

Our nursing and midwifery people

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On a typical day

My work includes leading research around personalised care and social prescribing to enable the development of evidence-based teaching and learning approaches. This involves working in collaboration with industry partners to co-create unique learning opportunities enable students understand how to make a difference to communities and individuals.



One way I've made a difference as a nurse or midwife

Social prescribing provides a conduit that promotes personalised approaches through salutogenic principles, focusing on the health and wellbeing health of a range of populations. As the lead for the National Social Prescribing Network Nursing Group (SIGSPN), I have led key organisations across professional, education and voluntary sectors to share how personalised, salutogenic approaches can be embedded into the nursing curriculum through unique leaning experiences in the third sector. My work and research with the Community Voluntary Sector and Health Education England has facilitated the co-creation of 'social prescribing' learning experiences that enable student nurses to appreciate asset-based approaches and experience how personalised care positively influences the community and individuals. Empowering nurses through these innovative education methods and sharing good practice, can help redress the existing, traditional pathogenic approach and facilitate a sustainable difference for a wide range of communities, organisations and individuals.

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

Nursing provides unique opportunities to make a real difference to communities and enrich the lives of individuals. Through personalised approaches, nurses can empower people to manage their health and wellbeing and enhance their quality of life.

Find out more about our nursing and midwifery people stories, and how you can submit yours, by contacting us at: England.nursingmidwifery@nhs.net

