Nicola Wood’s achievements can help inspire others

The RCNi Nurse Awards ceremony is a showcase of talent and achievement that lives on beyond the event. Many of this year’s shortlisted entries in the Nursing Older People category are examples of practice by nurses who are unafraid of challenging established ways of working or of championing improved outcomes for older people.

These characteristics are ably demonstrated by Nicola Wood, who is liaison psychiatry team lead at Forth Valley Royal Hospital, in Scotland.

In our feature on page 18 we describe the programme she and her team initiated to reduce hospital bed moves for people with dementia.

Nicola was one of the many high achievers this year who was highly commended by the judges, and we are delighted to feature her work in this issue of Nursing Older People.

The consequences of bed moves for people with dementia include agitation, confusion and distress, all of which put pressure on bed management.

Nicola’s project is a brilliant piece of work that achieved dramatic improvement in the care of patients with dementia without compromising bed management.

As a result of its success, staff report they are more confident in advocating for their patients.

The programme was made possible through her hard work and leadership, her ability to influence others, and her refusal to accept the status quo.

Nicola’s work deserves recognition, as does that of many nurses who achieve extraordinary results every day.

I hope that nurses such as Nicola will be an inspiration, and will encourage you to challenge, lead change and share your achievements.

‘The consequences of bed moves for people with dementia include confusion and distress’