



A day in the life...



# My compression community



*Gemma Davies is Clinical Lead for Telford Wound Healing Service*

I can't remember a time when I didn't want to be a nurse. My mum was a nurse and in my mid-teens I would go to work with her on a surgical ward and help to hand out tea and talk to the patients, which I really enjoyed.

At 16, I was offered a nurse training placement based on my GCSE results,

but I had to remain in further education until I began my training at 18 years. I passed my A-levels and finally started my nursing journey at Wolverhampton University.

When I had completed my training I spent a couple of years working on a surgical ward, delivering post-operative care to people who had had a variety of operations. I loved the team spirit and fast pace of the work. Mainly I enjoyed caring for patients. I got great satisfaction from helping people, and looked forward to work each day.

During my nurse training I had enjoyed a community midwifery and so, fancying a change, I decided to train to become a midwife, however, two months before the end of training, I realised my true vocation was indeed nursing! I had enjoyed my community placements, and helping people in their own homes, but loved working with older people, so I decided to become a district nurse.

With this new role, I began to deliver wound care most of the time. I was based in a very rural setting and was lucky to experience the idyllic version of district nursing presented on TV.





## A day in the life...

I delivered care for members of the community in their own homes in the countryside, sometimes visiting up to four times a day when people were at the end of life.

of healing – or even deterioration. Yet, on being taken on by the Wound Healing Service, those same patients have seen their wounds heal completely in an average of just 11 weeks.

To progress my career, I took a secondment in a tissue viability team, where we focused upon advising on complex wound care. I then took a lead role in an acute trust, where I was responsible for delivering care to inpatients with wounds. Following this, I took on a lead role in an acute and community trust, but didn't enjoy my job since I lost the patient contact that I had always loved. I was tied to a desk writing reports and all the things that I had always loved about nursing began to slip away.

I am fortunate to lead a service where the focus is on helping patients to improve their quality of life. Healing wounds is often our goal, of course, but in many cases, reducing pain, managing symptoms and offering support is enough to improve the experience of living with a wound.

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There is never an average day, but over an average week I try to spend half of my time with patients, which is what makes me truly happy. This usually involves supporting my team in reviewing patients with wounds that are proving difficult to manage.

At this point, I took my current post back in the community, working with patients every day and I haven't looked back. Helping people is the reason I get out of bed in the morning, and experience job satisfaction every day.

I am now very clear that helping people is why I became a nurse and is what keeps me loving my job. The focus of my role each day is to deliver individual care to each patient I see, identifying what is important to them, and helping to make changes to their care that lets them enjoy their life.

Telford Wound Healing Service was established in April 2018 to improve the quality of life for patients living with chronic wounds.

Patients accessing the service in the first year had on average been living with their wounds for 40 weeks with no sign

This also involves identifying and evaluating new equipment, dressings and other treatments that might just change a patient's life for the better. 

