

Working as a registered nurse in social care

Nia Heycocks qualified as a registered nurse in 2002 and worked in the NHS before leaving to start a family. Nia successfully completed a Return to Practice course in 2018 and chose to use her nursing knowledge and skills in a nursing home.

Nia works in an independent, medium sized nursing home (28 residents). The staff within the home provide nursing care, for people with different needs, including long stay, rehabilitation, respite, day care and end of life care. Most residents are older people.



As a registered nurse in social care, Nia's responsibilities are very varied. Here are just some of the activities she undertakes:

- dressings
- medication round
- base line observations
- catheter and bowel management
- peg site care
- sub cut and IM injections
- monitoring blood sugar levels
- care planning
- hands on personal care
- liaising with multi-agency professionals
- liaising and developing relationships with residents and family members
- monitoring nutrition, hydration and weights
- weekly doctors round.

Nia says, "For me the distinguishing features are working as part of a team and being able to see the changes you can make to people's lives."

Nia explains how life has improved for one resident, "This resident has long standing ulcerated legs, cardiac and pain issues as a result of ageing and not managing medication at home. We've helped improve her cardiac function and her mobility. Her goal for last year was to be able to go out for walks. She was very conscious of the specialist shoes she had and didn't want to go out with them on. Improvement in the ulceration has meant less bandaging and she is able to wear her own shoes. She is regularly taken out by carers and sometimes nurses for shopping and theatre trips."

Dorothy Box is a resident at the nursing home that Nia works in and is keen to sing the praises of the nurses, "If I need a nurse I can count on them, it's peace of mind for me living here that you can rely on the nurses. I think they are all marvellous".

To find out more about nursing in social care, please visit www.skillsforcare.org.uk/nursinginsocialcare