

Hello I am Rosemary Nwoko

I am a newly qualified nurse. 18 months since qualification. I work in a neuro rehabilitation centre, neuro rehab ward, a very challenging place to work. Dealing with patients with neurological problems, drug overdose or suicidal attempt, that affected their neurological state, staircase fall victims, accident victims, spinal injury victims from falls or any other medical conditions. And getting them to come back to life, getting them to know that that is not the end of their life, that things may change. An example could be getting a patient that was not talking when they were admitted, to start talking again. Realising that that change in their circumstances, was through your contribution and that of other staff. The whole team of physiotherapist, Occupational Health team, nurses, and doctors. This really makes my job so enjoyable, thinking, what a good thing being a nurse. My ward is not an easy place to work, but that dedication, that professional attachment to the job and knowing that that patient relies on you to get better, and they want to get better, motivates me to do more.

I came back from a one week leave some time ago and I saw a patient walking along the corridor with a frame and assistance of one staff. This patient was a hoist patient when I left for that leave, that is, one week before. Sometimes it would lead you to say that we are making a difference, assisting the patient to change their life and I am part of it. This is a big motivation to my confidence and self-esteem. Looking at the development, improvement and ongoing changes that are happening with the motor sensory, mobility - changing from one equipment to the other, example from hoist to a sara & steady standing aid, to a frame and then to a stick. Changes to their physical and personal condition and sometimes nutritional condition – seeing a patient that was PEG fed, to start eating through their mouth again. All the Multi-Disciplinary Team (MDT) teaming up to assess, plan and implement it, to make the patient move from that their state, their admission state to a better condition, sometimes getting discharged without a mobility equipment at all, knowing that I am part this development, makes me to love my job as a nurse. This is a long process, but it is a rehabilitative process that brings joy and fulfilment to me as a part of it. It gives me that inner push and conviction that we are making a difference for the patient, their families and for NHS. That motivation to get up in the morning, get ready for my shift, knowing that when I get there, there must be some changes, that I would hear from the handover, that will make me to push-on, in respective of the difficulties around the job. Something like staff shortages, giving me more than I could do because of that, demoralises me.

As little as a bed sensor sometimes, may create that panic in me that could make me to start running from wherever I am because if I do not run, I could end up starting a falls protocol, meaning that I could end up getting that my patient on the floor. Bearing in mind that my patients are not only mobility impaired, but some are equally neurologically impaired. This is where “having patient” and waiting for you to come closer to help them, would not be what they would like to hear. It takes dedication and commitment to do my job both as a nurse, and as a assistant without judging them.