

<i>Name</i>	Sarah Spillett
<i>How long have you been a nurse?</i>	21 years
<i>What inspired you to be a nurse?</i>	<p>My ambition to become a children's nurse started when I was three years old. It maintained throughout my childhood and I was therefore able to plan my education around this.</p> <p>A further aspiration was to become a Family Nurse within the Family Nurse Partnership (FNP). This is a personalised programme delivered to first time young parents to improve health outcomes for both them and their children.</p>
<i>How did you get into this career? What steps did it take since leaving school?</i>	<p>I studied Health and Social Care at college before starting my diploma in Sep 99. I did some voluntary work in a children's nursery to get as much experience as possible.</p> <p>After qualifying as a Paediatric Nurse in 2002 I worked clinically in various hospitals before working as a Public Health Nurse within schools. I then became a looked after children's nurse before finding my dream job as a Family Nurse.</p>
<i>Can you tell us a bit about the training you undertook for your role?</i>	<p>The Family Nurse Partnership has a number of training modules to complete and is a year-long training programme. During that time, we also had a number of blocks of residential training to give us the knowledge and skills to carry out this incredibly rewarding and challenging role. The training and learning is forever evolving as we constantly strive to deliver the best possible care for the most vulnerable group of young parents and children who are often marginalised and difficult to engage. We have specialist training on attachment theories, self-efficacy, motivational interviewing, trauma informed practice and safeguarding and DANCE (dyadic assessment of naturalistic care givers experience) which means that we are able to observe an interaction between a parent and their child and provide an analysis of this and explore areas for growth and strength for the client to promote warm and responsive care giving.</p> <p>We also complete training on the use of play to again further enhance the client's knowledge and confidence and promote them as their child's first teacher.</p>

<p><i>What's been the highlight of your career so far?</i></p>	<p>It has been so rewarding to work with so many families over the years both within the hospital setting and within the community.</p> <p>One client was 15 when she fell pregnant, she had a very difficult home life and so her and her baby went into foster care. For her this was a real challenge and she felt very angry towards the professionals. However, we were able to repair our therapeutic relationship and she continued to do well and was a really good mum to her baby.</p> <p>Due to personal circumstances, I left that role but a year later I came across this client. She told me how much I had really influenced her and her baby's life, that she was forever grateful and was keen to tell me how much her life had changed. She was in college, her daughter was doing well and I observed the most warm and responsive care giving and to see how much she had grown in confidence was heart warming.</p> <p>The incredible results we see as a team are just phenomenal. With the right skills, the right personality and the tenacity we can empower our clients to achieve amazing things and so being a family nurse will always remain the highlight of my career. There is no greater honour then to walk alongside families on their journeys and to watch them flourish as parents.</p>
<p><i>What do you like most about being a nurse?</i></p>	<p>Having the autonomy to personalise care to young parents.</p> <p>There is no greater privilege or job satisfaction than to be able to make a real positive difference to our clients, their children and extended family. We know that if we can support parents in the first 1001 days this improves social, emotional and developmental outcomes that last into adulthood. When we get it right it can alter the whole trajectory of children's lives.</p> <p>To be empowered by our team and trust to constantly review and change practice.</p>
<p><i>What's the most challenging part of being a nurse?</i></p>	<p>Some days are incredibly tough emotionally, listening to some of the client's trauma and feeling a great sense of sadness for them.</p>

	<p>Seeing families struggle financially, living in poverty and of course the high levels of safeguarding cases.</p>
<p><i>What are the main skills needed to do your role?</i></p>	<p>To have a good sense of humour.</p> <p>To be warm and welcoming and non-judgmental.</p> <p>To have excellent communication skills.</p> <p>Resilience and tenacity.</p> <p>To understand the teenage brain and how this manifests in behaviours.</p> <p>To have high emotional intelligence.</p>
<p><i>Do you have any advice for the next generation of nurses?</i></p>	<p>Despite the financial pressures, the politics, the staffing pressures, to not lose sight of why we do what we do for families, to make a positive change in people's lives and for this to remain at the core of our nursing practice.</p>
<p><i>My wish for the future of nursing is...</i></p>	<p>For nurses to be able to deliver holistic nursing care.</p> <p>That patients have confidence and trust in the NHS.</p> <p>That there are safe staffing numbers so patient safety is not compromised.</p> <p>That the communities are financially resourced to receive the right services for them in a timely way.</p> <p>For policy makers to have an understanding that the core model elements of FNP such as robust supervision, effective learning time, advanced communication skills, proper resourcing, effective team work and all the other key elements that make FNP work so well are much needed and necessary on a wider scale to deliver high quality care and to bring about sustained changes for the future of social and health care.</p>