

May 20-21 PCC AGM report.

As your Parish nurse I must begin with thanks for the continued support I receive, to enable my role to remain effective.

Yes, you are right in thinking---you have not seen me, however I have been working from home, with a brief time last year ----when lock down was lifted and I was able to operate from the church.

Everyone has maintained the COVID19 regulations and at last we are able to think of the future, planning slowly but surely our return.

So for my report I have taken a slightly different approach and trust this will answer the question-----what has she been doing?!

I thought it would be a good idea to take a sample of 2 weeks work and identify my actions.

November 30th-December 15th 2020



Working at home.

My work on average each week is: Mondays, 4hours; Tuesdays, 4hours; Thursday 3hours.

Average calls per day: 8, 7, 8, plus at least 2 unexpected need calls

Therefore, in a month an average of 100.

Types of calls divided into 4 categories:

Social calls -12, Wellbeing calls - 36, Health screening calls - 14, Health advice calls - 13.

Please remember this was over 2 weeks and when winter was beginning and the numbers of Covid 19 were worryingly increasing.

Length of calls vary, some taking much longer than others

I try to give the person I am talking to as much time as they need. However on one or two occasions the conversation was necessarily short to enable quick action.

So short calls: quick action/response/advice

Advice commonly for----- Pain relief

Blood test results

Medication reviews

Possible movements/or resting limbs

Correct dietary habits.

When to contact the Practice nurse/ GP.

Covid 19 vaccinations

Breathing exercises

Sleep/relaxation techniques

Grief&loss -----recent loss. Anniversary of loss

Completion of forms.

Listening: long telephone calls also check on drugs, sleep, nutrition, vision and recent changes. Also checking that shopping and meals are organised, sometimes the personal changes such as toileting.

Discussion about personal alarms

Mental ill health: check on cognition, daily pattern changes, medication, social interactions-----or loneliness and unhappiness, mood swings and time of day for behaviour changes.

Dental care advice x 2

Hearing loss x1

Preparation for surgery/hospital admission x3

Discharge from hospital checks

Worried well-----asking about family member health discussion x3

My intuition!

Sometimes I worry about some who I really think might need a check or chat with me -----4 in these 2 weeks

Other things I have been up to during the year

ZOOM meetings with Rev Jonathan Ford

Telephone discussions with Jane Harper

Zoom meetings with Parish Nurses

Production of my Portfolio (Every registered nurse has to produce evidence of practice and updating of nursing awareness). Thanks to Sarah Reader for her Clinical supervision.

The Parish Nursing ZOOM refreshment week (no symposium this year)

Some of the nice things I have implemented:

WITH LOVE FROM JESUS (VALENTINES CARDS) cheer ups x4

Easter greetings: cake and little eggs-----5 delivered

Be well message card x2

I trust this provides a short insight into my work and look forward to its ongoing progress.

Oh and I almost forgot ! Thanks for the lovely cards I received on completion of 60 years in nursing.

Lesley Williams, April 2021