

QNI NEWS



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'We are currently working with our Trustees and key stakeholders to develop our strategic plan 2017-2020. This will be launched in January 2017, the year in which we celebrate our 130th anniversary.

As I have been discussing the development of our new strategy, I have been impressed with the level of respect with which the QNI is held.

This is in no small part due to the fabulous professional QNI team delivering our work, the excellent support of Trustees who help to guide, govern and shape our work and – critically - our generous and committed funding partners, such as the National Gardens Scheme (NGS), the Burdett Trust for Nursing and the Monument Trust, which together ensure that our important work can be done.

We are grateful also to our Queen's Nurses and our QNI Fellows who are our ambassadors in all that we do, often volunteering to support our work and championing our cause. Our professional partners and all our supporters are equally important to us and we recognize that working in partnership with organisations that share our vision can be an even more powerful catalyst for policy influence and change.

In developing the new strategy, we have begun to think about how we can easily describe the range of our charitable work. We believe the acronym INSPIRE captures our work and our overall approach in:

Influencing policy for
Nursing in the community;
Supporting nurse leadership
Practice development and
Innovation;
Responding to nurses in need; and
Education and practice standard setting

We continue to develop our work on a range of activities that help us achieve our aim of people receiving the best possible care in their own homes and communities, from the right nurse with the right skills.

This edition of QNI News provides some stories of that important work and these provide insight into the ways in which we deliver on our aim.

I very much look forward to sharing the new strategy with you in 2017.'

Dr Crystal Oldman

QNI welcomes King's Fund Report 'Understanding Quality in District Nursing Services'

The QNI welcomed the excellent report on District Nursing published recently by the King's Fund. The report's findings closely reflect information gathered from nurses by the QNI in recent years.

The QNI's Chief Executive, Dr Crystal Oldman, said, 'Nurses, patients and their families, and policy makers all want more care to be delivered closer to home. But this will never be a reality while we have growing patient demand, and falling capacity in the workforce. Overstretched District Nursing teams lead to staff burnout, exacerbating recruitment and retention problems, which in turn make staffing problems even worse.

Therefore we strongly welcome the key recommendations of the report, and the opportunity to work with all stakeholders at the system and service levels to address these issues urgently and in a sustainable way, to protect patient care now and in the future.' To read a copy of the report, please go to www.kingsfund.org.uk/publications/quality-district-nursing

Sir Sam Everington appointed as QNI Vice-President

We are delighted to announce that Sir Sam Everington has been appointed as a Vice-President of The QNI.

Dr Crystal Oldman, Chief Executive of the QNI said, 'Sir Sam Everington will bring a wealth of expertise and knowledge of primary care to the charity. His track record as an innovator and problem-solver is one that fits particularly well with our own mission to drive innovation and continually improving practice in community nursing.

We look forward to working with him and sharing new approaches to individual and population health, at this time of opportunity and challenge in the NHS.'

Healthcare in the Community Conference



NHS England CEO Simon Stevens



Jean White, Charlotte McArdle and Ruth May on the panel



Professor Dame Donna Kinnair

The QNI's two day conference focused on the themes of inspiring quality and success in nurses and on shaping the future of the nursing workforce. A range of speakers spoke about challenges facing the nursing workforce and current and new initiatives that are being introduced to address these.

On Day 1 Jean White, CNO Wales spoke about a partnership approach between healthcare services and individuals needing care which was at the heart of Wales' Primary Care Delivery Plan. Charlotte McArdle, CNO Northern Ireland, said there was an urgent need to emphasize the importance of the District Nursing specialist qualification and she also praised DNs ability to manage risk. Ruth May, Executive Director of Nursing at NHS Improvement spoke about the drive to safeguard quality and inspiring nursing leaders to deliver the best care.

Sir Sam Everington spoke about the range of innovations that have been introduced at Bromley by Bow Centre in Tower Hamlets. He focused on staff development, and ways of improving the health of patients in a deprived part of East London.

Dr Sue Horrocks and Professor Ursula Gallagher led the next sessions focusing on quality measurement in community nursing services. Following the concurrent sessions, Iain Upton gave a moving and informative speech about the patient perspective and his experiences of living with a severe and chronic condition in recent years.

George Plumtre, chief executive of the National Gardens Scheme concluded the first day, speaking about the evidence base that connects gardening and garden

visiting with improved mental, emotional and physical health outcomes and referred to the recent research published by the King's Fund that drew together information in this field.

The key note speech on Day 2 was given by Simon Stevens, Chief Executive of NHS England who gave an overview of plans for future, in particular the Sustainability and Transformation Plans. He conceded that community nursing needed a higher profile and had a pivotal role to play. He recognised that lack of capacity or delay in access to community services or to

social care contribute to this and that patients suffer as a result. He paid tribute to the role of nurses and to the QNI as an organisation that he said 'thinks around the corner'. He said that community nursing was at the heart of the debate about what the future NHS should look like and meeting the needs of patients.

Professor Dame Jessica Corner, Chair, Council of Deans of Health (CoDH) announced the launch of the new report, 'A False Economy' calling for a halt to cuts in funding for continued professional development in nursing, midwifery and allied health professions.

Mary Saunders, Project Manager at the QNI spoke about her current work on student placements in the community and primary care. She said that more clarity was needed around the issue of indemnity insurance.

Dr Jan Quallington spoke about innovation in education. Gill Boast and Louise Goodyear spoke about their experiences of delivering a good student placement in General Practice.

In the afternoon plenary session, Professor Dame Donna Kinnair announced a new Advanced Practice Credentialing project. She said this initiative by the Royal College of Nursing would provide assurances to patients and employers.

In the final session, Dr Crystal Oldman gave an overview of the QNI's work. She announced the appointment of Sharon Aldridge-Bent to manage a new leadership programme for Queen's Nurses and also announced new funding for the QNI's Homeless Health programme, which supports practice of over 1200 community nurses working with the most vulnerable in society.

Nursing for All - Homeless Health Conference



Panel: (L-R) Hajra Ahmed, Holi Parchment, Kevin Jaffray, Dr Crystal Oldman



'What is clear however is that the challenges facing professionals and services are greater than they have been in generations. The NHS and voluntary sector need investment, so that staff are there to deliver healthcare, support individuals and families, and improve and save lives.'



Lord Victor Adebawale



Dr June Crown

Lord Victor Adebawale, All-Party Parliamentary Group on Complex Needs and Dual Diagnosis and Chief Executive of social enterprise Turning Point, who also co-chaired the conference, spoke about the 'inverse care law' where those most in need of help tend to

The Queen's Nursing Institute's Nursing for All - Homeless and Inclusion Health National Conference and Learning Day took place on 17 June 2016.

The event in London was attended by professionals and students from across health, housing and the voluntary sector and was addressed by expert speakers in the field of homeless and inclusion health. The event was chaired by QNI Chief Executive, Dr Crystal Oldman. Dr Oldman said, 'The event was defined by the passion of the nurses, other professionals and, most importantly, the service users who presented and attended, to help improve the lives of the most vulnerable people in society.'

'The expertise and professionalism of the speakers and delegates enabled the sharing of ideas and innovations in practice. In particular the concept of the 'hard to reach' in society was challenged – it is our NHS services that are hard to access for some people; delegates shared their knowledge around bringing healthcare to people wherever they may be, through outreach work and collaboration between services.'

receive the least – homeless people being a prime example of this. He said that Turning Point's 65,000 service users almost always had multiple needs – for example alcohol and drug addiction problems.

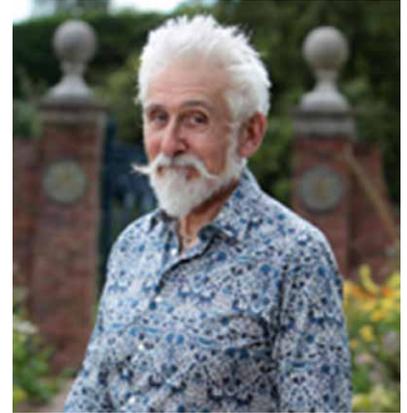
Many other experts spoke about improving the health of people at most risk of health inequity, about creative and different solutions to meet current challenges. To view the speakers' presentations please go to <http://qni.org.uk/news/252>.

Nine nurse-led projects presented posters at the event. Poster awards were judged by Dr June Crown CBE, Vice-President of the QNI, and Matthew Bradby, Communications Manager at the QNI. Dr Crown congratulated all the posters for their excellent standard of projects in the field of community nursing in homeless and inclusion healthcare.

Queen's Nurse News

- George Plumpton, the Chief Executive of NGS shadowed Liz Alderton, a District Nurse and Specialist Community Practice Teacher in Harold Hill, for the day. He decided to write about his experience which was subsequently published by the Telegraph. To read the article please visit <http://www.telegraph.co.uk/news/2016/09/09/district-nurses-are-the-real-heroes-of-the-nhs-but-they-are-unde/>
- Sara Nelson, a Programme Lead, Children and Young People's Programme in London has been involved in developing a document focussed on out of hospital standards for children and young people in the community. To see the document please visit <https://www.myhealth.london.nhs.uk/sites/default/files/Londons%20out%20of%20hospital%20standards%20for%20children%20and%20young%20people.pdf>
- Julie Bliss is a Senior Lecturer at King's College London. She has written an article about District Nurse specialist practice qualification for the British Journal of Community Nursing (21 (8) 10-11).
- Ruth Oshikanlu, an Independent Health Visitor in London, has written an article titled 'Thriving in time of uncertainty' for the journal of Health Visiting. To read the article please visit <https://drive.google.com/file/d/0B59I4CziDTiURndqTnoz0xrRE0/view>
- Catherine Kelsey is Practice and Education Facilitator in West Yorkshire. Catherine became a member of Sigma Theta Tau International (STTI) Honor Society of Nursing. To find out more please visit <http://theqni.tumblr.com/post/148783225461/queens-nurse-becomes-member-of-sigma-theta-tau>
- Congratulations to Dr Candice Pellett OBE, QNI Transition Project Manager, District Nurse and Queen's Nurse for receiving her Honorary Doctorate from The University of Lincoln for her outstanding contribution to nursing. You can watch her speak about her impressive career as a District Nurse and beyond: <http://www.iamagraduate.com/lincoln/lincceremony5.html> (Watch from 0.43.17 - 1.02.00)
- Congratulations to Sophie Howson and Kathryn Caley for launching their own company, SK Nurses. Their vision is to work closely with GP federations to help them to strengthen primary care nursing for the future and manage the rapidly rising demand for health care through developing and implementing successful strategies for recruiting and retaining highly competent nurses in general practice and providing a range of nurse led clinics that deliver good clinical outcomes for patients. To find out more about SK Nurses please visit <http://www.skurses.co.uk/>
- Congratulations to Ruth Oshikanlu, an Independent Health Visitor for becoming a finalist for the Evening Standard's 'Black British Business Awards 2016 – STEM Leader category.
- We are very excited to announce that Sharon Aldridge-Bent has joined the QNI as a Programme Manager to deliver specific programmes of work which support the strategic priorities of the QNI. She has a clinical background in district nursing, specialist nursing including Macmillan nursing. Welcome Sharon!

A lecture on the Restoration of Shakespeare's Garden



In the second annual National Gardens Scheme Lecture, Sir Roy Strong will talk about the history and restoration of Shakespeare's Garden.

This year sees the opening of a revamp of the garden on the site of Shakespeare's house: New Place in Stratford-upon-Avon. Earlier in the 1920s that site saw the first attempt to recreate a garden of a type the playwright would have known. It is still there today and is an early landmark in garden re-creation.

Join the National Gardens Scheme for what promises to be a fascinating and entertaining evening on Tuesday 8th November at the Royal Geographical Society, 1 Kensington Gore, London SW7 2AR. Doors open at 6pm for cash bar, lecture starts at 7pm.

Tickets are £20, to find out more or to book, please go to www.ngs.org.uk.



QNI Projects IN ACTION

Anorexia Nervosa Day Programme

Project team: Charlotte Long and Heather Killick, Nurse Specialists in Eating Disorders, Lincolnshire



Meg* was a 58 year old lady who had struggled with an eating disorder since the age of 16. Her low weight had resulted in long-term problems with Osteoporosis. Meg had been working with a Nurse Specialist in the Anorexia Nervosa Service, once a week for one hour. Initially she had made some progress, however, this gradually waned and Meg became 'stuck'. She felt that she needed more than the one hour per week in order to move forward.

We started the Anorexia Nervosa Day Programme and Meg attended three focus group meetings. These allowed patients to discuss what they wanted from the day programme and to start planning for individual needs. The programme was held every Monday from 10.30am to 3.30pm and included a mixture of one to one therapeutic interventions and group work. The one to one work included: physical health monitoring, psychological interventions, psycho-social interventions, changing eating habits, body image work, risk assessment, care planning and evaluation. Group work included: psychological work, promoting social well-being, physical health and diet.

Meg worked hard to try to make sense of the eating disorder and the role that it played in her life. She contributed well in group discussions and provided support and understanding to others who were experiencing similar difficulties. Meg said that as an older member of the group, she felt a responsibility to be a good role model to others. Meg continues to attend the day programme, which has been increased to three days per week. This arrangement continues to be reviewed every 12 weeks and is dependent upon clinical need. She continues to work hard to address her difficulties and is a positive influence on other members of the group.'

'For the first time in 40 years, I feel I have really changed my attitude to food.' Patient

How the QNI can help you financially

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 our 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.

Here are a couple of examples although there are many more:

- 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.
- Jenny 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.

To find out more or to apply for financial assistance, go to http://www.qni.org.uk/for_nurses/financial_and_personal_assistance, email joanne.moorby@qni.org.uk or call 020 7549 1400.

New funding for nursing projects to improve men's health

The QNI has announced a new project funding opportunity for nurses working in the community and primary care. This new funding starts in 2017 and is specifically for projects that help improve men's health. The deadline for completed applications is 24 November 2016, projects will commence in March 2017 and last for 12 months. Funding of up to £5000 is available for up to 10 projects, along with a year-long programme of professional support from the QNI. The programme is open to all nurses who work with male clients of any age. Full guidance and the application form are on the QNI's website, and nurses who wish to discuss their ideas in advance are encouraged to contact the QNI.

Anne Pearson, the QNI's Director of Programmes said, 'The Men's Health Forum states that on average, more than one in five men is still dying between the ages 16 and 65, and more than two in five before the age of 75 – with death rates amongst men in the poorest areas of the country being even worse. Key areas of concern are heart disease, obesity, cancer, suicide, diabetes and poor lifestyle choices (Men's Health manifesto 2014). This is an opportunity for all nurses working across specialities including School Nurses, District Nurses, General Practice Nurses, Health Visitors and many others to consider developing a new initiative to support male clients.'

The new funding programme is part of the QNI's Fund for Innovation and Leadership programme, supported by the Burdett Trust for Nursing. Since 1990 the QNI has helped hundreds of nurses turn innovative ideas into reality, benefiting thousands of patients and improving nursing practice in diverse fields of healthcare.

The application guidance and application form can be seen at: http://www.qni.org.uk/for_nurses/project_funding/apply_for_funding_2017

Understanding safe caseloads in the District Nursing service

We have published a discussion document on safe caseloads in the District Nursing service. The document summarises the challenges in managing safe caseloads in the District Nursing service, and points to specific actions the QNI believes are necessary to improve and safeguard the future quality of services. It is considered that significant work is required to establish recognised principles of safe caseloads, prediction of patient demand, and the desired clinical outcomes.

The issue of safe caseloads is one that has become increasingly prominent in recent years, as District Nurse teams have seen staff capacity reduced and skill mix become more diluted, at the same time as more care is moved into the community setting. Despite this, there is a lack of robust data about how to measure and predict what a 'safe caseload' actually is, which has led to uncertainty among commissioners, service providers and team leaders.

The new QNI document provides a thematic overview of the issues that should be taken into account when determining a safe caseload. These include: patient need; complexity of care required; rate of hospital discharge; skill mix within the team; capacity of other health and social care services; use of technology; and local geographic factors such as housing.

The document can be viewed at: http://www.qni.org.uk/docs/Understanding_Safe_Caseloads_in_District_Nursing_Service.pdf

Epilepsy and homelessness guidance launched



We have launched new guidance for community nurses about how to support people who

are homeless and who have epilepsy. 'Working with Epilepsy and Homelessness: Guidance for Community Nurses' covers the specific risks and needs of people who are homeless and includes useful advice to enable nurses to support patients with epilepsy and give practical advice for coordinating their care.

The knowledge of ten Epilepsy Specialist Nurses from around the country, and ten specialist homeless health professionals, and a wider literature review, helped to inform the resource, which was developed as part of the QNI's Homeless Health Project, funded by The Monument Trust. The 12-page guidance document also highlights information about the causes of epilepsy, different seizure types, essential first aid, treatment, and the practicalities of living with epilepsy if homeless. The guidance was created in response to stark evidence that people who are homeless are at much greater risk of having or developing epilepsy.

To read the guidance, please go to http://www.qni.org.uk/docs/Epilepsy_and_homelessness_web.pdf

Guide and empower young people to become independent when it comes to our health, don't force us to grow up - it's lonely.'

A blog from a young adult about the Transition project



The QNI's Transition Project, funded by the Burdett Trust for Nursing, focuses on enabling community nurses to support young people with long term conditions through the transition from children's services to adult community healthcare services. 21 year old Hannah Phillips has accompanied project manager, Dr Candice Pellett OBE, at focus groups across the country sharing her personal transition story.

'I met Candice Pellett, QNI Teen Transition project manager, at a transition master class day I was speaking at earlier on this year. My keynote speech? Transition. You're wondering why I'm the right person to speak on such a topic, right? Well, I was born three months prematurely; at 6 months I caught meningitis, and I was then diagnosed with an incurable heart disease called Complicated Ebstein's Anomaly. I've spent a lot of time in and out of hospital and had various surgeries and treatments. This will carry on for the rest of my life.

The transition process wasn't an easy one for me. As I've grown older within the healthcare system, I've realised how the profile of young patients can be non-existent in healthcare services. We get 'shoved under the carpet' or lost in the system. We go from playrooms and schools, to big white rooms and restricted visiting hours. It was my transition experience that fuelled me with energy to make change. I wanted young patients' voices to be heard and what's more, I didn't want any other young patient to go

through what I did. Over the last few months, I've been lucky enough to go 'on tour' with the QNI, being involved in their two-year transition project. No two focus groups have been the same, but the volume of information and the education gained around transition has been invaluable. It has been such an eye-opening experience. I have definitely learnt something different from each focus group we have led, and met some really inspiring medical professionals; inspiring because they are also hungry for change. Whilst it's been a real pleasure to share my story and provide nurses with a deeper understanding of what it's like from a patient's perspective, the richness for me has come from those who have participated. Nurses from all backgrounds and experience, who recognise the problems, and who are passionate about seeing change attended the events.

The two-year project is key, because the point is, transition is out there and we are speaking about it, and in my view that's the first and most important step to take. To highlight the problem, in order to promote change. There is a long way to go, for sure. We are dealing with a national system, which is clearly under strain in some areas. However, I do believe that having a more community focused approach is vital. Why? Because one of the biggest challenges that arose during our time 'touring', was the need for better communication, or lack of it. We can deal with that by bringing the community together, involving everyone. I commend the QNI for doing that. For thinking outside the box and not just focusing on their own community.

I know we've only scratched the surface with these focus groups, so I'm glad that there is another year yet to come.'

QNI Calendar 2017 now on sale



Our wall calendar for 2017 celebrates the 130th Jubilee of the charity. It's illustrated with photographs and other images through the ages, from Victorian times, through the early years of the NHS, to the present day.

It is A4 landscape format, printed on card in full colour. Each month of the year is a double page spread. Priced at just £4.99 plus postage.

To buy your copy please go to <http://qni.org.uk/shop>.

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