

## NURSING AND CARING



Mrs Newbury and her son, Sam, came to talk to us about their jobs. Mrs Newbury is a nurse whilst Sam works with young adults with physical and learning disabilities.

Mrs Newbury explained that she had wanted to be a nurse from the age of five and had studied hard for and taken lots of exams three years after leaving school. She explained that now, you have to go to university to get a degree.

Although Mrs Newbury loves her job she said it wasn't like Casualty or Holby City – sometimes it isn't very exciting at all because she has to do the same things every day but she doesn't mind as she loves helping her patients. She works as a rehabilitation nurse with elderly people. This means that when they have been ill or in hospital for a long time, she helps them get better and get ready to go home. She stays on her ward, which has twenty one patients and helps the men

and women in whatever way she can. Sometimes she might need to change dressings, give medicines or call for a doctor, sometimes she may need to help someone to dress themselves or walk to the bathroom and help them wash. Whatever she does, she enjoys working as part of a team and helping others.

If you are interested in nursing, you don't have to work with old people. You could be a children's nurse, or a school nurse, you could work in a factory or as a practice nurse in a Drs. You could even become a phlebotomist – a nurse who spends her time taking blood!

Sam knew when he left school that he didn't want to go to college. He tried a few different jobs and then applied for a job as a carer. He went for an interview and got the job. In some ways, his job is similar to his mum's – he cares for, and helps, others to live as normal a life as possible.

He works with young adults who live in two care homes – he calls them service users. Five of the people are in wheelchairs and find it hard to get out and about whilst the other six people

look like us but aren't able to think in the same way and need help to do the things that we can do without thinking.

Sam starts work at 7am and helps the people he works with get up. He helps them to make their breakfast, gives them their medicines, helps them tidy their rooms and do their laundry and then he spends the rest of the day out and about. He sometimes visits the cinema, or goes ten-pin bowling, swimming or horse riding with his service users. When he starts early in the morning, he finishes work at 2pm. Sometimes he works in the afternoon and evening.

Sam also had to learn to 'speak' Makaton, a sort of sign language so that he could 'speak' to someone he works with.

Both Sam and Mrs Newbury agreed that they loved their jobs and that although there were some differences between them, there were many differences too.

Which job might interest you?