



# A Day in the Life of a **PRACTICE NURSE**

**'A Day in the Life of' is a series written by experienced community nurses for student nurses to show what working in the community is like.**

## **Personal details**

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## **1. What's a typical day for you?**

There is no such thing as a typical day in the life of a GPN! It could start with cervical screening and then move onto diabetes management and COPD, and then onto compression dressings, baby immunisations. We also carry out ECGs, both routine or emergency, administer decapeptyl injections, shingles pneumonia vaccinations, sort out incomplete primary vaccinations, carry out minor wound dressings, contraceptive reviews and contraceptive health, signpost people to smoking cessation and weight management and asthma education. Not to mention "Tissues with issues"

## **2. What has been your proudest moment in nursing so far?**

Working alongside some aspiring nurses as a team to promote health empowerment.

## **3. What skills set would you expect a student nurse to bring to the role of community nursing?**

The skill set for student nurses coming into community nursing, would in my view be the need to be adaptable to sudden change, be forward thinking and develop from their mentors an awareness of how to signpost patients to areas of care specific to their needs. They would also need to learn how to extract the right information from the patient to provide the optimum level of care, whilst recognising patient choice.

## **4. What do you wish you'd known before you started working in the community?**

That community nursing doesn't accept all Agenda for Change guidelines and that all General Practices have different work staff policies, so read the staff handbook thoroughly first! Negotiate your pay, annual leave, look at the sickness policy etc. Be assertive.

## **5. Any advice for aspiring community nurses?**

Advice for anyone aspiring for a career in the community – be prepared for no such thing as a typical day; you will be an autonomous practitioner; you will get a chance to be innovative and thought provoking; with regular follow ups and reviews you really do get to know your client cohort and how to tailor your plan of care to their lives realistically.



Find out more:  
[www.qni.org.uk/students](http://www.qni.org.uk/students)

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