

NURSING

At the age of 14 I began working in the kitchen of a local nursing home - Park House Court Nursing Home. I enjoyed the environment, talking to and helping residents with simple things like making teas and coffees. It was during this time that I decided that a nursing course was something that I wanted to do. At the age of 16 I applied for a job as a 'carers aid', after an interview and a CRB check I started to work as a part time carer's aid. This job gave me an insight to the medical and caring environment. It involves working in different areas of the nursing home; one in particular is 'bunny's wing' which is a dedicated unit for clients who suffer dementia type illnesses. I soon realised that working in bunny's wing was where I enjoyed working the most, instantly I knew that a mental health nursing course was what I want to do. I then made a request to the matron to be permanently placed in bunny's wing as mental health is something that interests me. I soon began creating relationships with residents which I genuinely enjoy doing.

I have built up confidence, knowledge and awareness of various aspects of caring for individuals with their personal needs. I feel that a mental health nursing course would be ideal for me as I know 100 per cent that helping and caring for individuals with mental health issues something that I aspire to do in the near future. I believe that my job has been a great way of experiencing many different aspects of mental health, it can be challenging at times, nevertheless I see everything that is difficult as a personal challenge that I am willing to take on the best I can. Working with mental health can be difficult and extremely stressful and can be a physically and mentally demanding job, I have been shown the realistic side of care in my job, at times it can be very hands on and long 12 hour shifts. I feel that over time I have become an emotionally stronger person. I am able to create effective relationships with clients; this can be difficult as often clients do not respond, generally confused and can be aggressive and abusive towards staff. I am able to work within a team and follow instructions and respond to different situations.

The course includes placements which I feel I will work effectively in, working with various age groups including children and young adults which would be new to me and I challenge that I would enjoy being involved with. I am looking forward learning about the theoretical structure and different aspects involved and then applying my knowledge and skills into real life situations.

To help myself gain more knowledge and experience within healthcare I underwent work experience which involved me 'shadowing' a registered mental health nurse, this gave me an insight of the daily routine. By the end of my experience I was able to personally hand medication to residence (under strict supervision), fill in care plans use 'peg feeds' and other aspects of mental health nursing.

I am part of the C.H.I.P's (Child Line in Partnerships) scheme which enables me to help and support younger members of the school, also to listen and give advice to individuals and build on my communication skills. Another role that I have within my school is being elected Senior Prefect, it involves being part of a team and making decisions and listening to and sharing ideas. I feel that having a role within the school helps with organisation and responsibility skills. I have the organisation and social skills needed for this course. I am currently able to manage my school work, my social life, family life and my job. I am aware that there is a lot more involved with mental health nursing than what a carers job role is, which is why I would really like to expand on my current knowledge and gain more experience by pursuing my hopes of becoming a mental health nurse. I am a hardworking dedicated student and would look forward to developing all new skills and improving on any that I currently have.