

Our nursing and midwifery people

**Liam Freeman, Learning Disability Nurse (student),
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On a typical day

On lecture days, I start at 9am. On the days I am with other learning disability student nurses, we focus on a person-centred approach for people with learning disabilities, and on the information needed to support them throughout their lives. On other days, we have lectures with adult and children student nurses. This gives us the chance to learn from one another and understand our limitations in each of the fields. Placements can happen in a variety of locations: from residential homes, to assessment and treatment units, to community teams. As a student nurse, you have to learn to adapt your working style to the different placement types. From managing your time and appointments in community team to providing 24/7 care in residential home, I try to support the service user with different activities and to promote independence with positive risk taking.

One way I've made a difference as a nurse or midwife

In my third year, for the first time, I was given community placement. I used my research skills and reached out on twitter to find what to expect from my community placement. I was given tons of advice and support from fellow student nurses and newly qualified nurses who had various knowledge of community placements. Thanks to this and great advice from my practice assessor, when it came to starting the placement, I was still nervous, but within my first week, I felt myself grow in confidence - to become the passionate, newly qualified nurse I want to be in 2020.

What would you say to someone considering a career in nursing or midwifery?

I would suggest to having a taster of each field of nursing (learning disability, adult, child, mental health and midwifery), to give you better understanding of the unique skills required for each. Studying learning disability nursing has taught me about the importance of person-centred care and about understanding people's choice of communication and empowering them to be involved with their care. There are lots of opportunities out there. Being a student there can be hard at times but also there are moments that are so good, they bring you through the hard times!

Find out more about our nursing and midwifery people stories, and how you can submit yours, by contacting us at: England.nursingmidwifery@nhs.net

