



AUTUMN/WINTER 2021
RCN.ORG.UK/HEALTHCAREMAG

CLINICAL

Feeding tube facts

PEOPLE

From shop floor to ward

ADVICE

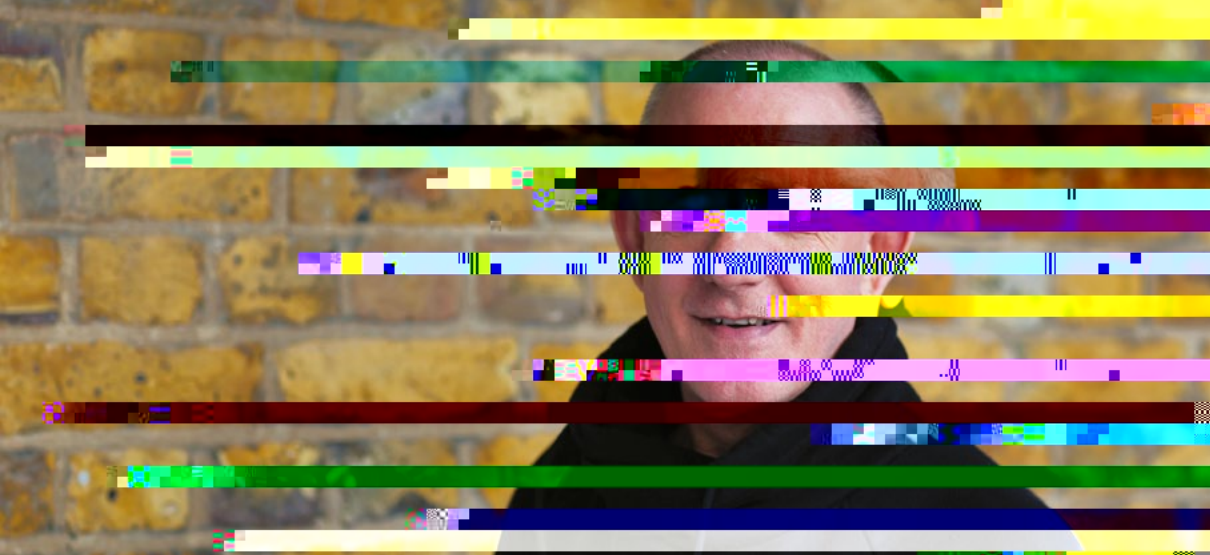
Tackling difficult conversations

WELLBEING

Apps to make the most of your time

KINDNESS AND COMPASSION

ANGELA HELPS PEOPLE WITH EATING DISORDERS
IN HER SPECIALIST MENTAL HEALTH ROLE



If you've experienced a traumatic incident and would like to discuss whether the RCN Counselling Service could help you, please call the RCN on **0345 772 6100**. We can offer a person-centred assessment and, if applicable, trauma-focused therapy with one of our accredited counsellors.

This service

What's happening around the UK?

Members in **England and Wales** who work for the NHS are having their say on whether their 3% pay award is acceptable. Our consultations close at noon on 13 September – if you're eligible to vote you should have received a link in an email from Civica (RCN@cesvotes.com).

Ministers in **Northern Ireland** are yet to decide what they will award NHS staff, but a consultation will take place once the government has announced this.

In **Scotland**, members are in a trade dispute with the Scottish government and NHS Scotland employers after they rejected an offer which gave them an average 4% pay increase.

How will Civica get in touch?

Eligible members should have received an email, or letter if you don't have an email address, from Civica Election Services (Civica). These contain a unique link or code you use to log in to the Civica platform to view the consultation document and the RCN position on the award and cast your vote. If you haven't received an email or a letter, contact Civica on **020 8889 9203** or email RCN@cesvotes.com

What if I don't work in the NHS?

The RCN believes that nursing staff working for other public sector employers or independent health and social care employers should be paid at least the same as their

It's your time to shine



I want nursing support workers, and the work we do, to be better valued and supported by the public and the teams we work in. So, let's make the most of this year's Nursing Support Workers' (NSW) Day and get our vital work acknowledged and celebrated.

When we held the first ever NSW Day last year, it was a huge success. Our hashtag reached more than 15 million people and was adopted by hundreds of NHS trusts,

care agencies and other organisations.

This year, I think we can do even better.

We can use the 2021 celebrations to highlight our vital contribution in caring for our nation. And while we're at it, let's sort out any misunderstandings others may have. We might have "support" in our titles but many of us practise autonomously and all of us carry out essential nursing

work which has a huge impact on our patients' lives.

Our work has gone unrecognised for too long. We're the backbone of health and social care settings all over the country. We play a critical role in securing high-quality care and excellent outcomes for patients, so let's use our day to tell everyone what we do.

Kevin Morley is Chair of the RCN UK Nursing Support Workers Committee

Did you know?



Nursing support workers should be so proud of the work we do, and what we've achieved – now more than ever – as we reflect on the challenges we've faced throughout this pandemic. There's never been a better time for us to make our voice heard, and RCN Congress is a great place to start.

I've attended Congress in person for many years and although this year's event will run a little differently, with the event taking place virtually and in-person, I'd urge you to get involved.

Congress isn't just for registered nurses – it's

for all RCN members. It's a chance to share your experiences and be part of the huge group of nursing staff the RCN represents.

In fact, there are many benefits to the hybrid approach. <https://www.rcn.org/what-we-do/congress>

From shop floor to ward

At first you might think retail and health care don't have much in common, but the

more importantly, in both roles, you lose trust.

Seeing the person as an individual is important too. Everyone has preferences about how they like to be

Get the lowdown on feeding tubes

“Your next patient could use a feeding tube so having some knowledge could help them feel more comfortable about talking openly to you about it,” Ilva says.

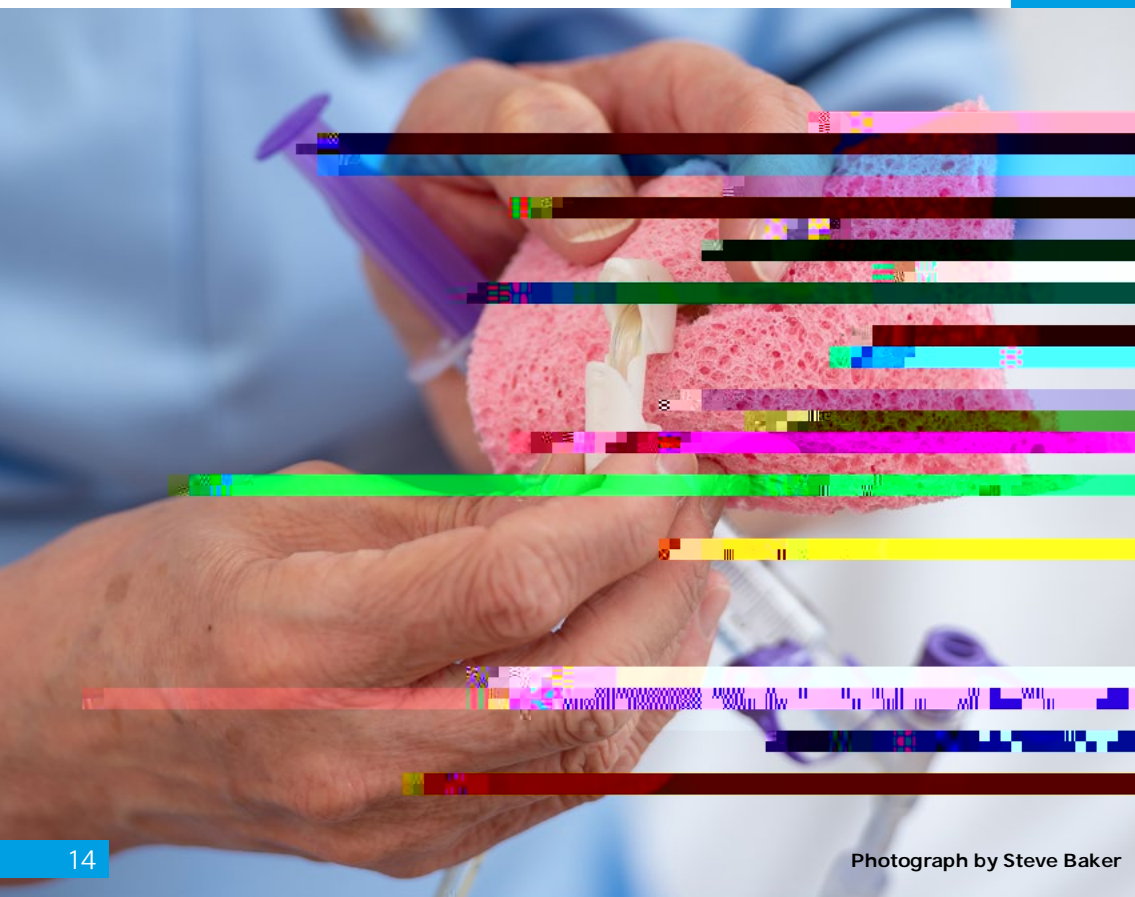
Ilva Jones's long career in health care dates back 22 years but since 2008 she's worked as a band 4 enteral nutrition technician. She's now an expert in her role and central to her trust's team of nutrition nursing staff.

She doesn't work with nasogastric tubes but is the first point of call when trouble-shooting issues with other feeding tubes – investigating blockages, checking sites and managing dressings.

She also teaches patients and carers about the daily maintenance of feeding tubes on a one-to-one basis. “I teach clinical staff too,” she says.

“

I want to be there for those who are struggling



What is enteral nutrition?

It's a way of feeding that uses the gastrointestinal tract to deliver some or

Domestic abuse: tackling difficult conversations

Domestic abuse crosses all
walks of life, and all







Evan Keir
Nursing Support
Worker member
of Council



Dennis Greer
Trade Union
Committee member



Tracie Culpitt
Professional Nursing
Committee member



Kelly Brown
Eastern

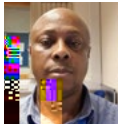
Vacant
Northern Ireland



**Steve
Dunne-Howells**
South West



**Maive Coley
(Vice Chair)**
East Midlands



**Sunday
Babanumi**
North West



**Alison
James-Herbert**
Wales



**Sagila
Thiruthanikasalan**
London



**Lorraine
McLaughlan**
Scotland



Ilva Jones
West Midlands



**Kevin Morley
(Chair)**
Northern



Annette Bailey
South East



Katherine Davis
Yorkshire &
the Humber