

<i>Name</i>	Jo Smith
<i>How long have you been a nurse?</i>	28 years
<i>What inspired you to be a nurse?</i>	I was in hospital visiting my Mum who was sick at the time, and there was a lady in the bed opposite who was on end-of-life care. I spent a lot of time with her while visiting my Mum and realised that this was what I wanted to do as a career.
<i>How did you get into this career? What steps did it take since leaving school?</i>	I went straight to nursing school from completing my A levels
<i>Can you tell us a bit about the training you undertook for your role?</i>	I undertook the project 2000 nurse training which was an 18-month generic training and then a further 18-month branch specific training period (child, adult, mental health or learning disabilities). The 18 months involved working very little in the care sector but more in community settings in places such as nurseries, shopping centres and even cinemas! I think this is where I realised that I preferred the community setting as a career pathway
<i>What's been the highlight of your career so far?</i>	Qualifying as a health visitor in 2013 was the most rewarding achievement as it is the hardest thing I have ever done. It's a degree pathway and learning a new role within a year. My children were 6 and 8 during this time, and my husband had had a nasty fall from his mountain bike and broke his leg so there was a lot to juggle. I also won an award for the student of the year from my cohort. The learning curve was the steepest I have ever been through (and I had previously studied at master's level), but the skills and knowledge I gained on the way were incredible.
<i>What do you like most about being a nurse?</i>	Although I am now non-clinical in my role (in that I don't have a caseload), I enjoy managing my team and contributing to developments to the service. I sometimes miss the acute care (I have a background of respiratory hospital and community nursing), and there is nothing more rewarding than making someone comfortable. Being part of a team is integral

	to all aspects of nursing, and dealing with people will always be my favourite part of nursing whether it be clinical or managerial.
<i>What's the most challenging part of being a nurse?</i>	Resource management to ensure equity of care and service. This has never been so challenging as it is currently.
<i>What are the main skills needed to do your role?</i>	Patience, time, empathy, problem solving, a sense of humour, understanding, good communication (verbal, non-verbal and listening), ambition, respect.
<i>Do you have any advice for the next generation of nurses?</i>	Work hard, play hard while studying, it's a great profession so stick with it!
<i>My wish for the future of nursing is...</i>	That the government recognises the importance of nursing and works on recruitment and retention and values the profession as it deserves.