Helping healthcare’s unsung heroes

Michelle describes living with the condition. ‘My limbs felt like they were solid lumps of lead and just raising my arms up to dry my hair left me completely exhausted,’ she says. ‘I had constant pain in all my joints; it felt like I had full-blown flu… but all the time.’

During the seven months she was away from work, Michelle received amazing support from the chronic fatigue syndrome team, which encouraged her to manage her lifestyle, pace herself and understand the mental and physical effects of everyday activities on her condition.

In November 2015, Michelle returned to work thinking she was better, but it soon became clear that she had returned too quickly. She ended up in A&E again with a kidney infection and severe migraines. To compound her problems, she went down to half pay in December, which caused additional stress and anxiety.

‘I thought I was getting better,’ she says, ‘and coping with the illness, but things just got worse for me.’

Michelle was able to get a grant from the Queen’s Nursing Institute to help pay her bills and the organisation also put her in contact with Cavell Nurses’ Trust who were able to support her by helping with mortgage payments.

Find out more...

If you are in need of help or support, or you know of someone who is, call our welfare team on: 01527 595 999

Find out more about Cavell Nurses’ Trust and ways you can get involved, like fundraising and raising awareness at: www.cavellnursestrust.org

‘I found it so hard and demoralising to ask for help, but the whole process was handled so sensitively,’ Michelle says. ‘I cannot express my thanks enough. I have been able to concentrate on recovering and getting back to work.’

Michelle has now managed to successfully return to work and is learning to adapt and pace herself by working shorter shifts. She realises that she will have to live with her condition but is determined to continue to do the job she loves.

‘The knowledge that Cavell Nurses’ Trust is there for nurses like me, should we ever need them, is amazingly reassuring,’ she says.

Paul Steiner, communications manager, Cavell Nurses’ Trust

At the Cavell Nurses’ Trust, we believe you are all heroes. The care, compassion and courage shown by nurses in the UK every day is staggering and very humbling to those of us not involved directly in nursing.

Cavell Nurses’ Trust is the living legacy of the heroic world war one nurse Edith Cavell who saved the lives of 200 allied soldiers over 100 years ago and her example informs the support we give. At Cavell Nurses’ Trust we believe, as did Cavell herself, that no one who is, or has been, a nurse, midwife or healthcare assistant should suffer hardship. Only last year we were able to help more than 1,400 people with money and support when they were going through personal or financial hardship, often because of illness, domestic abuse, disability, working poverty and older age.

MICHELE’S STORY

Recently, we were able to support Michelle who, after being diagnosed with chronic fatigue syndrome, had to stop working as a community nurse, a job she absolutely loved. Michelle has always had bags of energy — completing 10km runs and having two teenage boys to keep her busy — but in the spring of 2015 she started to feel unwell. She suffered a number of viruses but didn’t think anything of it and kept up her busy work and life schedule. However, in April 2015 she collapsed at work and was rushed to A&E. Despite experiencing balance problems, migraines and overwhelming fatigue, it took four months before her chronic fatigue syndrome diagnosis was confirmed.

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Scratch beneath the surface of eczema

A new tool, developed and tested by a panel of dermatology specialists, to help you make the most of your consultation time with eczema patients.

Eczema can have a significant effect on a patient’s quality of life. But with limited time, we know it can be hard to get a clear picture of how they’re managing.

The TalkingEczema tool helps by quickly and easily providing a snapshot of the physical and psychological impact of their condition.

The Tool encourages holistic, patient-centred care, ensuring tailored treatment plans, more empowered patients and ultimately better outcomes. In a pilot, 100% of patients said they would recommend the Tool to others with eczema.

The great thing is that it allows a much richer consultation, without using any more time. As a result, the patient feels heard, understood, informed and better able to follow the treatment regime.

Dr Tony Bewley
Consultant Dermatologist

I feel it can have a tremendous benefit. It helps you quickly find out how your patient is feeling, how they are coping and how they are managing treatment, which means together you can identify those knowledge gaps which will lead to better eczema management.

Julie Van Onselen
Independent Dermatology Nurse

Ordering materials couldn’t be easier, simply visit www.talkingeczematool.co.uk

The TalkingEczema tool has been developed and supported by Thornton & Ross Dermatology