

How to Remain an IBD Nurse, Self-care and Celebrating the Role

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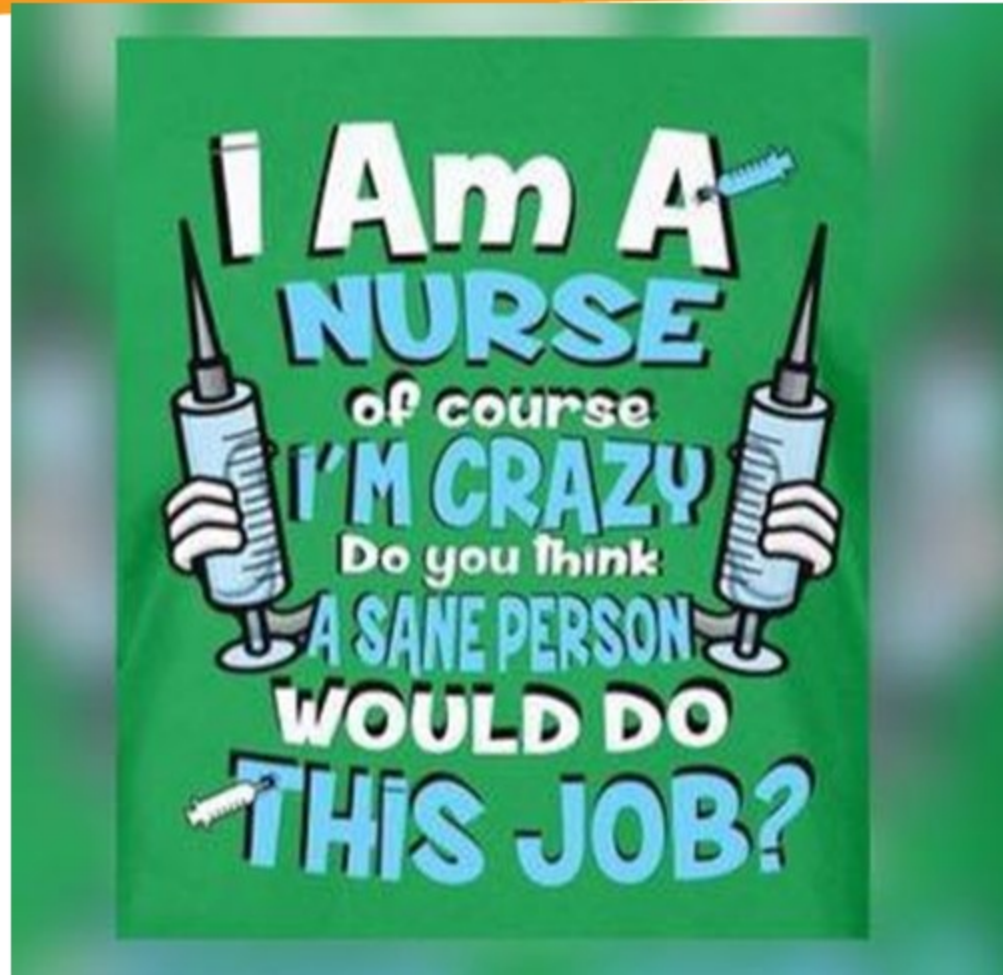
Ferring Pharmaceuticals have reviewed these slides for technical content

Providing
the **Best**
Possible
Care

Disclosures

Speaker Fees: Ferring Pharmaceuticals

Nurse Advisory Boards: Dr Falk, Takeda, Tillotts



Objectives

- Why should I remain an IBD Nurse specialist?
- How to evolve the role
- How to raise your profile
- How to address current pressures
- What support is currently available?
- Self-care
- Celebrating the role

Specialist Nurse Roles

- Limited clinical career pathway
- Evolved for chronic conditions
- IBD often in addition to another role
- Unstructured solo service
- Now a conscious choice of career pathway

QUESTION: How did you get into your role?

- 1 Stumbled into it
- 2 Added to another role e.g. nurse endoscopist
- 3 Conscious career pathway decision
- 4 Other

QUESTION: How did you get into your role?

1 Stumbled into it



2 Added to another role e.g. nurse endoscopist



3 Conscious career pathway decision



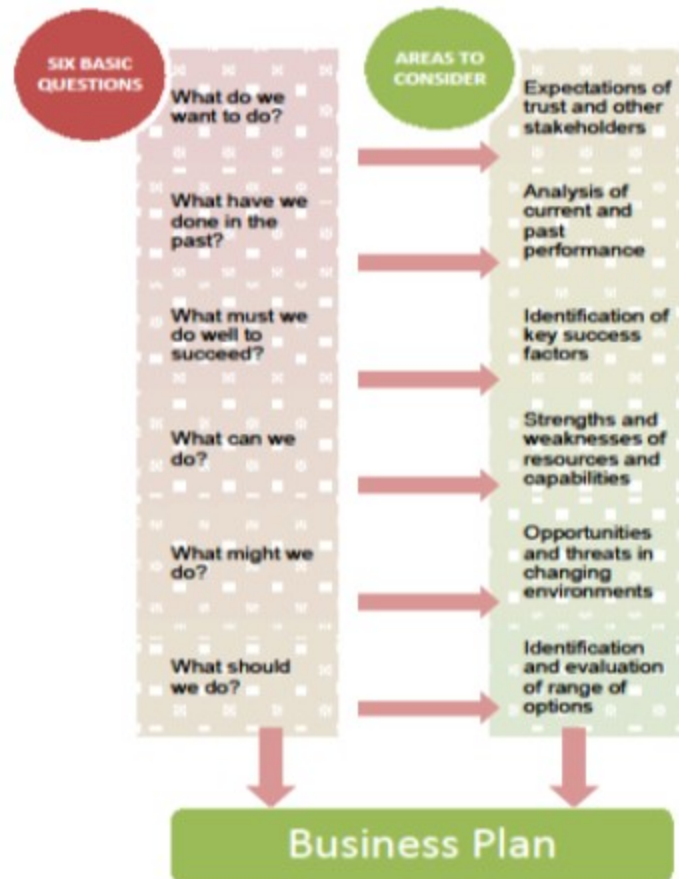
4 Other



Developing the IBD Nurse Role

- Business Case
- Job Plan
- Study Days
- Academic Courses
- Annual Report
- Service Review
- Regional Nurse Meetings

Business Case



Job Plan

	Mon	Tues	Weds	Thurs	Fri
A M	<p>Telephone & Email response: Reacting to messages or follow up from clinic or helpline</p> <p>IBD NL Clinic: Caseload: Out patients; follow ups, new patients, rapid access patients. Physical assessment, psychological assessment, specialist assessment, anxiety assessment, specialist symptom control, psycho sexual counselling, anxiety rescue work, promoting self management, supporting clinical choice and meeting information needs, social assessment, referrals, shared decision making, dealing with distress, communicating significant news, body image, biographical disruption, lifestyle changes and social adaptation, mediation of relationships, advice, social assessment</p> <p>Clinical Admin: letter dictation, referrals, ordering investigations, prescribing medication, brokering care</p>	<p>Telephone & Email response: Reacting to messages or follow up from clinic or helpline</p> <p>IBD NL Clinic: Caseload: Out patients; follow ups, new patients, rapid access patients. Physical assessment, psychological assessment, specialist assessment, anxiety assessment, specialist symptom control, psycho sexual counselling, anxiety rescue work, promoting self management, supporting clinical choice and meeting information needs, social assessment, referrals, shared decision making, dealing with distress, communicating significant news, body image, biographical disruption, lifestyle changes and social adaptation, mediation of relationships, advice, social assessment</p> <p>Clinical Admin: letter dictation, referrals, ordering investigations, prescribing medication, brokering care</p>	<p>Telephone & Email response: Reacting to messages or follow up from clinic or helpline</p> <p>Professional Activity: Service Development/ management; meetings, protocol & guideline development, Leadership work: monitoring standards, vigilance & role modelling</p> <p>Clinical & Non Clinical Admin: letter dictation & authorisation, referrals, ordering investigations, prescribing medication, brokering care, including routine chasing up</p> <p>Email response: patients, MDT</p> <p>Case Management: follow up from clinic/helpline consults, investigations, follow up, liaison with HCPs.</p>	<p>Telephone & Email response: Reacting to messages or follow up from clinic or helpline</p> <p>Biologics monitoring: Safety monitoring, prescribing medication, ordering investigations</p> <p>Clinical & Non Clinical Admin: letter dictation & authorisation, referrals, ordering investigations, prescribing medication, brokering care, including routine chasing up</p>	<p>Telephone & Email response: Reacting to messages or follow up from clinic or helpline</p> <p>IBD NL Clinic: Caseload: Out patients; follow ups, new patients, rapid access patients. Physical assessment, psychological assessment, specialist assessment, anxiety assessment, specialist symptom control, psycho sexual counselling, anxiety rescue work, promoting self management, supporting clinical choice and meeting information needs, social assessment, referrals, shared decision making, dealing with distress, communicating significant news, body image, biographical disruption, lifestyle changes and social adaptation, mediation of relationships, advice, social assessment</p> <p>Clinical Admin: letter dictation, referrals, ordering investigations, prescribing medication, brokering care</p>
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Annual Report

- Executive Summary
- Introduction
- Aims of the service
- The Team
- Clinical Activity
- Service efficiency gains
- Evidence of impact of service
- Professional Activity
- Research & Audit
- Future Opportunities
- Summary
- Appendices

Service Review- 1

Please enter your service title here...	
1. WTE posts	
2. Service summary	
3. Patient experience	
4. Current SWOT analysis	
5. GAP analysis	

Service Review- 2

Please enter your service title here...	
6. Caseload & Evidence of activity	
7. Trust wide Leadership Activities	
8. Nursing Service Key Performance	
9. Best practice guidance	

Training Opportunities

- University Modules
- Pharma Study Days
- Conferences: ECCO, BSG, UEGW, DDW
- CCUK ANP/ RCN Accreditation & Credentialing
- Patient Panels

Raise Your Profile- to your patients

- Business Cards
- Information sheet about your service
- Posters in visible areas
- CCUK local meetings
- Hospital Magazine
- Trust web page
- Email tag line

Raise Your Profile- locally and nationally

To Your Colleagues

- Posters with your contact details
- ICE referral to IBD Nurse
- Trust IT network screensaver

Nationally

- Speak at meetings
- Network with IBD colleagues
- CCUK magazine
- Get yourself published

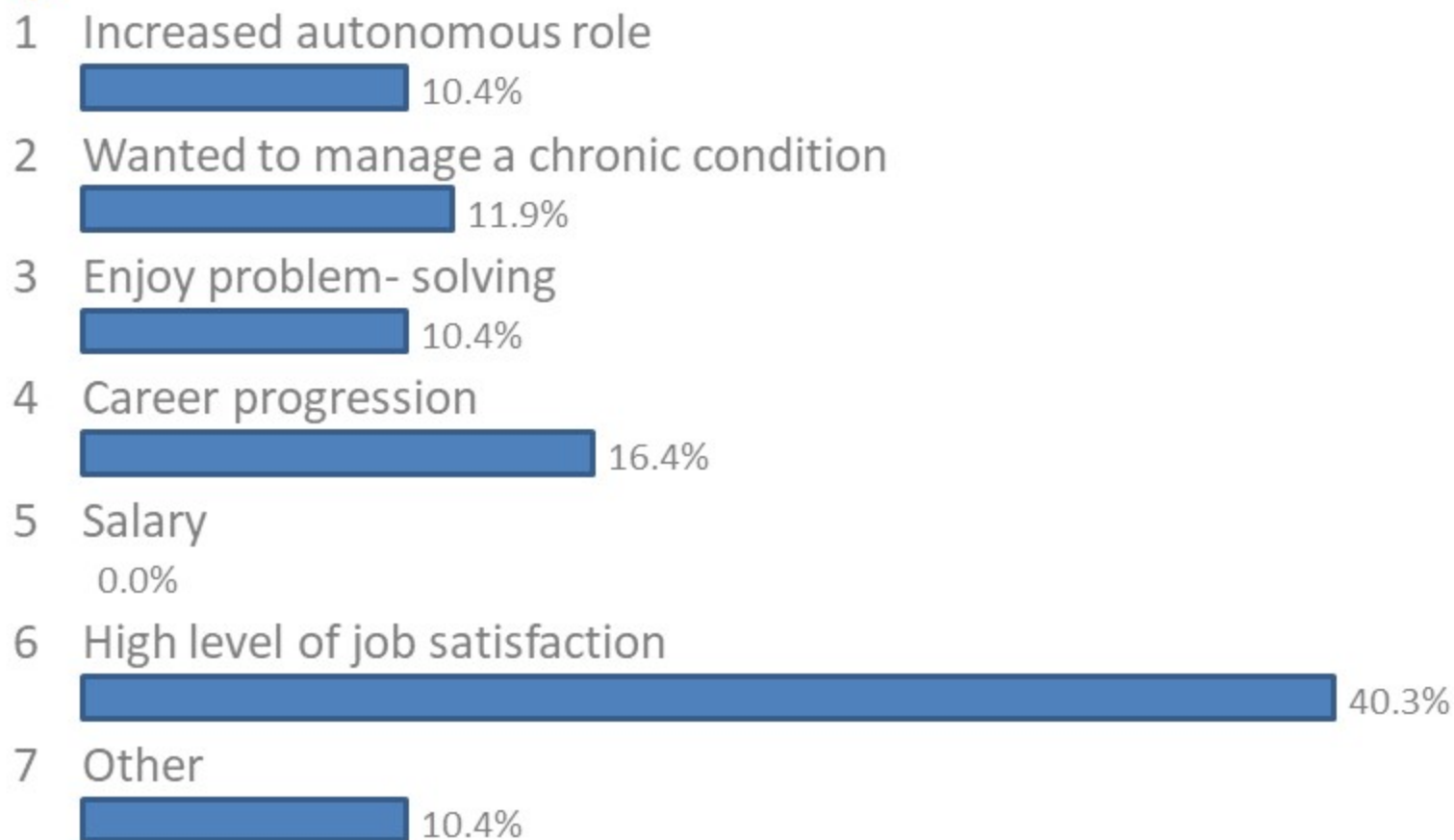
To Your Manager

- Weekly activity Dashboard
- Annual Report
- Annual Service Review

QUESTION: What keeps you in the role?

- 1 Increased autonomous role
- 2 Wanted to manage a chronic condition
- 3 Enjoy problem- solving
- 4 Career progression
- 5 Salary
- 6 High level of job satisfaction
- 7 Other

QUESTION: What keeps you in the role?



Current Pressures

- Increasing workload
- Advice line
- Biologics service
- Increasingly complex patients
- Seeing patients pre-diagnosis
- Funding for academic study and conferences

How to address pressures

- Weekly dashboard of activity
- Annual Report
- Service Review
- Clinical Supervision
- Networking with IBD nurse colleagues
- Use the IBD Standards
- Patient panel
- Talk to someone!
- Funding through grants, pharma, Trust

Support Networks

- RCN
- CCUK
- Pharma Meetings
- Networking with colleagues
- Advice line debates
- Peer support

QUESTION: What sort of supervision do you have?

- 1 Regular formal clinical supervision sessions
- 2 Informal de-brief with colleague(s) at work
- 3 Informal de-brief with colleague(s) out of work
- 4 None
- 5 Other

QUESTION: What sort of supervision do you have?

1 Regular formal clinical supervision sessions



2 Informal de-brief with colleague(s) at work



3 Informal de-brief with colleague(s) out of work



4 None



5 Other



Self- Care

- Clinical supervision
- Network with colleagues
- Take your breaks
- Go home on time
- Recognise stress
- Build resilience
- Manage expectations

Celebrating the Role

- National Nursing Awards
- Hospital Awards
- CCUK Awareness Month
- International Nurses Day
- World IBD Day
- Recognition Boards
- Revalidation
- Appraisal
- Trust website blog
- Compliments
- Service Review
- Annual Report
- IBD Standards
- Get Published!

Who to send Annual Report to

- Chief Executive Officer
- Director of Nursing
- Matron
- Gastro Consultants
- Surgeons
- Service Managers

Why should I remain an IBD Nurse Specialist?

- Rewarding
- High level of job satisfaction
- Trail- Blazers
- Evolving specialist nurse career pathway
- IBD Standards and Benchmarking
- We're a great bunch of people!

Further Reading

- Apollo Nursing Resource: <https://www.apollonursingresource.com/>
- BSG IBD Guidelines (2019)- Accepted Manuscript.pdf:
<https://www.bsg.org.uk/resource/bsg-consensus-guidelines-ibd-in-adults.html>
- CCUK: <https://www.crohnsandcolitis.org.uk/>
- ECCO Guidelines: <https://www.ecco-ibd.eu/publications/ecco-guidelines-science/published-ecco-guidelines.html>
- IBD Standards (2019): <https://www.ibduk.org/ibd-standards>
- Crohn's Management (May 2019): <https://www.nice.org.uk/guidance/ng129>
- Ulcerative Colitis Management (May 2019):
<https://www.nice.org.uk/guidance/ng130>

{All internet links last accessed on 15/09/19}



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