



A Day in the Life of a DISTRICT NURSE

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

Personal details

Name: Claire Bergfeld QN
Job title: District Nurse
Location: Exeter

1. What's a typical day for you?

8am-Travel 10miles (via motorway) 8.20am - Arrive at base which is currently a GP practice. In triage check messages, emails, electronic MyCare system for admissions, discharges, urgent care (out of hours) and tasks from GPs/auxiliary clinicians. The patient safety handover is appraised from the day before, and any outstanding tasks reviewed and signed off as 'actioned'. Working lists are reviewed as part of sickness management. MS teams meeting with the MDT with social care, pharmacy, therapy teams, supervision, rotas and caseload management. Complete all checks again at by 1pm. Lunch for 30mins. Allocate visits for afternoon. Finish at 4.30. Out by 5pm. Travel home.

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

Receiving my Queen's Nurse title.

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

I would hope that a student nurse (in any year of their training) would be approachable, considerate and able to show enthusiasm for the placement. Clinically, depending on their prior experience and roles, it would be a great advantage to be able to complete basic observations. A bonus would be to be able to interpret the findings and verbalise their assessment whilst on visits. An awareness of advocacy and personal safety is paramount to ensure quality and to maximise learning specific to the community.

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

I wish I was made aware of the skill of managing time with patients and the breadth of personal resilience needed to fully appreciate the role, especially in view of the recent stressors brought about with the pandemic. I recently did a teaching/reflective session with my team and it really highlighted that the e-learning provided by our Trust doesn't touch the sides when thinking about how to support ourselves.

5. Any advice for aspiring community nurses?

Loads! ... but ultimately go for a community post. I have been in the primary/community care sector for 15years and really feel it is my calling. If you want to have a high level of advocacy, autonomy and really feel like you are able to deliver personalised care, the community is for you.



Find out more:

www.qni.org.uk/students

“ If you want to have a high level of advocacy, autonomy and deliver personalised care, the community is for you.

Claire Bergfeld