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From Dr Crystal Oldman, Chief Executive



'It's been a very busy first five months of the year with an increasing engagement with community nursing at all levels. From front line practice to chief nurses of provider organisations. In June, we are delighted to have a focus on homeless health with our national Homeless Inclusion Health conference 'Nursing for All' on 17 June. Key note speaker Lord Victor Adebowale CBE, Chief Executive of Turning

Point, non-executive director of NHS England & co-Chair All Party Parliamentary Group on Complex Needs and Dual Diagnosis, has kindly written a blog about this critical issue for our nation's health.'

"An estimated 185,000 people a year are affected by homelessness in England. Here at Turning Point we are dedicated to ensuring those most in need of healthcare get the support they urgently need. We worked with 65,000 vulnerable people last year including those with learning disabilities, substance misuse issues and people who have suffered a mental health crisis. Our holistic approach works: on average two people leave Turning Point every hour drink or drugs free.

Many of the people our services help experience more than one issue at the same time and their lives are chaotic. Yet services are often not integrated meaning they're unable to deal with those who have a mental health problem as well as a co-existing drug and alcohol issue. Instead, people with overlapping needs get passed around without their issues ever being properly addressed. At Turning Point we employ highly skilled clinicians including doctors, care workers and nurses. One of the greatest disappointments for our nursing team is that commissioning has created a "not my job" culture. This goes so intrinsically against their reason for being which is to help, be effective and meet the needs of the population.

So we have been taking an "it is my job" approach for the past 12 months. Our workforce of over 100 nurses and the entire staff team aren't waiting to be told what people require, but instead using their skills and compassion to provide what's needed straightaway. This way we can stop this vulnerable population being passed from pillar to post. Currently we are limited by commissioning agreements as to what we can provide directly in terms of general primary care, but our nurses are essential to navigating people to the right support at the right time. We've built partnerships with a wealth of clinicians such as sexual health teams and diabetes experts to share practice, and support them in dealing with those who can so often fall between gaps in care. The results are transforming lives. Our clients are getting excellent care and benefiting from referrals from within our services. This is also strengthening our workforce- our nurses are valued and most of all satisfied with the job they came into nursing to do.

In general, our partnership with the NHS tells us that services work best when built from the ground up with clients at the centre. We also know that empowered staff provide better services. At Turning Point we recruit and train local people to research exactly what services are needed in their areas in new way of working called connected care. Organisations like ours want, and are net contributors to, better local health systems. But unless commissioners make poverty central to their purpose then we're destined to remain isolated islands of effort. Collaboration with other organisations is essential, as is the intention behind the new devolution deals that redistribute power and funding from national to local government through combined local authorities.

The challenge now is to ensure this rhetoric translates into measurable reality for those at the sharp end of the inverse care law. Only then will we truly create a more fair and just society and give the most vulnerable a better future."

News & Upcoming Events

Have your say: bursary consultation

The Department of Health is consulting on the proposed reforms to replace bursaries for nursing, midwifery and allied health professional education with a student loan system.

The deadline for responding to the consultation is 30 June 2016.

To have your say, please go to https://consultations.dh.gov.uk/workforce/healthcare-education-funding/consult_view.

Gardening and health - new report by NGS

A ground-breaking report commissioned by the National Gardens Scheme from The King's Fund has just been launched. It calls for greater recognition and integration of gardens in NHS and public health policy.

The independent report calls on policymakers, the NHS, clinicians and local government to recognise and do more to promote the importance of gardens and gardening in improving health outcomes.

The health benefits of gardens (including active gardening) are broad and diverse according to the evidence brought together for the first time in this report. It suggests that they can play a role in promoting good health and preventing ill-health, with potential long-term implications for healthcare costs.

Mary Berry CBE, President of the National Gardens Scheme, said: 'I have long been aware of the therapeutic benefits of gardening and visiting gardens and how being outside in lovely surroundings, in the fresh air, is so good for our wellbeing. If the report helps to emphasise and give greater understanding of these benefits so that they can be put to wider use for people's health, that would be a great achievement.'

To read the full report, go to www.ngs.org.uk/what-we-do/press-releases/gardens-and-health-implications-for-policy-and-practice.aspx

Spring Awards Ceremony



The Outstanding Service Award winners



The Queen's Nursing Institute held its Spring Awards Ceremony at the Grand Connaught Rooms in London on Monday 9 May.

At the event, 126 new Queen's Nurses received their badges and certificates, presented by Jane Cummings, Chief Nursing Officer in England. Jane Cummings and Dr Crystal Oldman, Chief Executive of the QNI, welcomed the new Queen's Nurses.

Jane Cummings spoke about the growing impact they are having on learning, leadership and service development in communities around the country. She said that today's community nurses worked holistically - assessing, treating, prescribing, and wrapping health services around people in need of care. She said that she was proud to belong to a profession so full of passion, integrity and desire to help improve care for individuals and families.

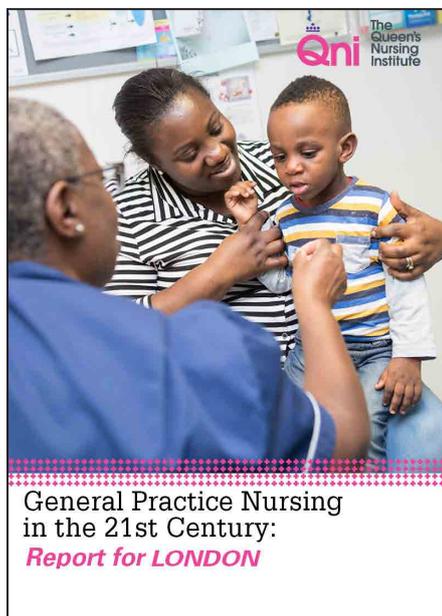
The Fund for Innovation and Leadership Award project leaders were presented with their badges by Lady

trustee of the Burdett Trust for the projects. Eleven projects were completed in January 2016. The have poster presentations about the impact of their work on improving care for patients, families and carers.

The Queen Elizabeth the Queen Mother Award for Outstanding Service was presented to six nurses by Kate Billingham CBE, Chair of the QNI's Council. Ms Billingham paid tribute to the incredible work of these nurses and the positive impact they have on colleagues, their patients and their communities.

George Plumptre, Chief Executive of the National Gardens Scheme (NGS) spoke about the deepening ties between the QNI and the NGS, and the role that Queen's Nurses have come to play linking garden visiting, healthy lifestyles, social prescribing and improved health for people and communities. He said that the NGS was delighted to support the QN network and other nursing and caring charities.

QNI launches report on GPN workforce for London



In January, the QNI launched a major new report on the General Practice Nursing profession. The report was based on an online survey completed by over 3400 General Practice Nurses (GPNs) during 2015.

We recently launched a report on the state of the GPN workforce in London. The QNI's Chief Executive, Dr Crystal Oldman,

launched the report at the Londonwide Local Medical Committee's annual conference on 20 April.

The London document is based on the national report published in January. The new report, 'General Practice Nursing in the 21st Century: Report for London' shows that there are a number of differences between the GPN workforce in London and the country as a whole.

Key figures include:

- 27% of GPNs in London have more than one job,

compared to 23% nationwide

- 51% of GPNs in London worked evening sessions, compared to 32.6% nationwide

- 19.6% of GPNs in London said that their employer offered placements to nursing students, compared to 27% nationwide

London respondents also reported working more hours per week, more unpaid overtime and greater workload pressures. Furthermore, communication with the District Nursing service was reported to be less effective by respondents in London compared to those from across the UK.

Dr Oldman commented, 'Despite the slightly greater proportion of NMC qualified mentors reported in London, less than a fifth of London respondents said their practice provided placements for pre-registration nursing students, even fewer than for the UK as a whole. This is of particular concern, especially given that more than a third of GPNs in London plan to retire by 2020. Growing the workforce will be challenging without substantive placements, supported by qualified mentors and sign-off mentors in practice.'

To read the report, please go to www.qni.org.uk/campaigns/general_practice_nurse_survey

HEE launches video to help healthcare professionals spot child sexual exploitation



A new video aimed at helping health and social care professionals to spot possible signs of child sexual exploitation (CSE) was recently launched.

Supported by Health Education England (HEE), in association with the Department of Health and NHS England the video presents a series of scenarios involving a young person potentially at risk of CSE and uses the voice of a real-life victim who talks about her experiences at the hands of a CSE gang.

The video, now available to view from the HEE website, also includes scenes with a community pharmacist, a GP, a community nurse and a paramedic, alerting them to the warning signs that may suggest an individual was at risk of CSE.

While the film highlights the issue of CSE, it also provides practical advice on what to do if healthcare professionals and others suspect a patient or person in their care is at risk and makes it clear that there is a responsibility to report any activity that they think is suspicious.

To view the video, go to <https://hee.nhs.uk/our-work/developing-our-workforce/spotting-signs-child-sexual-exploitation>

Queen's Nurse News

- Lois Seddon

We would like to thank Queen's Nurse Lois Seddon, who recently stepped in to help Suffolk National Gardens Scheme. The county organiser, Jenny Reeve, contacted the QNI at short notice to ask if we could provide a speaker for their annual garden owners' meeting. With only four days to go, we asked QNs in Suffolk if anyone was available to speak, and we were delighted when Lois came forward.

- Maria Hughes

Congratulations to Maria Hughes, Tissue Viability Lead Specialist Nurse at St Catherine's Health Centre - Wirral Community NHS Trust for the following achievements: Employee of the Year – Trusted to Deliver Wirral Community NHS Trust; Runner up Team of the Year – Wirral Community NHS Trust; 2nd Place Tissue Viability Nurse of the Year – British Journal of Nursing Awards London; 3rd Place Innovation – British Journal of Nursing Awards London.

Maria said: "It was a pleasure to receive my awards as a Queen's Nurse, and my sole awards I dedicate to my team in Wirral Community NHS Trust. We strive every day to make a difference delivering high quality evidence based, patient centered community wound care, we may only be a small team but play a huge part in preventing hospital admissions and we pride ourselves on innovation"

- Ruth Ballantyne

Ruth was awarded Woman in Health at the annual Network She Foundation International Women's Day Awards 2016 held in Llandudno, North Wales. Ruth who is a manager of a large team of community nursing staff, coordinated a project to bring intravenous antibiotics to patients in their own home and has also been recognized and rewarded by her profession. Network She Foundation a registered charity supporting women and young people from across the country, giving them access to skills, confidence and networks that they need to become successful individuals. Congratulations Ruth!

- Celine Grundy

Celine Grundy, Service Improvement Manager at Staffordshire & Stoke on Trent Partnership NHS Trust has been involved in developing a short film clip which looks at the day in the Life of Health and Social Care Professionals. This demonstrates how colleagues could use technology to support themselves and their patient. To view the clip please visit <https://www.youtube.com/watch?v=MeQgUPqw3qQ>

- Sue Elvin and Sue Boran

Did you see BBC London's 'Inside Out' a few weeks ago? The show highlighted NHS issues related to Junior Doctors and reported on the growing concern that District Nurses could become a profession of the past, unless student interest in the field increases. It featured two QNs, Sue Boran and Sue Elvin. The DN clip is the last 12 minutes of the programme. The documentary can be viewed on BBC Iplayer here: <http://www.bbc.co.uk/.../.../b0721ct6/inside-out-london-29022016>

A big thank you to the Queen's Nurse (who wanted to remain anonymous) who donated to our justgiving page as she was unable to attend the All QN meeting at no notice!

Queen's Nurse Workshop

'Commissioning and writing a business plan'

Location: Birmingham

Date: Tuesday 19th July 2016

Venue: To be confirmed (likely to be etc venues, Maple House)

This one day programme (*for Queen's Nurses only*) has been developed for senior front line practitioners and Junior Managers working in the community setting, to increase understanding and knowledge in relation to the process of NHS procurement.

Learning Outcomes:

- An appreciation of the role of the commissioner and the commissioning process
- An increased understanding of the significance of outcomes measurements and the indicators required to influence decision making
- Clarity on returns on investment and how to utilise this technique
- The value of business planning and the guidance to write one
- Practitioners will be provided with a framework to present a business case

If you are interested in booking your FREE place please email farida.barlas@qni.org.uk as soon as possible.

Places are limited and we will be offering them on a first-come-first-served basis.

QNI Projects IN ACTION

Community Cardiac Rehabilitation Women's Walk Group

Nurse lead: Sarah Weller, Community Cardiac Rehabilitation Nurse, West Yorkshire



Mrs A was 59 years old. She had an extended stay in hospital due to complications after her Coronary Artery Bypass Surgery, during which time she lost a lot of confidence and physical strength.

Co-morbidities included Diabetes and Hypertension. Mrs A felt that she lacked the confidence to go out by herself and was therefore referred to the Women's Walk Group. The Brief Illness Perception Questionnaire (BiPQ) revealed that Mrs A felt she lacked understanding of her illness and had no control over her disease. The initial physical assessment revealed she had isolated systolic hypertension and the HAD (Hospital Anxiety and Depression) score revealed significant levels of anxiety.

Mrs A was unable to manage a full circuit of the walk at the first session. The next week she was encouraged to warm up and then progress at her own pace. She managed the warm up and a 10 minute walk plus cool down. Mrs A continued to attend the group on a weekly basis and started to complete the circuit with several rests in between.

She attended 12 sessions in total and the tests were repeated. The results revealed demonstrated an increase in Mrs A's understanding of her disease: she now understood that good glycaemic control and a cardio protective diet would have a beneficial impact on her health; she also felt that she had better control over her heart disease. The HAD score was also repeated and Mrs A showed reduced anxiety levels.

Mrs A felt she had increased self-confidence and felt that she could venture outside without fear of angina. Mrs A's daughters felt confident that they could take her out for family walks and Mrs A was now visiting her family in neighbouring streets. She was also planning a trip to Pakistan to see her family.

How the QNI can help you financially

In 2015 The QNI awarded over £136,000 in grants to community nurses who were experiencing financial difficulties for a variety of reasons. Mostly, they were going through periods of physical or mental illness, trying to escape domestic abuse, or experiencing other life crises, such as eviction, family health problems, marriage breakdown or bereavement.

We are proud that we can offer this assistance to our community nurses when they need us. We look at every case on an individual basis and in 2015 we helped 143 nurses, working and retired, who needed our help.

Here is a case study, although there are many more:

Anita's husband left her several years ago, leaving her to bring up three young children alone. His financial support for them was always sporadic but then he stopped helping altogether. Anita began to fall into arrears with her rent and finally was facing eviction when the house she was living in was to be sold. We were able to help Anita with the deposit towards a new property and supported her for three months by sending her food vouchers.

To find out more or to apply for financial assistance, go to http://www.qni.org.uk/for_nurses/financial_and_personal_assistance, email joanne.moorby@qni.org.uk or call 020 7549 1400.

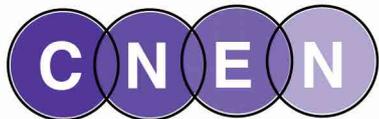
Keep in Touch Project update

Volunteer induction sessions for our new Keep In Touch project are taking place in June.

The project will officially launch very soon after the sessions.

More information will be available shortly.

New QNI network: Community Nursing Executive Network (CNEN)



The QNI is providing a unique opportunity to bring together the executive nurses of provider organisations across England, Wales, and Northern Ireland in one network. The QNI Community Nursing

Executive Network (CNEN) launched in May at its inaugural meeting in London, which was sponsored by the NIHR (National Institute of Health Research).

We believe that this facilitated network will enable a collective voice on issues related to quality, service improvement and practice. It will provide a forum in which to share best practice and debate current issues – and an opportunity to influence policy, practice, education and research in matters relating to community nursing at a strategic level. The network will also provide the much needed peer support for colleagues in challenging roles and environments.

To enquire about eligibility, please email charlotte.bevan@qni.org.uk.

Homeless Health Conference tickets available



Friday 17 June 2016, London

Join the QNI at a national conference for community nurses focused on inclusion health. Hear from expert speakers about improving the health of people at most risk of health inequity, about creative and different solutions to meet current challenges, and at supporting people throughout their lives.

Confirmed speakers include:

- Dr Crystal Oldman, Chief Executive, The QNI
- Duncan Selbie, Chief Executive, Public Health England
- Lord Victor Adebawale, Co-chair APPG Dual Diagnosis and Complex Needs
- Eamonn O'Moore, Director of Health and Justice, Public Health England
- Dorcas Gwata, Clinical Nurse Specialist, Westminster Integrated Gangs Unit
- Dr Owen Bowden-Jones, Consultant in Addiction Psychiatry, Club Drug Clinic
- Dr Caroline Shulman, GP - Homeless and Inclusion Health, King's Health Partners
- Dr Margaret Greenfields, Institute of Diversity Research, Buckinghamshire New University
- National Youth Reference Group (St Basil's homelessness charity)

Tickets can be booked at www.eventbrite.co.uk/e/nursing-for-all-qni-homeless-health-conference-2016-tickets-19616527562

NGS Festival Weekend 4 - 5 June



The NGS Garden Festival Weekend takes place on 4-5 June (please note this is different from the Frogmore garden opening taking place on 2nd June). We are hoping as many of you as possible will visit an open garden then.

To find a garden near you, visit the NGS website at www.ngs.org.uk/gardens/find-a-garden.aspx

The Challenge

What we would like you to do is take a 'selfie' on your visit, (and if you are a QN, wearing your QN badge) and then either –

- Email it to us at mail@qni.org.uk
- Tweet it, using the hashtags #FestivalWeekend
- Share it to the QNI Facebook page at www.facebook.com/pages/The-Queens-Nursing-Institute/44646601406

Or do all three!

Our target is for 100 community nurses to visit a garden and let us know.

It's a great way for community nurses and Queen's Nurses to show their support for NGS and garden owners, who give us so much in return.

We look forward to seeing your pictures!

QNI's Annual Conference: Healthcare in the Community 19-20 September



We are delighted to announce our fifth annual conference.

Venue: Royal College of General Practitioners, London

Date: Monday 19th and Tuesday 20th September 2016

Day one: Quality in Primary and Community Nursing

Day two: Inspiring Nurses to work in Primary and Community Healthcare

(1 or 2 day registration available)

Confirmed speakers:

- **Simon Stevens**, Chief Executive, NHS England
- Professor Jean White, Chief Nursing Officer, Wales
- **Charlotte McArdle**, Chief Nursing Officer, Northern Ireland
- Professor Dame Donna Kinnair, QNI Fellow, Deputy Director of Nursing, RCN
- **Dr Sue Horrocks**, Senior lecturer: Primary Care, University of West of England, Bristol
- Dr Ruth May, Nurse Director, Monitor
- **Dr Ben Thomas**, Mental Health, Learning Disability and Dementia Care Professional Officer, Department of Health
- Hazel Watson, Head of Mental Health and Learning Disabilities, NHS England
- **Monica Fletcher OBE**, Chief Executive, Education for Health

- Professor Ursula Gallagher, Deputy Chief Inspector, Care Quality Commission
- **Sir Sam Everington OBE**, GP in East London and chair of NHS Tower Hamlets CCG
- Iain Upton, Patient Advisory Forum

We are inviting submissions for poster presentations enabling delegates to promote the innovative work that they are doing.

To see the programme or find out more information, including how to buy tickets (and take advantage of the early bird rates) please go to www.qni.org.uk.

If you would like to be invoiced for tickets to the conference please email aga.kusmierz@qni.org.uk.

For general enquiries please email farida.barlas@qni.org.uk.



Hallam Medical sponsor the QNI's Conference for second year running

Hallam Medical are extremely proud to be working with and supporting the work of the QNI. Hallam Medical is the UK's leading Primary Care recruitment specialist and provides specialist nursing staff to a wide range of primary care and community services for the NHS and private organisations.

With the launch of Nurse Revalidation in April we know many nurses may feel this is a challenging time, we are keen to alleviate any fears and educate, support and guide you through this process. As the only agency to have worked with the NMC on the Nurse Revalidation Pilot in the UK we are using our knowledge and experience of this process to educate Nurses across the country. We

are also working with the Royal college of Nursing (RCN) to ensure all Agency Nurses are supported through the Revalidation Process. In addition to this we have teamed up with our Media Partners the JCN provide every Nurse with a free online Nurse Revalidation tool.

Unlike many other e-portfolios available ours is simple. Once you have registered your Nurse Revalidation e-portfolio is yours and will remain with you throughout the duration of your career.

If you are interested in finding out more about this service visit www.hallammedical.com or simply register your interest by email and we will advise you how to proceed.

QNI contact details

1A Henrietta Place,
London W1G 0LZ

020 7549 1400

www.qni.org.uk
mail@qni.org.uk

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