quality of sleep can help nurses to deliver safe and effective practice.

This article has helped me explore my preconceptions about sleep, understand the consequences of sleep deprivation, and to address my sleep hygiene, which I have neglected in the past. I now appreciate that a pattern of ongoing adequate sleep is vital in maintaining a healthy diet, regular exercise, health and well-being.

How is this relevant to the Code?
Select one or more themes: Prioritise people, Practise effectively, Preserve safety, Promote professionalism and trust

The theme of prioritising people states that nurses need to pay attention to promoting wellbeing, preventing ill health and meeting the changing health and care needs of people during all life stages. This relates to the article, which emphasises the importance of promoting healthy sleep to maintain well-being and outlines the consequences of sleep deficit.

The theme of promoting professionalism and trust states that nurses must maintain the level of health they need to carry out their professional role. The article discussed how understanding the factors that enhance or hinder sleep can benefit nurses and their practice.

Nancy Howard is a respiratory nurse specialist at Worcestershire Royal Hospital, Worcestershire

PATIENT VIEW

Nurse ensured our family had one last precious meal together

Amanda Jacobs says Sue Lovett helped her husband Jake spend time at home, despite his terminal cancer diagnosis

My husband Richard – known to everyone as Jake – had been admitted to ward 21 at the Royal Shrewsbury Hospital in Shropshire with side effects from stage five small bowel cancer. We knew his diagnosis was terminal, but at this point we thought he still had 18-24 months to live, following seven cycles of chemotherapy.

Within a week of admission my husband lost the use of his legs and the sight in his right eye. We were hit with the terrible news that the cancer had spread to his brain and spinal cord and he only had weeks to live. Obviously we were devastated.

Empathy
Sister Sue Lovett was present when our oncologist broke the news, and afterwards was unbelievably kind and empathetic. We received the news on a Friday, and Sue asked Jake if he would like to go home for a few hours on Sunday, when she was next on shift.

This gave him an unbelievable boost and something huge to focus on through the following day, although he was sceptical that it would happen – our experience wasn’t always positive through his eight-month cancer journey.

On Sunday morning, as soon as her shift started, Sue began arranging transport for Jake. He was too ill to go home by car, and she had to fight hard to persuade the site manager, who insisted it was not appropriate for my husband to have transport ‘just to go home for a few hours’. Finally my husband phoned me, elated to say he was on his way home.

Jake’s sister was visiting from Israel and knew it would be the last time she would see her brother. That lunchtime, my husband shared lunch with his brother, his sister and me in our home. Eating together is an important part of Jewish family culture and those memories will be so very important to us forever.

Jake died two weeks later. We will never be able to thank Sue enough for going the extra mile and recognising the huge importance that visit held for us that day.

Sue Lovett with Amanda Jacobs