

Our South West nursing and midwifery people

**Trudi Ellis, Matron Medical Specialities,
from Royal Bournemouth and Christchurch
Hospitals NHS Foundation Trust**

On a typical day

Each day begins with a visit to each of my ward areas. This is one of the most important parts of my day as it enables me to make a quick assessment of any safety and quality concerns that need urgent attention but also provides an opportunity for any of the staff to ask me anything. I often learn a lot from my colleagues about their different specialities during this time as together we have developed a culture whereby we are all encouraged to ask each other anything. Following my morning walkabout we meet as a care group to review the Trust priorities and challenges for the day and agree how we can all support one another



Visible leadership is really important to me, I cover a vast area with lots of specialist nursing teams within the three specialities of Medicine and have found it a challenge to maintain that visibility outside of the ward based areas. To support this I have introduced a 'Matron drop in session' which is always well attended and wherever possible I endeavour to attend the various speciality team meetings throughout the month.

With each day a new challenge occurs but I love working with individuals and the teams to resolve these challenges always keeping the patients at the centre of any solutions.

One of the ways I've made a difference as a nurse or midwife

As a Mental Health Nurse I bring a different skill set and knowledge to the acute hospital setting. I have played a leading role in improving the care and experience for people living with dementia whilst in an acute hospital and am really proud of how the service has developed.

What would you say to someone considering a career in nursing & midwifery?

Being a nurse is the most rewarding job ever. It is hard work both physically and emotionally so you have to make sure you are also looking after yourself but without a doubt I always go home every day feeling incredibly proud and privileged.

Our patients let us in to their lives at some of the most vulnerable times; every day we are able to make a difference to them.

We are surrounded by the most amazing teams all with the same purpose... you will laugh, you will cry but ultimately you will have a lot of fun.

**Find out more about our nursing and midwifery people stories by
Tweeting us @NHSEnglandSW or emailing england.swcomms@nhs.net**