for someone who is house bound, accompanying someone on a GP or hospital visit, helping an elderly person to maintain contact with friends who have moved into care homes and giving emergency care on behalf of the ambulance service. This is to give you a little glimpse of what my working day can be like.

My first task on arrival on a work day in Aldeburgh, is to go and pick up the responder kit from one of my colleagues. This enables me to be on call for the ambulance service for any life threatening calls that may come in to them in my locality. This means someone (ie me!) with the relevant training can be on scene quickly whilst waiting for the ambulance to arrive, as Aldeburgh is quite an isolated rural community it could be some while before help arrives otherwise. I check over the equipment to make sure everything is in working order, then book on call.

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After collecting my patient notes and checking for any messages in my office, (the Baptist church back room) I then go to visit my first lady, we'll call her Mrs A. I check Mrs A's blood pressure and make sure she is taking her medication correctly, as I had previously discovered that this lady had mistakenly stopped taking her blood pressure and other medication after being discharged from hospital a few weeks ago, after getting confused with information given on discharge. All is ok and after a general chat with her about her home situation, I make arrangements to see her again and leave.

I then walk down the road to visit an elderly lady, Mrs B, who lives on her own and suffers with dementia. She recognises me and gives me a warm welcome, but as usual I have to remind her of my name and what I do. She tells me she has new phones but they are not working properly. I offer to look at them and find that they are working perfectly well but she, like most people with dementia find it

A day in the life of a PN (continued)

extremely difficult to get used to any new equipment. I try to show her numerous times but it just doesn't work, so instead I offer to write her a list of instructions, she accepts and I leave a simple numbered list on how to make a phone call and observe her trying it out so that I know she is able to do this. She manages ok, but I will go back and check another time. We have a chat about how she is managing at the moment and what her carers do for her and if she is finding this enough at present. Whilst I am there another lady comes to visit trying to get a phone number. It is another lady I know from the next street who also has memory problems. She tells me she has trouble with her oven, I offer to go and help, she is worried about taking me away from Mrs B, but I assure her this is ok and I will come to her shortly.

I go to visit Mrs C who is getting quite anxious and she shows me her oven which she says isn't working. I quickly see that it is the ignition switch which is not working and see that Mrs C has already been trying matches as there are some out on the side. I am concerned about the risk of her using matches and suggests she tries an oven ignition gadget instead which would be safer until her oven can be fixed. She is worried about knowing what to buy so I offer to go and get one for her, so I pop out down to the local shop, then come back and make sure she can use it safely. We then get in touch with her son who lives away but can organise someone to come and fix the oven. We have a chat about what she is going to make for lunch as I see in her fridge there isn't an awful lot there. We discuss ways that we could look at making meal preparation easier for her. This will be something I need to follow up.

I am just back at my car to go on another visit when my responder phone goes off and I am asked to go to the aid of an unconscious male nearby as the ambulance is still some distance away. I arrive at the destination to see an elderly woman and her son standing over a man on the floor. After quickly introducing myself and finding out from them what has happened, I am able to make a rapid assessment of the gentleman who is now conscious but looks unwell. I carry out some checks and look after him until a paramedic car arrives. I hand over to the paramedic but stay until a full crew arrives, in case his condition deteriorates. He is then taken to hospital. I leave and head back to my next patient .

My last visit of the day is to an elderly lady who lives on her own with deteriorating health. I have come to chat with her and her daughter about on going care and what is available. They have started to think about whether it is time to move to where more help is available or whether to have help at home. I give them some information and put them in touch with some care workers who may be able to help. I say good bye but will follow this up and have further discussions with the lady to see how she feels about everything.

I then book off call for the ambulance service and return my kit, I have to rush home now to pick my daughter up from school...and this was my short work day of the two!

Ali Cherry



Induction Courses

The next Induction Course for Parish Nurses is 2nd to 5th November in Birmingham, England. If you know anyone who is considering training as a PN, please encourage them to apply. Application details are on the website.

The Scotland course has been postponed to 2016.

PN Retreat

On Friday 2nd October 7 PN's met together at the Kairos Centre in Roehampton for a day of quiet retreat and reflection. Led by Steve Latham, pastor at Kings Cross Baptist Church, we spent the day reflecting on thoughts from Song of Songs.

The theme was 'Love Songs for the Soul' and the programme allowed space for God to speak to our souls.

Professionally, we were able to meet the NMC requirement that nurses maintain the level of health we need to carry out our professional role. As PN's, promoting whole person health care, our spiritual health is so important, and yet so easily neglected in the varying demands on our time and energy.

This day helped to recharge our spiritual health, to equip us for our continued roles.

The Kairos Centre, with beautiful views over Richmond Park, and blessed with warm sunshine, provided us with the perfect location for a time of restoration of our souls. Looking forward to the next one! Elizabeth Welch

Showing Love to Abandoned and Disabled Children in China

Susan Lacey

Parish Nurse, Queensbury Baptist Church,
Basford, Nottinghamshire



In October my Husband and I will be travelling to Hong Kong to join a team of volunteers with International China Concern. The team will be travelling to Changsha where ICC have a base that works alongside the government welfare centre. This is a charity whose aim is to show love, hope and opportunity to abandoned and disabled children in China. Changsha is a city in the province of Hunan in southern China.

The International team we are joining will be helping carers and befriending the children. This will involve activities, games and crafts, and sometimes just one to one contact. While some children may have a diagnosis, some of the disabled children do not.

I will not be using my Nursing skills while in China but the welfare centres are actively supported by the volunteer teams. We will begin each day with breakfast in the hotel before going to the Welfare centre. The day will be spent with the children and usually the same children will be with you for the time you are there. With a break for lunch we then head back to the hotel for tea followed by a chat about the day.

The time we are at the welfare centre is 12 days with a day and a half off to explore the City and have some rest time. John and I are going to take the chance to stop on after the team leaves and travel to other places in China. Please pray for us as we try to connect with the children and carers despite the barriers of language and culture, and that we stay well and fit.



Prayer

Lord God, whose Son, Jesus Christ,
understood people's fear and pain
before they spoke of them,
we pray for those in hospital;
surround the frightened with
your tenderness;
give strength to those in pain;
hold the weak in your arms of
love,
and give hope and patience
to those who are recovering;
we ask this through the same
Jesus Christ, our Lord.

Amen

Christine McMullen, Mother's Union
<https://www.churchofengland.org/prayer-worship/topical-prayers/prayer-for-those-in-pain-today.aspx>

Please pray for Helen Wordsworth as she takes up her new role as Founder Director this month

Pray for Susan Lacey and her husband in their trip to China

Pray for PN's who also have NHS roles, as they manage the increasing pressure on services in the NHS

REVALIDATION

NMC News 8th October 2015

New process will empower professionalism

Today our Council made the decision to introduce revalidation for all nurses and midwives in the UK: the most significant change to regulation in a generation.

Revalidation is the new process nurses will have to follow in order to maintain their place on the NMC register. It builds on existing Prep requirements, is straightforward and will deliver real benefits by encouraging a culture of sharing, reflection and improvement.

Those whose registration is due for renewal in April 2016 will be the first to go through the new process, but everyone should start preparing for revalidation now.

The best way to get started is by registering for an [NMC Online account](#).

For more information and resources, visit the [NMC website](#) so that you understand what is required.

Start to put together or build upon your portfolio of evidence demonstrating how you meet the requirements for revalidation over the period since you last renewed your registration. More resources will be available from PNMUK to help with this. It's important to remember that you will need to complete your revalidation application by the first day of the month you are due to renew in.

<http://www.nmc.org.uk/news/news-and-updates/weve-introduced-revalidation-for-nurses-and-midwives/>



Parish Nursing
Ministries UK

Whole Person
Healthcare Through
The Local Church

P.O. Box 1296
Peterborough
PE2 2NW

Tel: 01733 233546
Website: www.parishnursing.org.uk
E-mail: enquiries@parishnursing.org.uk

Please send your stories, news and announcements for the November edition to Elizabeth Welch by 23rd October. Please note Elizabeth's new church email address:

elizabeth@wpbc.co

Fundraising

Rob Wordworth completed the Great Eastern Half Marathon on October 11th and his charity is ..guess...Parish Nursing Ministries UK. If you or anyone you know would like to sponsor him, you can go to Just giving website and look up Robert Wordworth. <https://www.justgiving.com/Robert-Wordworth1/>

Rob's employer, Perkins Engines, who sponsor the marathon, has offered to match his donations, so please take this opportunity to give to PNMUK.

We are now registered with Just Giving and so anyone can make donations to PNMUK that way, any time, anonymously if they prefer.

Calling all Nurses, Midwives and Allied Health Professionals



Parish Nursing
Ministries UK

Receive encouragement in your work, connect with other Christians in health care, share in prayer for one another and the NHS in the region, and learn about appropriate ways to integrate faith with clinical practice.

Saturday 17th October

13.30 to 16.00

Craiglands Hotel,
Craiglands Road, Illkley,
West Yorkshire, LS29 8RQ

Meet Steve Fouch, Head of
Nursing at the CMF and
Helen Wordsworth from
PNMUK

RSVP by 12 October to
steve.fouch@cmf.org.uk

Saturday 7th November

13.30 to 16.00

Abernethy Centre,
Nethybridge PH25 3ED

Meet Steve Fouch, Head of
Nursing at the CMF and
Barbara MacFarlane from
PNMUK

RSVP by 2 November to
steve.fouch@cmf.org.uk

Saturday 21st November

10.30 to 12.30pm

New Life Christian Centre,
34 Gore Road, New Milton,
Hants, BH25 6RZ

Meet Steve Fouch, Head of
Nursing at the CMF and
Selina Crutch from PNMUK

RSVP by 14 November to
steve.fouch@cmf.org.uk or
selina.c@parishnursing.org.uk

CMF, 6 Marshalsea Road, London, SE1 1HL

020 7234 9668

Stats for September

Thank you for your continuing commitment to providing monthly statistics of your work and service as Parish Nurses. New PNs are engaging with this and some not-so-new PNs are also getting to grips with this for the first time. This is encouraging and I hope those who have yet to engage are also encouraged to have a go. Early efforts often need support from me, which I'm happy to give, even though I can't always respond immediately due to other commitments.

Here is last month's link

<https://www.surveymonkey.com/r/pnm-sept2015>

The latest report from the compilation of the stats is available in PowerPoint format. This has been emailed to PN's, but can be obtained from the PNMUK office. This can be used to support funding bids, to inform interested nurses and churches and other stakeholders.

Every blessing

Daphne Woodhouse

