She is now completing a Master's degree in human resource management and is implementing a strategy to increase professional management opportunities for nursing staff. She is described as a 'dynamic, enthusiastic person who gets results'.

**Children's nursing award**
**Joint recipient, Patrick Moore, clinical nurse specialist, Community Health Office, Moy**

Patrick Moore finds himself at the awards for his role in initiating and implementing a family support clinic at the Community Health Office in Moy. The service was established in 1991 and doctors, health visitors, teachers, parents and social workers frequently refer families to him.

He realised there was a gap in health visitor training which meant they were not equipped to deal with behavioural problems in the family. The family support clinic involves psychological intervention. It centres on parents changing their reaction to the child, which in turn changes the child's reaction to the parents.

'Often complex problems involving family dynamics can be dealt with,' explained Patrick. 'Very often three to four visits are enough for a family to arrange its dynamics, take control and get on with normal living.'

**Learning disabilities award**
**Sponsored by RCN Membership Services**
**Paul Mills, nurse behavioural therapist, Down Lisburn Trust**

Behavioural therapist Paul Mills was nominated for his part in establishing a challenging behaviour service for people with a learning disability.

As an experienced community nurse, he was involved in monitoring behavioural patterns, but was concerned that comprehensive assessments were not being carried out – there was simply not enough time.

He brought his concerns to the attention of his management and gained funding to establish the challenging behaviour service in January 1996. In the first six months, 26 clients were referred. Paul is now studying for a diploma in the applied psychology of learning disability, through the University of Kent.

**Learning disabilities commendation**
**Gordon Moore, senior clinical nurse, Down Lisburn Trust**

Gordon Moore was nominated for his role in establishing a tailored health screening programme for learning disabled people. The programme, the first of its kind in Northern Ireland, was established in 1992. By June 1996, it had screened 373 adults.

Down Lisburn Trust has incorporated the health screening project as part of its continuing programme of care. Gordon says the provision of care, advice and treatment for people with a learning disability can be complex and should be based on understanding, communication and having the extra time that people with a learning disability require. 'If people with a learning disability are to lead fulfilling lives, then promotion of health and well-being is essential,' he said.

**Mental health nursing commendation**
**Sponsored by Stewarts / Crazy Prices**
**Martin McCarron, cognitive behavioural nurse, Lissan House, Omagh**

Martin McCarron has been nominated for his role in establishing a diploma course in cognitive behavioural therapy with the University of Ulster, the Area Mental Health Unit and Western College of Nursing.

After several years as a general mental health nurse, he studied in Dublin to become a cognitive behavioural nurse therapist. Once qualified, he began to offer cognitive behavioural therapy to patients and educated GPs and other relevant consultants and agents in its benefits.

CBT is a short-term, goal directed, research-based treatment. It offers clients/patients the opportunity to participate in a collaborative, therapeutic relationship. As awareness of the treatment increased, there existed an obvious need to train more therapists – hence the creation of the diploma course.