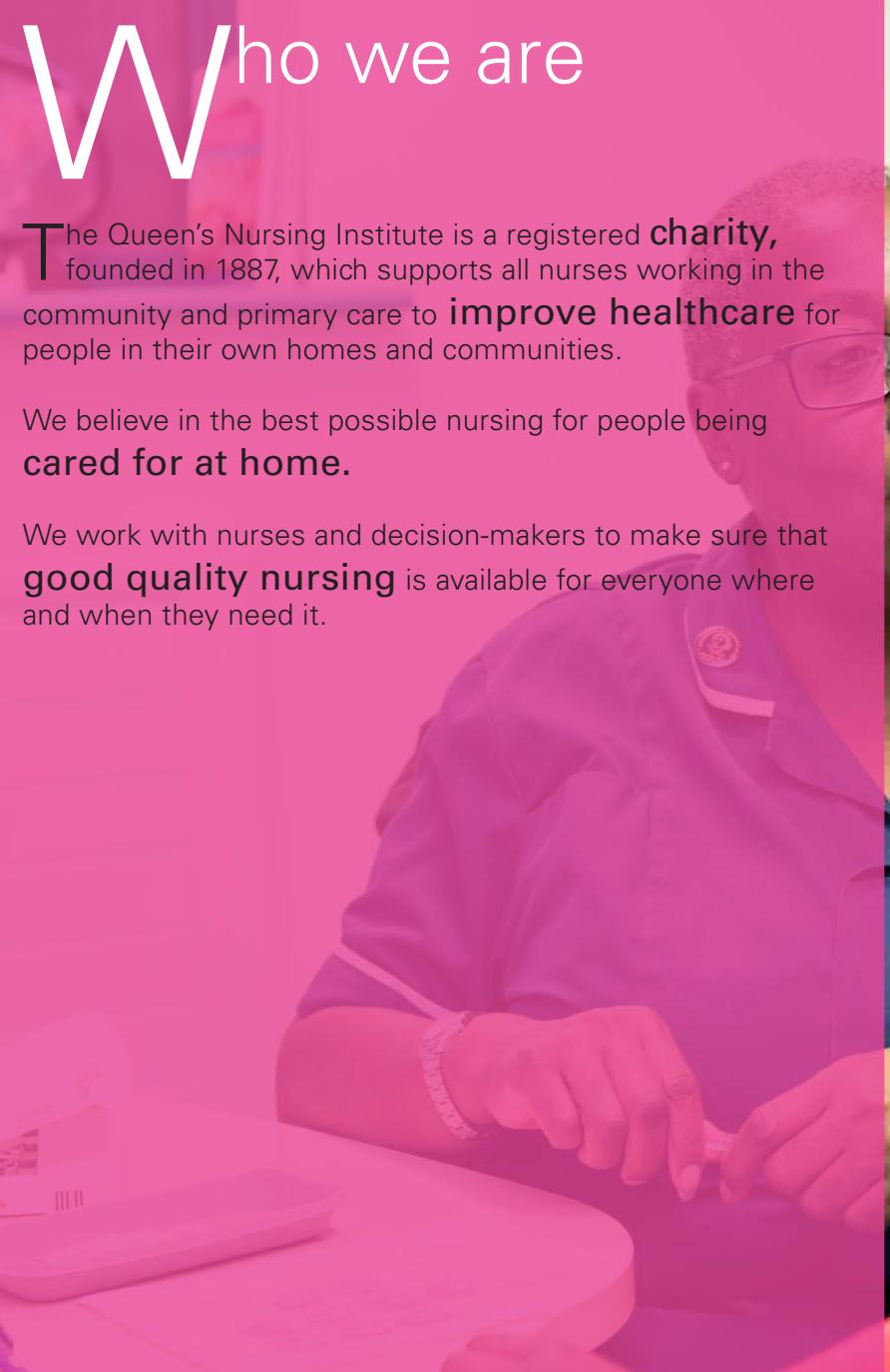




The  
Queen's  
Nursing  
Institute

How we supported  
community nurses  
to improve patient  
care in  
**2015**





# Who we are

The Queen's Nursing Institute is a registered **charity**, founded in 1887, which supports all nurses working in the community and primary care to **improve healthcare** for people in their own homes and communities.

We believe in the best possible nursing for people being **cared for at home**.

We work with nurses and decision-makers to make sure that **good quality nursing** is available for everyone where and when they need it.

# How we help

We support community nurses by:

- **Influencing** government, policy makers, and health service planners, and campaigning for resources and investment in high quality community nursing services.
- Growing and maintaining our national network of **Queen's Nurses** who are committed to the highest standards of care and who lead and inspire others.
- Supporting community nurses to achieve outstanding levels of care for patients including under-served groups such as **homeless people** through our Homeless Health project.
- **Funding** nurses' own ideas to improve patient care and helping them develop their skills through leadership and training programmes.
- Carrying out **research** into community nurse education and practice to improve knowledge and standards.
- Helping community nurses in times of financial hardship or **life crisis**.
- Offering **educational grants** to enhance community nurses' clinical knowledge.
- Reducing **social isolation** in retired Queen's Nurses by linking them with regular telephone contact from new Queen's Nurses through our Keep In Touch project.



# How we helped in 2015

- Funded **11** local projects led by nurses to improve care for patients, carers and their families.
- Hosted and managed a **conference on technology**, 'District Nursing in the Digital Age'.
- Hosted and managed our **annual conference**, 'Healthcare in the Community, focusing on the themes 'Inspire, Innovate, Implement'.
- Provided financial assistance to **143** community nurses in need, including an emergency funding for the flood victims in 2015.
- Hosted two award ceremonies which saw 229 community nurses awarded the title of **Queen's Nurse**.
- Revised and published the annual **District Nurse Education** report.
- Created and launched a new **Carers Resource** for School and General Practice Nurses.
- Researched and published the new **District Nursing Voluntary Standards** for Education and Practice in partnership with The Queen's Nursing Institute Scotland.



- Released an evaluation report on our **Fund for Innovation** projects, 'Rising Stars.'
- Delivered the second year of the **Homeless Health** project and supported the development of the national Homeless Health Practitioner network with four regional events throughout the year.
- Marked World Homeless Day by launching a **Health Assessment Tool** for community nurses to help them assess the health of homeless people.
- Published several **guidance resources** for community nurses working with homeless people, including guidance on foot health, oral health and hospital discharge.
- Published a report on the value of the **Specialist Practitioner Qualification** (SPQ) in District Nursing.
- Carried out a major survey which informed a report into the state of General Practice Nursing which was answered by over **3400** General Practice Nurses.
- Awarded **28** District Nursing Students with the Philip Goodeve-Docker Memorial prize which celebrates the top performing student of the District Nursing programme.
- Grew our Queen's Nurse community to over **800** practitioners working in a wide variety of roles focussed on nursing in the community.



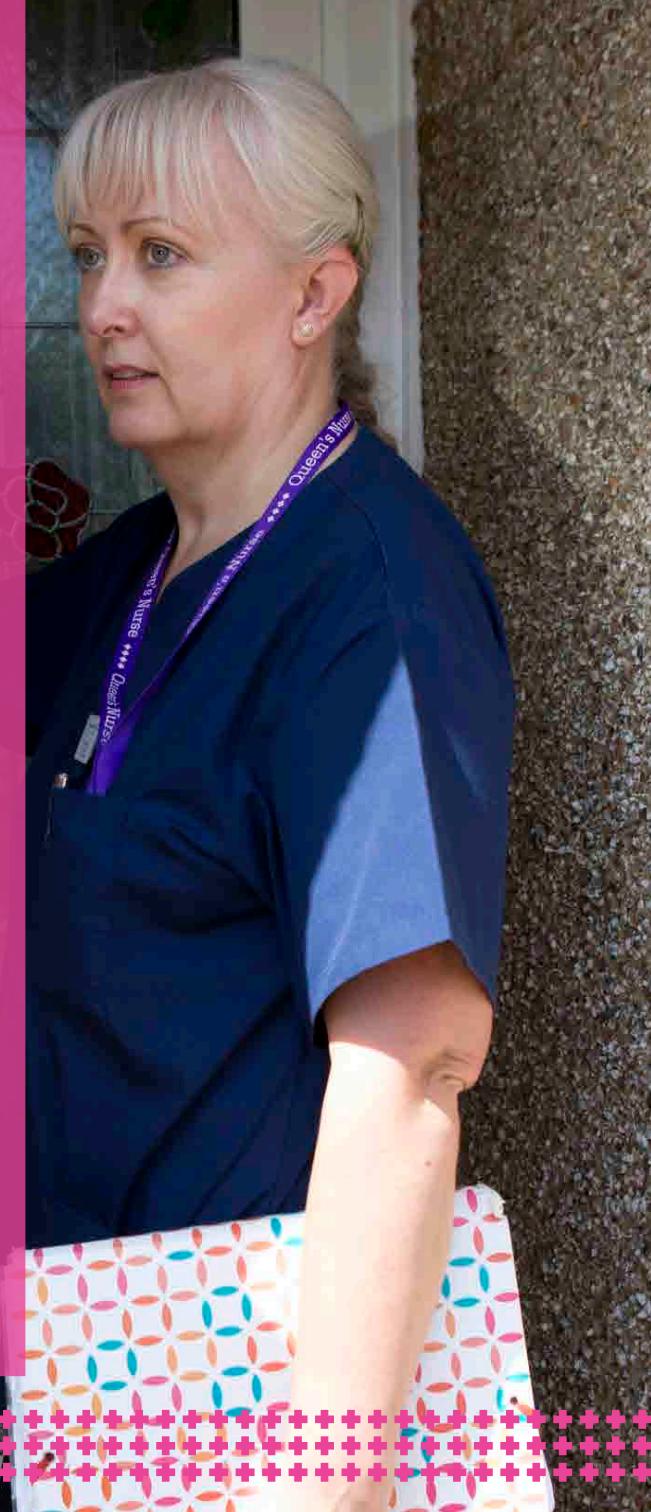
# Supporting nurses

In 2015, The QNI awarded over **£136,000** in grants to community nurses who were experiencing **financial difficulties** for a variety of reasons.

Mostly, they were going through periods of physical or mental illness, trying to escape domestic abuse, or experiencing other life crises, such as eviction, family health problems, marriage breakdown or bereavement.

We are **proud** that we can offer this assistance to community nurses when they need us.

We look at every case on an individual basis and in 2015 we helped **143** nurses, working and retired, who needed our help.



## Case studies:

**Wendy** had suffered a severe stroke at a young age two years ago and had been left with right-sided weakness with no movement in right arm and hand. Her speech was also affected. We awarded a grant to help her adapt her car so she could still go out when she was feeling better.

**Peter** had separated from his wife and children and was trying to maintain the family home and pay rent for a flat nearby. He was struggling financially and not able to cope. He was awarded a grant to get him settled into his new property and then help with utility bills.

**Larissa** had been diagnosed with aggressive stage 3 breast cancer and was going through treatment, when her husband was made redundant. They had three children living at home. We awarded a grant to help with living expenses until they obtained their state benefits.

## The future:

In 2016, we will launch, **Keep in Touch** (KIT) project, which will link retired Queen's Nurses with new Queen's Nurses via regular telephone contact.

# E ducation for E nurses

The QNI offers an educational grant programme for community nurses to enhance their clinical knowledge.

Normally, we support nurses up to and including band 6 (or equivalent) who are in need of financial assistance to achieve their ambition to improve care for their patients.

In 2015, we supported **20** community nurses to improve their clinical skills.



## Philip Goodeve-Docker Memorial Prize

This educational prize was created in 2014, in memory of Mr Philip Goodeve-Docker who died tragically whilst fundraising in the Arctic for the QNI. The prize, offered to the **top performing student** of the District Nursing programme in every university in England, Wales and Northern Ireland, was awarded to **28** students in 2015.

### Case study:

Vicki Rajkovic-Kimber was the 2015 winner from Brighton University. On winning the prize, Vicki said, 'It was a fantastic, **proud** moment for myself and my family. It made everything over the last nine months really **worthwhile.**'

Course leaders who nominated Vicki for the award shared some of the reasons she was a standout district nurse on the programme: 'Throughout the course Vicki has sought every opportunity given to her, to develop her role and knowledge. She has shown that she is a **resilient** and **reflective** practitioner. Vicki has demonstrated key fundamental leadership skills and is an excellent role model. It has been a privilege to work with Vicki during part of her time on the Community Specialist practice course, she has demonstrated commitment in sticking to what she set out to achieve. Vicki is an **asset** to our organisation and community nursing.'



# Policy and practice

In 2015, we published a number of major new reports:

- **QNI/QNIS Voluntary Standards for District Nurse Education and Practice**

The QNI and Queen's Nursing Institute Scotland (QNIS) led a project to introduce new voluntary standards which enhance, not replace, the existing Nursing and Midwifery Council (NMC) standards, and will support the development of education programmes for contemporary and future practice across the UK.

- **The Value of the District Nursing SPQ Report**

The report follows on from the major survey of District Nurses published by the QNI (2020 Vision Five Years On), which explored the impact of the Specialist Practice Qualification (SPQ) in District Nursing on the patients, families and carers being served. This work adds to the evidence base for District Nurse Education.

- **Transition to Community Nursing series**

Following on from the success of the first carers resource, the QNI developed two more free online resources targeting support for General Practice Nurses and School Nurses. These resources are designed to be useful for student nurses, nurses who have recently started working in the community, or who are considering a career move.

- **Inclusion Health: Education and Training for Health Professionals**

Over 100 members of the QNI's Homeless Health Network were able to provide expert input to the report, sharing their knowledge and experience from front line care to contribute to this report funded by the Department of Health. The recommendations provide guidance for education development in all healthcare professions.

- **District Nurse Education Report**

We published a major review of the current state of District Nursing education in England, for the third year running. We showed how District Nurse SPQ numbers are increasing and identified current challenges in the system.

- **Healthcare at Home Annual Conference**

Our conference in 2015 focused on the theme of 'Inspire, Innovate, Implement' and saw over 300 nurses, allied health professionals and other stakeholders attend to hear and question a range of speakers on the future of community health services. The event was addressed by a number of keynote speakers from national healthcare organisations.

- **Homeless Health Assessment Tool**

The Homeless Health project launched new guidance for community nurses to help them assess the health of homeless people. The resource features a health assessment template including general physical health, presence of long term conditions, substance use, mental health, sexual health and housing. It also incorporates care plan templates for use by nurses and patients.

- **District Nursing in the Digital Age Conference**

200 district and community nurses and senior service managers, attended the technology-focused conference. A wide range of speakers from key national, regional and local organisations shared their vision and experiences around the role of new technology in delivering improved and more efficient patient care.

To read any of these reports, please go to the resources section of the QNI website, [www.qni.org.uk](http://www.qni.org.uk).



# Funding projects benefiting individuals, families, carers and communities

## Background

Since 1990, the QNI has supported hundreds of nurse-led projects in England, Wales and Northern Ireland. All projects funded by the QNI are able to take advantage of our highly-rated year-long professional development programme.

## Projects funded in 2015 (by the Burdett Trust for Nursing):

In 2015, we funded **11** projects. These ranged from smoking cessation; improving Diabetes and Cardio Vascular Diseases outcomes; singing to improve Chronic Obstructive Pulmonary Disease; exercise for Cardio Vascular Disease; improvements to standards of end of life in residential care homes; pressure ulcer prevention; bowel screening for people with learning disabilities; stroke aftercare for patients and more.

**35** project staff and a further **112** additional healthcare professionals were involved in the delivery of the projects. These reached **1008** patients and **1155** carers over the year. These figures do not include the much larger constituency who will benefit from the projects, as these are adopted by the various service providers and commissioners and have become part of the service offer in a sustainable way.

## Case study

'Sylvie is a 65 year old lady who has been living with severe COPD\* for many years. She started the singing group which ran for twelve weeks, once a week. We had doubts about whether she would be able to attend consistently due to her frequent exacerbations and frailty. Outcome measures (as a baseline) showed very severe obstruction with substantial air trapping, which would be increasing her feeling of **breathlessness**. She also suffered from depression.

To our surprise, she attended every single session without fail. She needed to sit down many times due to her breathlessness but remained positive and injected humour into the group.

As Sylvie had very severe obstruction no changes in lung parameters were expected, however we did see that the excess amount that she stores in her lungs (air trapping) had reduced by 5%. The biggest changes however were in her anxiety and depression scores, which were a **significant improvement**. She felt that the breathing techniques and singing had taught her to breathe more effectively and had helped her breathlessness.

However it was the adjectives that she used to describe the effect on her wellbeing: mood lifting and brilliant but the one that made an impact on me was the word 'joy'. The singing had been a **'joyful experience'** which she could immerse herself in and do as well as anyone else could do.

Through the singing, Sylvie received a non-medical intervention, which improved her **quality of life** and may possibly have helped her with the physical aspect of emptying her lungs more effectively. Most certainly it had increased her sense of well-being and joy.'

\*Chronic Obstructive Pulmonary Disease

# Queen's Nurses

## What is a Queen's Nurse?

The title of 'Queen's Nurse' used to be given to nurses who had trained at the QNI. Although we no longer train nurses, we still provide them with free professional **support and development**.

We re-instated the title of Queen's Nurse in 2007 after a gap of 40 years in part as a response to the new challenges facing community nursing, and to help **safeguard** and promote **high standards** in patient care. Nurses who work in the community or primary care can apply for the QN title.

## Queen's Nurses today and their impact

Today's Queen's Nurses all have training and experience of caring for people in their own homes, in clinics, or in other community settings.

**229** QNs joined us in 2015, bringing the number to **803**. This community of nurses made a significant contribution in 2015:

- 81.2% provided mentorship and educational support to a student or colleague.
- 67.8% developed a project or service locally
- 53% were involved in relevant policy work at local level
- Going forward, QNs are seeking more opportunities to participate in national and local decision-making processes and participating in the QN network.



## Queen's Nurse Conference

**200** Queen's Nurses gathered in Birmingham for the annual Queen's Nurse conference in 2015. This year the speakers included Jane Cummings, CNO for England; Jackie Smith, Chief Executive of the NMC; Anne Cooper, Lead Nurse for Informatics at NHSE; Professor Laura Serrant, Research lead for Compassion in Practice NHSE; Lynne Hall at Health Education England and many inspiring **Queen's Nurses** updating all on current issues in community nursing and inspiring with examples of excellence and innovation in practice.

## Queen's Nurses in the Future

In 2016, we hope to grow our community of QNs to over **1000**. We will continue to develop this community, encouraging and supporting them to be vocal champions of **excellence in practice**, skilled leaders of improvements in services and inspiring role models.



# Homeless Health Network

## Background

Thanks to funding from **The Monument Trust**, the QNI is supporting community nurses to achieve outstanding levels of care for **homeless people**. With the right support to tackle medical, personal and social problems together it is possible for people experiencing homelessness to secure positive health – a foundation for rebuilding more **secure and stable lives**.

The QNI has developed considerable expertise in this area over a number of years, since its first Homeless Health Initiative started in 2007. This project, now in its third year, will help nurses and their client group through publications, events and workshops, and knowledge sharing among professionals.

## What the project accomplished in 2015

During 2015, the Homeless Health project held **free learning events** on self care; equalities in health; long term conditions and communicable diseases. The evaluations were outstanding.

We researched and **published guidance** on hospital discharge; oral health; foot health; health assessment tool; young homeless people on healthcare; the impact of homelessness on babies and their families (produced by NSPCC for the QNI network) and the bi-monthly Homeless Health News.

The feedback from practitioners has been positive, with many reporting changes to their practice.

## The Future

In 2016, the Homeless Health project aims to hold **three** learning events on mental health and homelessness; refugee health; substance misuse and homelessness as well as a **Homeless Health conference**: 'Nursing for All'.

The project will publish guidance on epilepsy and homelessness; A vital first step report; and regular members' newsletters.

To find out more about the project, please go to [www.qni.org.uk](http://www.qni.org.uk)

Funded by:



# Finances

The members of QNI Council are responsible for preparing the summarised financial statements in accordance with the recommendations of the charity Statement of Recommended Practice (SORP) as reflected on the graphs opposite.

Extract from the Auditor's Statement to the members of Council of the QNI: 'We have examined the summarised financial statements for the year which ended 31 December 2015. In our opinion the summarised financial statements are consistent with the full financial statements and the Report of Council of The Queen's Nursing Institute for the year ended 31 December 2015.'

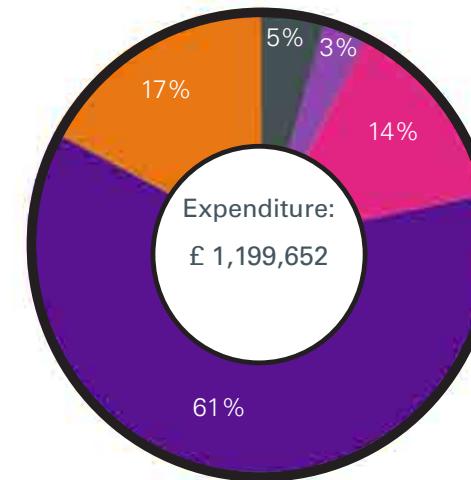
Statutory Auditor Buzzacott LLP 130 Wood Street London EC2V 6DL.

## 2015 Income

The financial year resulted in net incoming resources of £1,313,634. This income includes £823,234 of restricted funds, the majority of which relate to projects which continued into 2016.

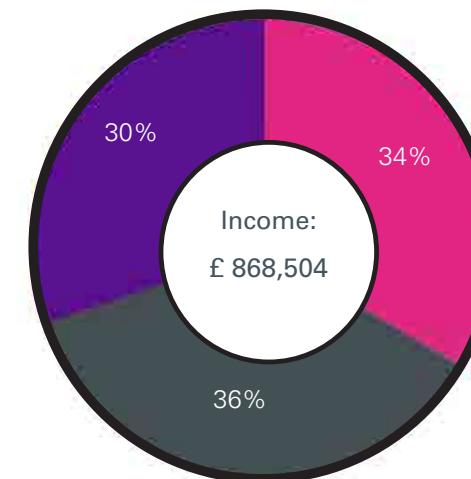
For further information, please check the Charity Commission's website for our accounts, [www.charitycommission.gov.uk](http://www.charitycommission.gov.uk).

## Expenditure



- Fundraising
- Management of Investments
- Influencing policy and practice
- Supporting nursing practice
- Providing welfare and education support

## Income



- Investments
- Donations and legacies
- Charitable activities



# Thank you

The QNI receives **no regular government funding** and relies on the support of institutions and individual donors.

## The National Gardens Scheme (NGS)

Our long-standing partner and **oldest funder**, the National Gardens Scheme has generously been supporting us for the past 88 years.

## The Burdett Trust for Nursing

This funding partnership supports **nurse-led local projects** which aim to improve the care of patients and to enhance the leadership skills of nurses.

## The Monument Trust

With funding from the Monument Trust, the QNI has supported community nurses to achieve outstanding levels of care for homeless people.

## Funders for 2015

The QNI would also like to thank and acknowledge the following organisations, which supported our work in 2015:

- Hertfordshire Community Nurses' Charity
- Privy Purse Charitable Trust
- AHJ Charitable Trust
- Edinburgh Trust
- Souter Trust
- Benham Charitable Trust
- Department of Health.

And many others who choose to remain anonymous.

## The Public

We would also like to thank all the individuals who raised money for the QNI in 2015, especially nurse Angela Jones who ran the gruelling Wales Trail Marathon in June and raised funds for the QNI. Thank you also to all the people visiting open gardens at the NGS, we are very **grateful for your help and support.**



Enjoy a great day out, and raise vital funds for nursing and caring charities, by **visiting an open garden.**

To find an open garden near you, please go to **[www.ngs.org](http://www.ngs.org)**.

# The year ahead 2016

During 2016, the QNI aim to:

- Host a two-day Healthcare in the Community conference for **300** delegates on each day.
- Continue to provide **financial assistance** to community nurses in need.
- Deliver the **third year** of the Homeless Health project, publish new practice development guidance, 4 new events including a conference on homeless health, 'Nursing for All' .
- Host two Award Ceremonies.
- Revise and publish a new District Nursing Education report.
- Grow our Queen's Nurse community to over **1000**.



- Launch a major new report on the **General Practice Nursing** profession.
- Launch a new project supporting community nurses to help young people make the **transition** to adult services.
- Launch a new project, **Keep in Touch** (KIT) project, which will link retired Community or Queen's Nurses with new Queen's Nurses via regular telephone contact.
- Publish the QNI/QNIS Standards for General Practice Nurse Education and Practice.
- Set up a new network aimed at Senior Leaders, called the **Community Nursing Executive Network** (CNEN).
- Launch a newly designed, more interactive and user-friendly website.



# QNI people

## Council (as of December 2015):

Kate Billingham CBE (Chair)  
 Nicky Goulder (Vice Chair)  
 Zahir Fazal (Honorary Treasurer)  
 Vicky Bailey  
 Dr Bob Brown  
 Dr David Colin-Thomé OBE  
 Cheryl Dorall  
 Michael Cooper Rosalynde Lowe CBE  
 John Palmer  
 Professor Liz Perkins  
 William Rathbone OBE  
 Dr John Unsworth  
 Dr Nicola Walsh

## Vice Presidents:

Lord Ashburton KG KCVO DL  
 Dr June Crown CBE  
 Rt Hon Frank Field MP

## Staff (as of December 2015):

Dr Crystal Oldman - Chief Executive  
 Anne Pearson - Director of Programmes  
 Christine Widdowson - PA to the Chief Executive and Office Manager  
 Chris Kerrigan - Finance Manager  
 Joanne Moorby - Welfare and Grants Officer  
 David Parker-Radford - Homeless Health Project Manager  
 Lauren Knight - Homeless Health Project Administrator  
 Farida Barlas - Queen's Nurse Network Manager  
 Aga Kusmierz - Practice Development Administrator  
 Mary Saunders - QNI/QNIS Project Manager  
 Candice Pellett- Project Manager  
 Chloe McCallum - Policy Officer  
 Matthew Bradby - Marketing and Communications Manager  
 Charlotte Bevan - Digital Engagement Officer  
 Joanna Sagnella - Communications Officer



The Queen's Nursing Institute  
1A Henrietta Place  
London W1G 0LZ

020 7549 1400  
mail@qni.org.uk  
www.qni.org.uk

Charity number 213128

