

# QNI News

The newsletter of the Queen's Nursing Institute

Putting community nursing at the forefront of patient care

Spring 2008



The Queen's  
Nursing Institute

## Don't forget to Nurse N° 1!

### Health minister supports QNI campaign.

We recently launched a new campaign to support community nurses in tending to their own health and wellbeing. The Nursing N° 1 campaign provides information, ideas and useful resources specially tailored to help community nurses who want to improve their own health.

The focus of the first part of the campaign is on healthy eating and drinking, smoking cessation and exercise, in partnership with the Oxford Health Alliance (OxHA) whose '3FOUR50' campaign highlights why these three areas are so important.

**3** risk factors - tobacco use, poor diet and lack of physical activity - contribute to the **FOUR** major chronic diseases - heart disease, type 2 diabetes, lung disease and many cancers - which are responsible for more than **50** per cent of deaths in the world.

A pack including specially-tailored health journal for community nurses along with a pedometer for counting steps, T-shirts for exercising and a drawstring rucksack to keep them all together, is available to purchase for the subsidised cost of £7.50 from the QNI website.



*Staff from the QNI join with staff from OxHA to engage in Nordic Walking in a London park to mark the launch of the campaign.*

Ann Keen, Parliamentary Under Secretary of State for Health, welcomed the launch of the campaign, saying: "I am delighted to be able to support the QNI's 'Nursing No 1' campaign. It is important that those who care about others find the time to look after themselves as well. It is easy to forget about your own health when focussing on caring for others, but the discipline of a healthy lifestyle can only have positive benefits for yourself and, as a consequence, your patients too."

### Director's Column

**It is not often that QNI staff gather in a London park on a freezing Monday morning to do some healthy exercise. But we were happy to be there on 21 January, with staff from the Oxford Health Alliance (OxHA), to launch our Nursing N° 1 campaign which supports community nurses to look after their own health as well as their patients'.**

**It's not about expecting nurses to be role models for their patients; just encouraging them to take care of themselves for their own sakes.**

**We are delighted to have the support of the health minister Ann Keen, herself a former community nurse, for this campaign. Together with the support of the Chief Nursing Officers of England, Wales and Northern Ireland, this lends additional weight to work the QNI has been doing for more than 120 years: supporting community nurses in their professional and their personal lives.**

**QNI staff are keeping their own Nursing N° 1 health journals recording aims, activities and achievements - I hope you will join us as the campaign develops over the coming months.**

*Rosemary Cook*

## in brief

### HHI Network members attend All Parliamentary Committee

Nurses involved in the QNI's Homeless Health Initiative attended the All Party Parliamentary Group on Homelessness and Housing Need alongside HHI Co-ordinator Kate Tansley for a valuable opportunity to put questions to the ministers responsible for homelessness and housing policy.

The meeting in January focused on the very topical issues of debt and home ownership. HHI members listened to speeches from Yvette Cooper MP, Minister for Housing and other organisations, including the Council of Mortgage Lenders, Shelter, York University and Citizens Advice. Concerns about people losing homes due to debt were discussed. The fact that the combination of physical/mental health problems with financial issues leads to vulnerability to homelessness was acknowledged by the minister.

A new Housing Minister is now in post and we look forward to raising issues at the forthcoming meeting.

To join the Homeless Health Initiative, the QNI lottery-funded initiative for nurses working with those without a secure home, and have your chance to influence policy, contact Kate Tansley on 020 7549 1402.

## News

### Queen's Nurse Memorial Fund encourages others to strive for excellence

Queen's Nurses



committed to the community

Following a generous donation given in memory of a former Queen's Nurse, we have decided that the best way to mark a lifetime of community nursing service would be to encourage others to follow in her footsteps. So we have decided to use the donation to open a Queen's Nurse Memorial Fund which will underwrite some of the costs of administering the new Queen's Nurse title, and so reduce the cost to applicants. We hope that this will enable even more community nurses to become Queen's Nurses, actively committed to learning, leadership and practice development.

**The Memorial Fund is currently offering £50 towards the total cost (£100) of applying for the title of Queen's Nurse.**

### Nurses gather at QNI Community Nurse Forum to respond to latest DH consultations

In January, members of the QNI's Community Nurse Forum (formerly the eForum) met in central London to formulate responses to the two Department of Health / NMC consultations of pre-registration training and post-registration careers.

Over 40 members of the forum, representing a mix of nurses in practice, education and management from throughout England, Wales and Northern Ireland attended the meeting.

Feedback from nurses regarding the meeting was overwhelmingly positive and the Institute is grateful that so many were able to attend to formulate responses to such crucial issues in nursing at the moment.

The Institute will continue to involve members of the forum in future consultations both by email and meetings.

To read the responses from the forum please visit the QNI website

To join the Community Nurse Forum please visit:  
**<http://www.qni.org.uk/Register.htm>**

## Projects update

**Jacqueline Howell and Catherine Morris of North Staffordshire PCT, who won funding from the QNI and ABPN to develop a clinic for children with constipation, summarise their achievements so far.**

In Staffordshire, on average 580 children per year are admitted to the local hospital with either a diagnosis of constipation or non-specific abdominal pain. Chronic constipation represented 17% of the local CCNs' caseload in 2004/05.

Constipation can be managed effectively in the community but it is clear that children are admitted to hospital routinely with the condition. The condition has a profound effect on the child, causing physical pain, stress and anxiety.

In April 2006, we sent out an email to various local health professionals asking about the current service for children with constipation. As a result of these findings, we successfully applied to the Queen's Nursing Institute (QNI) for funding to set up a multi-disciplinary constipation service within North Staffordshire, aimed at enabling the team to provide a high standard of consistent care for children with constipation. The objectives were to:

- Standardise the management of children with constipation
- Prevent hospitalisation
- Reduce school absence
- Reduce GP consultation times
- Provide choice and empower families to manage the condition at home via education, advice and support.

We calculated that replacing hospital consultant appointments with clinic consultations with the CCN would save approximately £940 per child.

Clinics were held twice a month in a targeted area chosen as result of data received from GPs in the area. To date 22 children have been referred from a variety of sources.

Outcomes for children to date have been very positive. 20% of children have successfully withdrawn from all medication and parents are now managing their child's condition with an enhanced understanding of other factors including diet, fluids and exercise. 10% of children have been discharged from the care of a consultant paediatrician and are now managed by their GP and the clinic nurses. 40% of families are now managing their child's condition at home with telephone support from clinic nurses. 20% of children are still seen on a regular basis in clinic but we hope that these will progress to managing with ongoing telephone support. 10% of referrals did not attend.

We hope to be able to continue the clinic and are currently seeking funding from local commissioners to do so.



## in brief

### Latest in series of QNI Briefings published

In January we published the latest in our series of professional briefings for community nurses. *Evaluating Outcomes* looks at measuring impact and outcomes, an area of growing importance in today's cost-conscious and competitive health service. Visit the QNI website to download the briefing or contact us for hard copies.

### Vera Lebedeva Bursary exchange gets off to a start

We are very much looking forward to hosting two Moscow Nurses in late April as part of the Vera Lebedeva Memorial Bursary. The nurses will visit colleagues around the country to look at services provided by community nurses in supporting older people. They are keen to compare best practice and service provision with their own experiences in Moscow.

We are also delighted to announce that two UK nurses: Janice Roberts, a Community Matron for Central Surrey Health and Caroline McGraw, Professional Development District Nurse working for Islington PCT, will visit Moscow in October as part of the exchange.

### Submit your application for the title of Queen's Nurse

Please note that the next submission date for completed application forms is 28th April 2008. QNI badges will be awarded at the QNI Awards Ceremony in June.

## Who's who at the QNI

### Deborah Hinds, Administrative Assistant



Deborah joined the team in July 2007 following two months in a temporary position. Deborah has performed a wide range of administrative roles over the past twenty years and her CV encompasses roles at a medical firm and solicitors. The mother of a teenage daughter, Deborah truly believes that we are what we eat and is currently studying for her Level Two qualification in nutrition.

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