

<i>Name</i>	Kevin O'Regan
<i>How long have you been a nurse?</i>	39 years
<i>What inspired you to be a nurse?</i>	I always was interested in the role and responsibility of nurses from a young age. I liked biology at school and was very interested in how the body worked.
<i>How did you get into this career? What steps did it take since leaving school?</i>	I undertook the necessary O'Levels and applied to my local district general hospital to enter their training programme.
<i>Can you tell us a bit about the training you undertook for your role?</i>	I am a registered general nurse (RGN) and I undertook a 3 year and 4-month general training, with experiences in other settings for care of the elderly, psychiatric, obstetric and community placements.
<i>What's been the highlight of your career so far?</i>	I am still in contact with several of my nurse friends from my training days. A special highlight was receiving a special contribution award from East of England during the call to action and being a finalist of 3 from a list of 104 for mentor of the year.
<i>What do you like most about being a nurse?</i>	Meeting families and being able to offer help and advice and hopefully steer them in the right direction. I do like working with colleagues from a variety of backgrounds. I have always enjoyed being a practice teacher and supporting colleagues in their development.
<i>What's the most challenging part of being a nurse?</i>	Juggling competing demands of the role in a timely fashion.

<i>What are the main skills needed to do your role?</i>	Being patient, empathetic, approachable, kind but firm. Listening to patients' concerns, being honest and informing families of what realistically I can offer them.
<i>Do you have any advice for the next generation of nurses?</i>	Enjoy as many learning opportunities as you can, seek support and advice from the resources available to you, and be kind to yourself.
<i>My wish for the future of nursing is...</i>	I hope that nurses have a more practical-based education and feel competent and ready to face their service users. That they have support available to them to handle the demands and expectations put upon us. That nurses remain positive and want to do the job.