

A WELL-DESERVED HIGHER PROFILE

Health visitors are gaining greater recognition thanks to a new fellows programme reports Petra Kendall-Raynor

The Institute of Health Visiting (iHV) fellows programme is sponsored by the Department of Health. It acknowledges 150 health visitors invited to participate in a leadership programme.

All applicants go through a rigorous selection process, writing personal statements and obtaining testimonials from service users, peers and senior professionals.

Newcastle Hospitals Community Health practice development co-ordinator Kate McBride says the local profile of health visitors has already been raised since she became an iHV fellow. 'My own organisation and the local authority have been promoting my fellowship. It is all happening at the right time in advance of the transfer of commissioning to local authorities.'

East Cheshire NHS Trust health visitor team leader



Andrea Johns made an NHS Change Day pledge to encourage health visitors to use Twitter and set up a dedicated online forum for health visitors.

Ms Johns was asked by the DH to write a blog on the impact of screen time on young children's health for its health practice/practitioners' children and young people week of action from November 17.

'Health visitors are the only professionals who see all children under five and establish

*Practice development co-ordinator
Kate McBride*

contact with families early on,' explains Ms Johns, who still spends 40 per cent of her time in the community.

'I have a caseload and it is important for me to look at new ways of working and receive feedback. Becoming an iHV fellow is going to be such a bonus to my career and professional development.'

Peripatetic senior practice teachers Orpha Edwards and Liz Dawson at Evelina London Children's Hospital, part of Guy's and St Thomas' NHS

NOTICE BOARD

NHS pensions The NHS Pension Scheme allows members to approach their retirement in a way that works for them and their employer. The Working Longer Group has produced factsheets for employers and employees on flexible retirement options, and how these can be used to help staff work longer. These are designed to aid discussions about mutually beneficial flexible retirement arrangements. tinyurl.com/NHSPSfactsheets

Mental health A booklet developed by Friends Life in partnership with Business in the Community shares ideas on how to discuss mental health issues in the workplace. Listen Up – Let's Talk Mental Health includes helpful tips for managers and colleagues to start the conversation. tinyurl.com/FLMentalHealth

acas Parental leave The conciliation body Acas has published guidance on the new right to shared parental leave (SPL), which will apply to eligible parents with a baby due or adopted on or after April 5 2015. The guidance is intended to help parents decide whether SPL will work for them and how it can be used alongside, or instead of, traditional maternity or adoption leave. It also provides employers with an understanding of their legal obligations and good workplace practice. tinyurl.com/ACASSPL

Nurse directors Healthcare Events will be holding a day-long conference on developing skills as an effective nurse director on January 13 at the Hallam Conference Centre in London. The interactive event will

Foundation Trust, are jointly responsible for developing a mentorship model for health visitor and school nurse students.

Training hub

The trust has become a training hub with students from four universities in south London, as a result of the health visitor implementation plan. During the students' first six weeks in practice, meetings are held between individual mentors and students to help set learning objectives. Assessment, supervision and training continues for the academic year and students are ultimately signed off as fit for registration.

The pair also work with individual students' undertaking home visits and delivering health promotion sessions. They set up a resource centre for students at the trust where they can access electronic resources.

Ms Edwards says: 'Not many people seem to know what a health visitor does. As an iHV fellow, there is a chance to publicise what we do **NS**

Petra Kendall-Raynor is a freelance journalist

RESOURCES

Public Health Action Week
vivbenett.blog.gov.uk
Institute of Health Visiting
www.ihv.org.uk

Nicola Davies explains an easy way to schedule tasks

The benefits of prioritisation

Every day, dozens of tasks and challenges demand our attention. Along with patient care, nurses juggle administrative duties, keeping up to date with the latest evidence and regular continuing education.

The priority matrix helps determine which tasks deserve immediate attention and which can safely be deferred until later.

The matrix is a simple four-box device that can be adapted for daily use. Simply fold a piece of paper in four, unfold it, label the quadrants (see box) and the matrix is ready to use.

Method

Fit daily and weekly tasks into the appropriate boxes. This will give you an immediate picture of where you need to spend your time right now, for the day and week.

Tasks in the 'not important' and 'not urgent' boxes should not be worked on if there are tasks in any of the other boxes.

'Important' and 'urgent' tasks need to be handled first. Typically, these might include the dispensing of medications or tracking down a doctor to sign off a prescription.

Next, you will be tempted to handle the 'not important' and 'urgent' tasks. Carefully evaluate every task in this quadrant to analyse why it has become urgent and

The priority matrix

Important Urgent	Important Not urgent
Not important Urgent	Not important Not urgent

whether it is dispensable now or would be in the future.

Tasks that are 'important' and 'not urgent' are often pushed aside until they become urgent. To combat this, break down your tasks into sub-tasks, or make an attempt to schedule them more effectively.

If you can find even 30 minutes each day to work on these tasks, you might be able to complete the task before it reaches the important and urgent quadrant of the matrix.

Get in the habit of reviewing important, not urgent tasks daily to see if you can reduce your load later on.

Tasks marked 'not important' and 'not urgent' should be eliminated as much as possible.

Effectively prioritising tasks will help you ensure that your time is well spent and that you are focusing on the truly important tasks all the time **NS**

Nicola Davies is a health psychologist and writer

provide an opportunity for networking and discussion on future career progression. A 20 per cent discount is available by quoting the code number HCUK2ORCN tinyurl.com/ENDHCE

War sculptures The Florence Nightingale Museum will mark the centenary of the start of the first world war with an art installation acknowledging the grim reality of conflict. And *The Band Played On* opened on November 11 and continues until December 22. The show is the work of acclaimed sculptor and medical artist Eleanor Crook and consists of five life-size sculptures of soldiers from different wars in history. It recognises the skill of wartime nurses and the bravery of wounded servicemen and women. www.florence-nightingale.co.uk



Research grants The Breast Cancer Campaign is offering project grants to support research. It will award grants for a clear research proposal that is expected to lead to significant advancement in the prevention, detection, treatment and biology of breast cancer. Up to £200,000 can be awarded and the deadline for submissions is January 5. tiny.cc/BCC_grants

Fellowships Parkinson's UK is offering training fellowships for qualified health and social care professionals who would like to train in relevant research. Fellowships are offered for up to £250,000, which covers salary costs, a contribution towards research expenses and training opportunities. Go to tinyurl.com/PUKTFs