



Florence Nightingale Emerging leader Scholarship 2019

CARINA JOWETT





- ▶ Carina Jowett, Clinical Nurse Specialist in Palliative Care- St Barnabas Hospices.
- ▶ Qualified in 1998, working in a variety of clinical settings from secondary and primary care and charity health care providers. Starting my career in the acute sector on the medical assessment unit, before moving to the community.
- ▶ Focus of speciality mostly in Palliative and End of Life Care. Caring for adults with Cancer and Non- Malignant chronic conditions at end of life, and now in a senior role as a prescribing practitioner for a hospice.
- ▶ Passionate about senior nurses leading treatments and symptom management, having a positive and timely outcomes for patients.
- ▶ Solution focused and looking at improving practice.



FNF Scholarship Experience

- ▶ A multi layered experience of learning and changing
- ▶ The Imposter and the Believer.
- ▶ Improvement projects
- ▶ Self development through RADA, Kings Fund Leadership programme and shadowing
- ▶ The other Scholars!



▶ THE PROJECT

- ▶ Examining the information in which specialist nurses record assessments, medication advice, recommendations and prescribing decisions to demonstrate rationale and safe practice.
- ▶ Improvement of documentation with reference to quality, consistency to demonstrate advanced level of practice and safety around how non-prescribing specialist nurses manage medicines whilst maintaining timely symptom control.
- ▶ Leading a piece of work to standardise our documentation approach and practice within the hospice community palliative care team, to help provide a succinct format of recording assessments and plans; making it quicker, clearer and safer for colleagues to demonstrate findings and rationale for decision making.
- ▶ Significantly improved quality and standardisation of specialist assessments and ease of access, less time spent documenting and therefore a better patient experience as clear, concise information and plans readily accessible for other health professionals needing to action care for the patient. Most valuable in a global pandemic! The organisation now has a clear organized format for documentation and evidencing practice not only for the specialist nurses but for all clinicians.
- ▶ Formulating operational standards and a system for ongoing reviews and learning.
- ▶ Reduced risk of harm to patient and Health Professional



The Impact

- ▶ The Scholarship has helped to develop an understanding of my own triggers and defences and how they impact on others; understand diversity of teams and how complex dynamics shape a work environment; develop skills to lead well, working within boundaries when faced with uncertainty, anxiety or change.
- ▶ Understanding the significance of leading in a non management role
- ▶ Helped manage my imposter and push me out of my comfort





▶ The Future

▶ 2021 brings the start of new opportunities and promotion– Advanced Nurse Practitioner in a community intermediate care unit.

▶ Thank you to the Florence Nightingale Foundation and my sponsor NHS Health Education England for sponsoring this opportunity and to Greta Westwood for being such an inspirational and encouraging mentor.

▶ Thank you to St Barnabas Hospice for allowing me the time and opportunity

.....Residentials, Memories and crazy friends for life

