

# QNI NEWS



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I recently attended a meeting where prevention of ill health and the promotion of health and wellbeing was being discussed in relation to the nurses' and health visitors' role. As a qualified health visitor, I worked with families, children and adults of all ages. My caseload included older people who I would see over many years and referred to social services or to the District Nursing service for any care and interventions that were beyond my skills. I loved the 'whole community' approach and the need for prevention and maintenance of independence to be a core part of the role of nurses and health visitors.

It is rare now to find a Health Visitor whose role includes supporting isolated, housebound older people to maintain their health. So it is so helpful that there is now a focus on the knowledge, skills and competence of the General Practice Nurses (GPNS) with the NHS England ten-point plan for GPNs (<https://www.gov.uk/government/collections/all-our-health-personalised-care-and-population-health>).

General Practice Nurses may be the nursing lifeline in such a scenario. Many GPNS already adopt a highly preventative approach to their practice with very successful outcomes. In 2017 The Burdett Trust for Nursing funded the QNI to support ten nurse-led Fund for Innovation projects focused around men's health. You can read one of the projects' case studies - led by GPN Deena Geal - on page 6 of this newsletter.

There has never been a more important time to focus on the power of nurses and Health Visitors to impact positively on the health of the communities we serve. We may not work within the same organisation or be employed in a similar role, but as nurses and Health Visitors in the community, we have a common goal to promote health and wellbeing of our patients, families and carers.

The GPN ten-point plan also focusses on the training and education of GPNS, including to a level equal to that of the Health Visitor post-graduate training. So there is also an opportunity to learn and share together as students, along with District Nurses, Community Children's Nurses, School Nurses and Community Mental Health Nurses on specialist practice programmes that are approved by the NMC and 'enhanced' with voluntary standards by the QNI (<https://www.qni.org.uk/resources/qniqnis-voluntary-standards-general-practice/>).

Thriving community specialist practice programmes for the nurse-led services in community and primary care is a very welcome vision for the future health and wellbeing of our population.

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**Anne Pearson, QNI Director of Programmes, retires**



The QNI team and trustees said their final goodbyes to Anne Pearson, QNI Director of Programmes, who retired recently after 14 years at The Queen's Nursing Institute.

Anne has inspired and supported thousands of nurses to innovate and provide excellent care to patients families carers and communities, making invaluable contributions to community nursing across her career.

She will be greatly missed at The QNI and we wish her all the best for the future!

Anne's replacement will be announced shortly.

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**QNI is Stoke Place's charity of the year 2018**

We are delighted to have been selected as Stoke Place Country House Hotel's charity of the year 2018.

The QNI is Stoke Place's very first Charity of The Year. A voluntary donation to The QNI will be added to all King & Lamb restaurant and bar bills throughout 2018.

The QNI's CEO, Dr Crystal Oldman CBE said, 'We are absolutely delighted that Stoke Place has chosen to support the QNI and community nurses in this way. The generosity of King and Lamb customers will go directly to help improvements in nursing care and education now and in the future, values that have been at the core of our charitable mission since we were founded in 1887.'

For more information, please go to <https://www.qni.org.uk/news-and-events/news/qni-announced-stoke-places-charity-year-2018/>

## Autumn Awards Ceremony



Aneurin Bevan University Health Board, Gwent.

### Fellows

The new Fellows of the QNI are Professor Dame Elizabeth Anionwu; Joanne Bosanquet MBE, Deputy Chief Nurse at Public Health England and a Queen's Nurse. Professor Ursula Gallagher, Nurse Lead at the Care Quality Commission (CQC).

### The Dora Roylance Memorial Prize for Student Health Visitors

Laura Scott, from London Southbank University received The Dora Roylance memorial prize for outstanding achievement on the Health Visitor programme to represent all those who have received the prize this year.

### The Philip Goodeve-Docker Memorial Prize for Student District Nurses

Emma Leese, from Southampton University received the award to represent all those who have received it this year. The award was presented by Nigel Goodeve-Docker, Philip's father.

### Queen's Nurses

119 Queen's Nurses received their title. It is now 10 years since QN title was re-introduced, after a gap of almost forty years. Current Queen's Nurses – who now number over 1200 – have become well-known and well-respected for their contributions to patient care, learning and leadership. Professor Jean White CBE, QNI Fellow and Chief Nursing Officer in Wales, presented the new Queen's Nurses with their badges and certificates.

The programme from the evening, which includes the names of all our new Queen's Nurses and more information on the other award winners, can be viewed at <https://www.qni.org.uk/news-and-events/news/qni-awards-ceremony-2017/>



The QNI Awards Ceremony was held at the Royal Garden Hotel in London on 30 October 2017. Over 300 nurses and guests attended the event. The Awards Ceremony recognises and celebrates the achievements in community nursing and the dedication, passion and skills of nurses working in the community today.

The event was hosted by Dr Crystal Oldman CBE, QNI Chief Executive, and Kate Billingham CBE, Chair of Council. The guest of honour was Professor Jean White CBE, QNI Fellow and Chief Nursing Officer in Wales.

George Plumptre, Chief Executive of the National Garden Scheme, which funds the Queen's Nurse network, spoke about the historic relationship between the two charities.

### The Queen Elizabeth the Queen Mother Award for Outstanding Service

The awards were presented by Kate Billingham CBE, Chair of the QNI's Council and given to Liz Alderton, District Nurse Team Leader, North East London NHS Foundation Trust; Gail Miles, Respiratory Nurse Consultant, Rotherham NHS Foundation Trust; Christine Morris Community Children's Nurse, Sussex Community NHS Foundation Trust; Anne Elizabeth Pearson, Director of Programmes, The Queen's Nursing Institute; Tanya Strange MBE Divisional Nurse,

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## QNI announces ten homeless health nursing projects to be funded



The QNI has announced ten new local nurse-led projects that will benefit from a year long programme of financial and professional support.

The projects will all benefit people who are experiencing homelessness or who are living in vulnerable or temporary housing, including recent migrants, street homeless, people in custody, and Gypsy, Roma and Traveller populations. All of these groups experience a range of health inequalities which can be severe and life threatening. The ten projects are all led by community nurses working in different parts of England, with projects taking place in London and the southeast, Birmingham, the northwest and the southwest.

This is the first time that the QNI's Fund for Innovation and Leadership has focused specifically on projects that work with the homeless population. The QNI is currently working in partnership with funder, Oak Foundation, which is supporting its Homeless Health Programme for three years.

David Parker-Radford, the QNI's Homeless Health Programme Manager commented: 'These projects represent the vital role that community nurses have to play in supporting some of the most vulnerable groups in society, by engaging with them on the streets through outreach and treatment work, where more traditional models of care are not effective. The health and social problems related to homelessness are acute and the number of people who are street homeless has increased substantially in recent years in recent years. Community nurses are at the forefront of delivering compassionate and effective healthcare to people who may otherwise simply be invisible to the system, with terrible costs to them as individuals and to society as a whole.'

It is hoped that by supporting innovation in the field and measuring outcomes, positive benefits to patient care and service delivery will be identified. Following project completion and reporting, this new learning will be shared with other practitioners. For more information, go to <https://www.qni.org.uk/news-and-events/news/qni-announces-ten-homeless-health-nursing-projects-funded/>

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## Stephen McGann, Dr Turner and Call the Midwife



The grand finale of the QNI's 130th anniversary year took place on 27 November at the Royal Garden Hotel in London.

We were delighted to have as our guest speaker the actor Stephen McGann,

who plays the character of Dr Turner in the hit BBC television series 'Call the Midwife'. Dr Crystal Oldman CBE, QNI's Chief Executive introduced Stephen to the audience of Queen's Nurses, National Garden Scheme garden owners and other supporters of the charity.

Stephen spoke about the origins of the television series, taken from the memoirs of retired midwife, Jennifer Worth and adapted for television by his wife, the writer Heidi Thomas. The character of Dr Turner appeared in the first

series and develops as the programme moves into the 1960s. Stephen revealed the huge depth of historical and professional research that underpins the programme – in particular the role of the programme's midwife adviser, Terri Coates. This authenticity and realism is, in Stephen's view, one of the reasons for the programme's great success.

Stephen also spoke about his new book, 'Flesh and Blood – A History of my Family in Seven Maladies'. In it he traces the history of the McGann family who moved to Liverpool from Ireland at the time of the Potato Famine. The book combines his love of medicine, genealogy and drama.

Stephen said, 'I was honoured to be invited to speak to an organisation that has done so much to promote the values and importance of nursing, particularly in our communities. The QNI has at its heart the same values we cherish on Call the Midwife – humanity, compassion and dignity expressed through expertise, and delivered for the benefit of everyone. A demonstration of the very best that our society can be.'

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## New learning resource on Care Home Nursing launched



The QNI has launched a new educational resource for nurses who work or are considering working in the care home environment.

The resource is the latest in the QNI's series of 'Transition' resources for nurses new to community nursing roles or who wish to enhance and update their knowledge on current practice and approaches in specific community settings.

The new resource, written by Queen's Nurse Sharon Aldridge-Bent with input from an external review group of nurses and professionals who work in or have responsibilities for residents in the care home setting, is structured into ten chapters. There are specific chapters on subjects

such as the fundamentals of nursing care, safe working and regulation, adults at risk, dementia care, building relationships with family, and career development.

The resource is intended for registered nurses who may have overall responsibility for nursing within the care home environment, as well as educators, students, and unregistered carers who work in this setting. As with its other Transition resources, the QNI recommends that the Transition to Care Home Nursing is used with the support of an experienced mentor.

Sharon Aldridge-Bent commented: 'We developed this resource with the knowledge that the care home setting is one of the largest and growing areas in which nursing care is delivered on a daily basis. There are far more beds in nursing homes than there are in all the hospitals combined, and residents usually live there for months or years. Historically the care home has not always been viewed as a prestigious place in which to work, but this undervalues the growing opportunities in this sector.'

'The role of the registered nurse working within a care home is a highly skilled one, requiring an in-depth knowledge of long-term conditions associated with aging, managing complex multiple morbidities and frailty. The nurse is required to maintain a person and relationship centred approach to this care, recognising that the care home is the person's home as well as a place of care. Care home nursing is diverse, with the need to practice autonomously, liaising with many health and social care professionals, as well as building long-term relationships with residents, relatives and significant others.'

Copies of the resource are now on sale, to buy yours, please go to [www.qni.org.uk/shop](http://www.qni.org.uk/shop).

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## QNI receives donation from Bowling club

We were delighted - and very grateful - to receive a very generous donation of £1500 from Surrey Mason's Bowling club.

Phil Gunner, the President of the Club (and husband to Queen's Nurse, Amanda Gunner) came to the QNI to present the cheque to our Chief Executive, Dr Crystal Oldman, who said, 'We were very grateful to be the Bowling Club's Charity of the Year and are delighted that the donation will go towards our vital work supporting nurses working in the community.'

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## Can we help?

In 2017, we helped 159 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 would love to help, so please get in touch with Joanne Moorby on 020 7549 1405 or email [joanne.moorby@qni.org.uk](mailto:joanne.moorby@qni.org.uk) for more information or how to apply.

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## Keep in Touch project

Our Keep in Touch project is a practical way in which we aim to strengthen the Queen's Nurse community, past and present. The project offers opportunities to speak to retired Queen's or community nurses regularly on the phone, to talk about life experiences, aspects of nursing past and present, memories and future plans. It encourages social interaction, creates new bonds and as one of our volunteers said, is truly 'a two-way benefit'! It's a great way to become involved as a volunteer with the QNI in a flexible and supportive environment. Full training (and a QNI mobile phone) is offered to all volunteers.

*To me this has been a lifeline, I see so few people and knowing I can look forward to my call really makes a chance to chat about what we have been doing that week. Even have a moan. But lots of laughs too! A Keep in Touch Member*

If you are a current or former Queen's Nurse who would like to be included in this project, please get in touch with Suzanne Rich by emailing [suzanne.rich@qni.org.uk](mailto:suzanne.rich@qni.org.uk) or calling 020 7549 1400.

## QNI Projects IN ACTION

### Way to go

Project lead: Deena Geal, Practice Nurse, Dorset



Robbie\* was a 58-year-old businessman, who had obesity with no pre-existing comorbidities. His waist circumference was 122cm, 20cm above the recommended waist circumference target. His BMI was 35.3 and blood pressure 158/96 mmhg. His Diabetes risk was of 26.6% compared to 3.7% for someone his age. Robbie's heart age was recorded as 70 years old, as a consequence of his body mass index.

Robbie's job was stressful, he reported drinking most evenings, consuming a total of 70 units within a week. He occasionally smoked and rarely exercised. Robbie acknowledged that he was overweight and he felt frustrated by his lifestyle choices, yet found making healthier choices difficult.

Robbie was shocked by his risk of diabetes and heart age. Motivational interviewing techniques were adopted to support Robbie to identify achievable, sustainable and realistic goals within the confines of his daily life; I avoided using language such as 'going on a diet' but instead discussed changes in food choices, portion sizes and alternatives to red wine each evening, alongside realistic daily exercise targets.

Monthly reviews were an opportunity to support and encourage Robbie. As a clinician, the proactive approach to promoting Robbie's well being and reducing the risk of development of long term diseases associated with obesity was an empowering experience. Over a six-month period Robbie achieved a 13 kg weight loss, a 15cm decrease in waist circumference, his BMI reduced to 31.2 and his blood pressure improved to 142/84mmhg without the aid of medication. He reduced his alcohol intake to 22 units/week. Having invested recently in a pedometer, when at work he never took the lift, always the stairs, and each weekend aimed to walk 6-14 miles. His Diabetes risk decreased to 16%.

Robbie's quote (below) summarised succinctly what I had hoped to achieve when setting up the 'Way To Go' project.

**'A very useful service which has focused the mind on some important issues and given me the kick I didn't think I needed but probably did.'** Robbie\*

## QNI Launches New Heritage Website

The QNI has launched a new website showcasing the history of community nursing since 1859, when the first District Nurse was employed in England. The project was funded by a £5,000 grant from the Heritage Lottery Fund (HLF), awarded to the QNI in 2017.

The QNI's vibrant archive of stories, photos, artefacts and films are now available to a much wider online audience. Some content dates back to Victorian times, whilst other pieces such as oral interviews with retired Queen's Nurses use modern technology to capture the essence of working as a District Nurse during the early years of the NHS.

The start of the NHS 70 years ago also coincided with the 'golden age' of documentary making in Britain and the website includes photographic and film resources from that period, including the 1952 film 'District Nurse'.

Commenting on the new website, QNI Chief Executive Dr Crystal Oldman CBE said, 'We are delighted to have launched our new heritage website to round off our 130th Anniversary year. Nursing in the community is as important to the health and wellbeing of our population as it was when the QNI was founded in 1887 by William Rathbone with help from his friend Florence Nightingale. It is an honour to showcase the experiences of historic, retired and working Queen's Nurses in this way and to share the development and achievements of the QNI over the generations. The QNI is extremely grateful to the Heritage Lottery Fund; the grant has enabled a virtual celebration of District Nursing and many other areas of community nursing in the UK.'

The QNI hopes the archive will continue to grow as nurses and their patients share their own stories via the 'Submit Your Story' feature.

[www.qniheritage.org.uk](http://www.qniheritage.org.uk)

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## Homeless Health Network Reaches 10 Year Milestone

The QNI is marking a decade of progress since the launch of its Homeless Health Network for community nurses in November 2007. Homeless health is one of the most complex areas of nursing, addressing poor physical health, mental health, addictions and the wider determinants of health including immigration, housing and poverty. It demands skilful, compassionate, and advanced nursing skills.

From a small start, the network has today grown to over 1500 members. The QNI has organised conferences attracting over 120 delegates and was commissioned by the Department of Health to develop a report that has influenced the education of health professionals across the areas of Homeless and Inclusion Health.

Multiple regional learning events have brought nurses and other professionals together to learn and share experiences. Issues covered have included some rarely explored in the wider health sector, including the health of sex workers, refugee health, historical psychological trauma, and dual diagnosis.

The QNI has worked with the network to create evidence-based resources to support best practice on homeless health topics including safeguarding, nutrition, mental health, the criminal justice system, foot care, oral health, epilepsy and a specialist holistic health assessment. Nurses from the network were also instrumental in helping create the Transition to Homeless Health Online Learning Resource, a guide for nurses starting out in homeless healthcare, launched in July 2017.

The QNI is currently funding ten nurse-led innovation projects, which aim to improve healthcare for people who are homeless and, looking ahead, the QNI will be working with members of the network to shape the programme of learning events and resources over the next three years.

Commenting on the ten year milestone, The QNI's Chief Executive Dr Crystal Oldman CBE said, 'Nurses working with people who are homeless are highly skilled professionals working to support the health and wellbeing of some of the most vulnerable in our society. With no accredited specialist training available for the role and nurses often working for small employers, the QNI homeless health network and the provision of our continuing professional development provides a professional lifeline for these nurses. The QNI's Homeless Health work has been an effective source of support over the last ten years, helping community nurses to grow skills, knowledge and confidence, increase their range of knowledge and to have a voice in policy at a national level.'

Founder members Jane Cook and Dr Jane Gray OBE (both now Queen's Nurses) said, 'Ten years ago, we gathered information about the needs of nurses working with the homeless and other vulnerable groups (asylum seekers, Travellers and sex workers) across the UK. The nurses were all aligned in our unfaltering belief that the best way to develop and to deliver professional, high quality and respectful care to people who were homeless was by ensuring nurses had the right support to do their work. The QNI has been the ideal host for the network, as an established charity for nursing in the community. The network has far exceeded our expectations in terms of the quality of support for nurses working in this field, promoting the health needs of people who are homeless, and developing the right resources to improve the quality of care. We have been blessed to have the QNI driving forward this essential aspect of healthcare.'

To find out more about the Homeless Health Programme, please go to <https://www.qni.org.uk/explore-qni/homeless-health-programme/>

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## NGS Snowdrop Festival

Throughout February



The NGS is holding its third Snowdrop Festival this year.

Some of the gardens open have as many as 300 different varieties of snowdrops, whilst others have a mix of snowdrops, hellebores and other early spring flowers, all of which makes a visit to an NGS garden well worth the effort of being outdoors on a cold day.

To find out more, please go to [www.ngs.org.uk/gardens/snowdrop-festival.aspx](http://www.ngs.org.uk/gardens/snowdrop-festival.aspx)

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## NGS Garden Visitor's Handbook 2018



The NGS' Garden Visitor's Handbook is the essential guide to the thousands of gardens that are opening for this year.

With detailed descriptions of every garden, stunning photos, and handy maps and calendars, all of the information you could possibly need to visit a beautiful garden is right at your fingertips!

It is now available to pre-order at £12.99 from [www.ngs.org.uk](http://www.ngs.org.uk).

When you buy the Garden Visitor's Handbook you are helping the National Garden Scheme raise funds for the QNI and other nursing charities.

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## QNI's Annual Conference, 'Healthcare in the Community'



### 'From Silence to Voice'

24 - 25 September 2018

Royal College of General Practitioners, London

Day 1: Improving Care - Finding your Voice

Day 2: Community and Primary Care - Articulating your Value

### SAVE THE DATE!

Feedback from 2017 conference:

*'I think it was one of the best events I have been to for many years. All of it was relevant to my practice.'*

*'It was an exceptionally informative conference.'*

**Book now at [www.qni.org.uk](http://www.qni.org.uk)**  
**(Early bird rate ends 1 May 2018)**

Programme and speaker details to follow soon, check [www.qni.org.uk](http://www.qni.org.uk).



 #qni2018

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