

QN Annual Meeting
28 March 2022

'My proudest moment in nursing in the last year'

'I co-wrote a book! Last week the NHS abandoned targets that encouraged hospitals to pursue 'normal births' over fears for the safety of mothers and their babies. With an immediate call to end c-section targets as a penalty for high c-section rates, this bodes the question, '*will postnatal recovery advice on c section be increased?*' I met an Australian Midwife at the 2019 International Maternity Expo, we had over 84 years of maternity care experience between us. So, we have put all our knowledge and skills into a book, 'C- Section Recovery Manual, Your Body-Your Recovery'. I never thought it possible to write a book, I would encourage all my nursing colleagues to journal their skills knowledge and experiences. We can personalise care, even when we are not there in person, our words are. It is due to be published May 2022.'

Janine McKnight, Queen's Nurse