



ROYAL COLLEGE OF NURSING IN WALES
NURSE OF THE YEAR
AWARDS

AWARDS
PROGRAMME

10 NOVEMBER 2021



Coleg Nyrso Brenhinol
Cymru
Royal College of Nursing
Wales



RCNWales



@RCNWales



rcn_wales

OUR SPONSORS



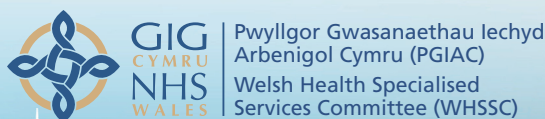
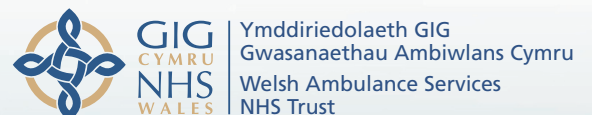
Cymru Wales



Sponsored by



Car • Home • Travel • Pet
LV.com/RCN



THANKS FROM RCN WALES

Without our sponsors this event would not have been possible and the Royal College of Nursing in Wales would like to say a huge thank you to each and every one of our sponsors for helping us to celebrate the very best of nursing in Wales. Through the success of the Awards, RCN Wales officially launched the RCN Wales Nurse of the Year Alumni Network in 2017. The Alumni Network offers a clear pathway of personal and career development opportunities and exposure for award finalists. It creates a highly engaged group of innovative leaders who promote nursing within Wales and externally, both nationally and internationally.

For further information please email RCNWalesAlumni@rcn.org.uk

The 2022 Wales Nurse of the Year Awards will be launched in April. We are planning that the award ceremony will take place at Cardiff City Hall on Wednesday 9 November 2022. If you are interested in becoming a sponsor please contact us via email at nurseoftheyearawards@rcn.org.uk

CONTENTS

Foreword	4
Master of Ceremony	5
Entertainment	6
Time to Reflect	7
Lifetime Achievement Award	8-9
Our Award Sponsors	10-15
Meet Our Award Finalists	
Children and Midwifery Award	16
Community Nursing Award	17
Improving Individual and Population Health Award	18
Learning Disabilities and Mental Health Award	19
Primary Care Nursing Award	20
Suzanne Goodall Paediatric Nursing Award	21
Advanced and Specialist Nursing Award	22
Health Care Support Worker Award	23
Supporting Education and Learning In Practice Award	24
Nurse Education Award	25
Nursing Student Award	26
Registered Nurse (Adult) Award	27
Chief Nursing Officer for Wales Award	28
Innovation and Digitalisation in Nursing Award	29
Supporting Improvement through Research Award	30
Care of the Older Person Award	31
Wales Nurse of the Year 2021	32-33
Congratulations	34-35

FOREWORD



RICHARD JONES MBE
Chair of the RCN Wales Board



Our ninth annual RCN Wales Nurse of the Year Awards are here.

I am honoured to be welcoming everyone to this event, an evening of celebration of the nursing workforce. We commend all the hard work, innovation and dedication of nurses, midwives and health care support workers across Wales.

The past couple of years have without a doubt been the most challenging for nursing and health, but these are years where we have seen the nursing workforce pull together to support patients and each other through the COVID-19 pandemic. Not only caring for those in need in the most difficult of circumstances, but also being the driving force behind the rollout of the vaccination programme.

The commitment to patient care has been unwavering and RCN members have also found the strength to rally together and conduct a robust pay campaign for fair pay for nursing.

Our work continues in the fight for fair pay and around safe and effective care as we extend our crusade to extend the Nurse Staffing Levels (Wales) Act 2016 to all clinical areas. Once again Wales is at the forefront of innovation with other countries seeking to follow our lead.

RCN Wales Headquarters:
Tŷ Maeth, King George V Drive East, Cardiff CF14 4XZ

RCN North Wales Office:
Plas Eirias Business Centre, Abergele Road, Colwyn Bay LL29 8BF

Nursing strives to provide high-quality, safe and effective care and our ultimate goal is to better the lives of our patients and clients. We strive to help people live more independently, lead healthy lives and access specialist services for more complex issues. The impact of COVID-19 means that nursing has an even bigger part to play in patient care and we know that the nursing workforce in Wales have and will continue to be an unwavering support for people in Wales.

These awards are for nurses, midwives and health care support workers, who will be acknowledged for their dedication and perseverance. These are the people who, in difficult times, have the time to focus on patients, to care, to find solutions to problems and show their dedication to the nursing profession and health care in Wales. Tonight's event demonstrates the sheer scope and diversity of the work nurses, midwives and health care support workers are doing to support our patients.

Congratulations to each and every one of our finalists this evening. You truly are shining stars and I commend your passion and dedication to patient care.

I would like to express my sincere gratitude to all of our awards sponsors for their generosity and ongoing support. This evening would not be as fantastic as it is without you.

Have a wonderful evening everyone!



MASTER OF CEREMONY



JASON MOHAMMAD

Jason Mohammad is one of the most recognised broadcasters in the UK. His face and voice can be seen and heard daily across the BBC's networks on television, radio and podcasts.

The Cardiff-born TV presenter hosts BBC Football's results and debate show Final Score on BBC One, has anchored a number of Match of the Day 2 programmes and presented the BBC coverage pitch side at the finals of FIFA World Cup 2014 in Brazil and 2018 in Russia.

Jason is also one of the presenters of BBC Sport's Olympic Games coverage - covering three summer games - in London, Rio and Tokyo. He was also a member of the 2014 Sochi Winter Olympic Games - hosting and reporting from numerous venues including the famous Russia v USA ice hockey match.

His wonderful Welsh voice combined with a relaxed and knowledgeable style won him many admirers at the very top of the BBC. Jason is now one of the main presenters on one of the biggest music stations in the world - BBC Radio 2 - playing songs by the biggest stars.

He's interviewed some huge names too including Al Pacino, Dame Shirley Bassey, Noel Gallagher and the TV legend that is Del Boy - Sir David Jason himself!

Equally at home talking about football, rugby union, music, television and movies - Jason is a fantastic public speaker and perfect for award ceremonies, corporate evenings and conferences. He's hosted events for the likes of Mercedes-Benz, Maserati, Celtic Manor, UEFA and HP.

A prolific documentary filmmaker - Jason has also made programmes in Mecca and Egypt. He recently spent time looking at poverty and diversity which caught the eye of many newspapers. Jason is passionate about equality and giving opportunities to young people from disadvantaged backgrounds.

Jason sadly experienced racism and prejudice during the 1980s and speaks eloquently about his early years and upbringing in his speeches to conferences on diversity. It's a story that you do not want to miss.

ENTERTAINMENT

ONLY BOYS ALOUD.



ALoud Through group singing, The Aloud Charity changes the lives of young people across Wales. Our activities offer unique opportunities for teenagers, providing them with the self-confidence and skills they need to fulfil their potential.

Established in 2012, the charity delivers its core activity through Only Boys Aloud: a boys choir providing an antidote to the prevalent levels of low ambition affecting young Welsh men. Through music and team activities, OBA increases self-esteem and motivation, building an inclusive community and brotherhood. Composed of 240 boys across 12 choirs, OBA meet weekly in some of the most deprived areas of Wales. Importantly, there is no audition or fee to join. The Only Kids Aloud Chorus is a pan-Wales choir of 100 girls and boys aged 8-11. The choir runs annually using a residential model. With no national children's choir in Wales, the OKA Chorus provides an opportunity for aspiring young singers to shine. Other key projects include the OBA Academi (a senior residential course for 32 of the most committed

OBA members who show greatest potential), Aloud in the Classroom which delivers sessions in primary schools, and the Aloud Girls - a pilot choral project working with young women in South Wales.

During the pandemic, the charity has learnt a hybrid approach to all aspects of our work: from delivering online weekly rehearsals and events to adjusting the way we communicate with our supporters and stakeholders from across the world. Only Boys Aloud are delighted to share one of our favourite performances as part of the celebrations for the RCN Wales Nurse of the Year Awards 2021. We hope you enjoy it.

To support The Aloud Charity, please visit our website www.aloud.cymru or visit our social media channels.

@thealoudcharity @onlyboysaloud

TIME TO REFLECT

THIS JOB IS AN HONOUR


Morning of a shift, unsure of what's to come
And yet it's what you love, so no, you do not run
You put on your mask, as it's the latest style
And your eyes now become, your new lovely smile
Those we care for, are anxious and scared
Their fears and sadness, you encourage them to share
You listen to their stories, about their wonderful lives
And comfort them, support them, in these uncertain times
By the end of your shift yes you're ready for home
But you can't help but think, of those feeling so alone
This job is an honour, but comes also, at a cost
As we have seen, even our colleagues, who's lives have been lost

Yes, this job is an honour ...
very humbling, emotions run high
Yet is heartbreaking to see, just how many,
have had to whisper their final goodbye

Jo Edwards

Staff Nurse, Cardiff and Vale University Health Board




ROYAL COLLEGE OF NURSING IN WALES
NURSE OF THE YEAR
AWARDS

LIFETIME ACHIEVEMENT AWARD 2021

LIFETIME ACHIEVEMENT AWARD

SPONSORED BY **CWM TAF MORGANNWG UNIVERSITY HEALTH BOARD**



Bwrdd Iechyd Prifysgol
Cwm Taf Morgannwg
University Health Board

This award recognises an exceptional Registered Nurse who has made a career-long contribution to nursing practice, resulting in a legacy of sustainably improved outcomes for individuals, communities, and the wider population. Nominees for this award will also have made a significant contribution to the development of nursing as a profession that is valued by society.

Criteria for Award:

The successful nominee will have made a sustained lifetime contribution towards the significant advancement of nursing on a national and/or international level. The winning nurse is recognised as:

- Able to demonstrate a track record of progressive leadership, and will have inspired advanced nursing practice
- Being an expert in their field, having delivered measurable improvements in the quality of care.

Shortlisted nominees for the 2021 Award are:



DEBORAH BURCHELL

Clinical Nurse Specialist,
Cardiff and Vale University
Health Board



KAREN MILLS

Senior Nurse, HMP Cardiff,
Cardiff and Vale University
Health Board



SUSAN MOGFORD

Senior Nurse, Short Stay
Surgery Unit Ward, Children's
Hospital for Wales, Cardiff and
Vale University Health Board



JUDY ROGERS

Infant Feeding Coordinator,
Cardiff and Vale University
Health Board



CAROLINE WHITTAKER RRC OstJ

Quality Lead,
Public Health Wales



LOUISE WILLIAMS

Nurse Advisor for Medicines
Management, Cardiff and
Vale University Health Board

PREVIOUS LIFETIME ACHIEVEMENT AWARD WINNERS:

2013 Helen Bennett Clinical Board Nurse, Mental Health, Cardiff and Vale University Health Board

2014 Daphne Meredith-Smith Head of Mental Health Nursing, Cwm Taf University Health Board

2015 Brenda Scourfield School Health Nurse, Hywel Dda University Health Board

2016 Karen Logan OBE Consultant Nurse - Continence, Aneurin Bevan University Health Board

2017 Tanya Strange MBE Divisional Nurse, Primary Care and Networks, Aneurin Bevan University Health Board

2018 Professor Ruth Northway OBE, FRCN Professor of Learning Disability Nursing, University of South Wales

2019 Angela Haley Senior Nurse, Respiratory Services, Aneurin Bevan University Health Board

LIFETIME ACHIEVEMENT AWARD 2021



**CAROLINE WHITTAKER
RRC OstJ**
Quality Lead, Public Health Wales



Caroline Whittaker RRC OstJ is named as the Lifetime Achievement award winner of 2021!

Caroline is a dedicated nurse with a distinguished career within the armed forces as well as Occupational Health and academia. For the past four years Caroline has worked within Public Health Wales and has demonstrated a continual commitment to furthering nursing. She is particularly keen and supportive to junior staff and students, and will support across all disciplines, not just nursing.

Caroline has a wealth of experience and knowledge as a nurse manager, nurse lecturer and Quality lead; has presented at National and International Conferences on Occupational Health (and published work). Caroline has a proven track record in academia and led the development of the Diploma in Occupational Health, which was the first in Wales and at the forefront in the UK.

Caroline has had several overseas tours of Bosnia, Afghanistan, and Iraq as an army medic. A testament of her management and leadership skills and commitment to the nursing agenda have resulted in the

awarding of the Royal Red Cross and the Order of St John.

Within Public Health Wales, Caroline champions and shaped how we can offer employment recognition and support to the armed forces community. As a direct result Public Health Wales achieved a Gold accolade in 2020.

Commenting on Caroline's award, Richard Jones MBE, Chair of the RCN Wales Board said:

"Caroline has had an exceptionally varied career and has shown incredible leadership in a variety of contexts in some of the most challenging of patient care settings on the international stage. Caroline is an exceptional example of a nurse manager and leader who goes above and beyond their duties, possessing such drive and passion that it takes your breath away. It's amazing how Caroline has fitted so much experience and achievement into just one lifetime, she is an inspiration and a worthy winner of the Lifetime Achievement Award, congratulations to Caroline."



OUR AWARD SPONSORS

CHILDREN AND MIDWIFERY AWARD

SPONSORED BY
BETSI CADWALADR UNIVERSITY HEALTH BOARD



Betsi Cadwaladr University Health Board (BCUHB) is the largest health organisation in Wales, providing a full range of primary, community, mental health and acute hospital services for a population of around 676,000 people across the six counties of North Wales, as well as some parts of mid Wales, Cheshire and Shropshire. It employs

more than 17,500 staff and has a budget of around £1.9 billion. BCUHB operates three district general hospitals, 18 other acute and community hospitals, and over 90 health centres. The Health Board also co-ordinates the work of GP practices, and NHS services from dentists, opticians and pharmacies in North Wales.

COMMUNITY NURSING AWARD

SPONSORED BY
HYWEL DDA UNIVERSITY HEALTH BOARD



Hywel Dda University Health Board provides health care to a population of around 384,000 in Carmarthenshire, Ceredigion and Pembrokeshire. It provides acute, primary, community, mental health and learning disabilities services in a variety of settings including general and community hospitals, health centres, community health care facilities and within patient's own homes.

Registered nursing and midwifery staff account for approximately 32% of the Health Board's workforce and are integral to positively influencing the health care experience of patients at all levels – from the impact they have on national policy and education, to the care they provide at the bedside and, increasingly, within patients' own homes.

IMPROVING INDIVIDUAL AND POPULATION HEALTH AWARD

SPONSORED BY
PUBLIC HEALTH WALES



Public Health Wales is the national public health institute for Wales. We are part of the NHS, and provide professional, independent public health advice and services with the aim of achieving a healthier future for Wales. We do this by working in partnership with others to ensure maximum impact in improving health and well-being and reducing health inequalities in Wales.

Public Health Wales has seven strategic priorities:

- Influencing the wider determinants of health
- Improving mental well-being and resilience
- Promoting healthy behaviours;
- Securing a healthy future for the next generation;
- Protecting the public from infection and environmental threats to health;
- Supporting the development of a sustainable health and care system focussed on prevention and early intervention;
- Building and mobilising knowledge and skills to improve health and well-being across Wales.

OUR AWARD SPONSORS

LEARNING DISABILITIES AND MENTAL HEALTH AWARD

SPONSORED BY
ANEURIN BEVAN UNIVERSITY HEALTH BOARD

Aneurin Bevan University Health Board (ABUHB) covers the areas of Blaenau Gwent, Caerphilly, Monmouthshire, Newport and Torfaen. It serves an estimated population of over 639,000, approximately 21% of the total Welsh population.

In recent years, the Health Board has developed and implemented new and effective models of care in partnership with local authorities and third sector organisations to respond to the changing needs of local people. Their ambitious plan is to deliver more care closer to home, create a network of local hospitals providing



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

routine diagnostic and treatment services and centralising specialist and critical care services in one place at The Grange University Hospital, which opened in November 2020.

ABUHB has earned a reputation for being an innovative organisation with strong values of supporting and developing staff. Nurses and midwives at all levels are positively encouraged and supported to showcase good ideas, services, technologies and policies that support practice and improve patient care.

PRIMARY CARE NURSING AWARD

SPONSORED BY
BMA CYMRU WALES

BMA Cymru Wales is the Welsh arm of the British Medical Association (BMA), working to represent and negotiate on behalf of all doctors across Wales. As a trade union, the BMA is a leading voice, advocating for outstanding health care and a healthy population. The BMA is a democratic and



Cymru Wales

member-led organisation, which provides excellent individual services and support throughout members' lives.

The BMA is committed to an NHS that remains true to its founding principles – comprehensive, free at the point of care and with equal access for all.

SUZANNE GOODALL PAEDIATRIC NURSING AWARD

SPONSORED BY
Tŷ HAFAN

Suzanne Goodall, the inspirational founder of Tŷ Hafan Children's Hospice, believed the care and support provided for children with life limiting conditions should be holistic and family-focused, and available when and where it is needed most. It is a lasting tribute to Suzanne that this philosophy continues to shape the tailored care and heartfelt support provided to each child and family they meet so that every life is lived to the full.

It was Suzanne Goodall's great hope that this approach would shape the care of all



the hospice for children in Wales
yr hosbis i blant yng Nghymru

children and families needing this support. Today, Tŷ Hafan works to ensure this is a lasting tribute to Suzanne, working not only from their hospice in Sully, but also in family homes, in hospitals, and across communities.

It would be a source of great pride for Suzanne to know that her vision continues to inspire not only Tŷ Hafan, but also nurses across Wales, to deliver care and support that enable the full and active lives for as many children and families as possible.



ROYAL COLLEGE OF NURSING IN WALES
NURSE OF THE YEAR
AWARDS

AWARDS PROGRAMME 2021

OUR AWARD SPONSORS

ADVANCED AND SPECIALIST NURSING AWARD

SPONSORED BY
CARDIFF AND VALE UNIVERSITY HEALTH BOARD



Cardiff and Vale University Health Board is one of the largest NHS organisations in Europe, employing a little under 7,000 nurses, midwives and nursing support workers. Founded in 2009, it provides a range of health and wellbeing services, from primary and community care through to acute and highly specialised services, as well as having a responsibility for population health more broadly. The health board also serves a wider population across Wales and often the UK with specialist treatment and complex services such as neuro-surgery and cardiac services.

They have an annual budget of around £1.4 billion and the vast majority of which is spent on staffing costs, equipment, treatments and drugs. As a teaching health board there is strong commitment to research and development and they work closely with local higher education partners to ensure that nurses and midwives are given development opportunities which help them to realise their potential and improve patient outcomes.

HEALTH CARE SUPPORT WORKER AWARD

SPONSORED BY
WELSH HEALTH SPECIALISED SERVICES COMMITTEE (WHSSC)



Welsh Health Specialised Services Committee (WHSSC) are proud to be able to sponsor the Health Care Support Worker Award. They are a critical and valued part of the workforce in delivering services and caring for patients. WHSSC is responsible for the joint planning and commissioning of a range of specialised and highly specialised

services on behalf of the seven local health boards in Wales. Specialised services are generally complex in nature and a costly element of patient care. The majority of care is commissioned through the NHS and some people have to travel outside of Wales for their care. It has a budget of around £700m a year.

SUPPORTING EDUCATION AND LEARNING IN PRACTICE AWARD

JOINTLY SPONSORED BY
UNIVERSITY OF SOUTH WALES AND CWM TAF MORGANNWG UNIVERSITY HEALTH BOARD



The University of South Wales (USW) is a proud co-sponsor of this award with Cwm Taf Morgannwg University Health Board. With approximately 1500 nursing and midwifery students, the university is proud of their student population. With 50% of undergraduate programmes undertaken in the practice learning environment, a close working relationship with our clinical partners is essential. The success of the undergraduate programmes would not be possible without the dedication shown by academics and clinicians who support our students.

the provision of specialist child and adolescent mental health services for South Wales.

Cwm Taf Morgannwg University Health Board (CTM) provides primary, community, hospital and mental health services to the 450,000 people living in three County Boroughs: Bridgend, Merthyr Tydfil and Rhondda Cynon Taf. The Health Board is also responsible for

The Health Board employs almost 12,000 staff, our workforce is the lifeblood not only of the Health Board, but also many of the communities that we serve. We take our role as one of the largest employers in the area very seriously which is evident in our wide-ranging partnership working, dedication to our corporate social responsibilities and the importance we place on building relationships with our staff and community.

At CTM we believe in innovation to make improvements to clinical care. We are especially proud of our Academic Centre in Merthyr Tydfil, which is helping to train future doctors in community medicine.

OUR AWARD SPONSORS

NURSE EDUCATION AWARD

SPONSORED BY
SWANSEA BAY UNIVERSITY HEALTH BOARD

Swansea Bay University Health Board (formerly ABMU) provides care for around 390,000 people in Swansea and Neath Port Talbot with a range of tertiary services, employing approximately 13,000 staff. It has three main hospitals -Morrison, Singleton and Neath Port Talbot - along with a community hospital. It provides mental health and learning disabilities services both in hospital and community settings and has



**GIG
CYMRU
NHS
WALES** Bwrdd Iechyd Prifysgol
Bae Abertawe
Swansea Bay University
Health Board

responsibility for primary health care including GPs, dentists, pharmacies and ophthalmologists.

Swansea Bay UHB is home to the Welsh Centre for Burns and Plastic Surgery. It also works in partnership with Swansea University and its School of Medicine, the School of Human and Health Sciences and the Institute of Life Science 1 and 2.

NURSING STUDENT AWARD

SPONSORED BY
HEALTH EDUCATION AND IMPROVEMENT WALES

Health Education and Improvement Wales (HEIW) was established on 1 October 2018. It is a special health authority within NHS Wales, created by bringing together three key organisations for health: the Wales Deanery, NHS Wales' Workforce Education and Development Services (WEDS), and the Wales Centre for Pharmacy Professional Education (WCPPE). Sitting alongside health boards and trusts, HEIW has a



**GIG
CYMRU
NHS
WALES** Addysg a Gwella Iechyd
Cymru (AaGIC)
Health Education and
Improvement Wales (HEIW)

leading role in the education, training, development and shaping of the healthcare workforce in Wales to deliver safe and quality care to the people of Wales. Its key functions include: education and training, workforce development and modernisation, leadership development, strategic workforce planning, workforce intelligence, careers and widening access to health education.

REGISTERED NURSE (ADULT) AWARD

SPONSORED BY
POWYS TEACHING HEALTH BOARD

Powys Teaching Health Board is delivering an ambitious shared strategy for health and care in the county, which aims to support local people to Start Well, Live Well and Age Well. Powys, affectionately known as the 'Green Heart of Wales', is the smallest Health Board in Wales in terms of staff and population numbers yet one of the largest in terms of geography, covering a quarter of the land mass of Wales stretching from the foothills of Snowdonia to the Brecon Beacons, from the Cambrian Mountains to Offa's Dyke.

Community and primary care is at the forefront of everything that they do, working closely with Powys County Council



**GIG
CYMRU
NHS
WALES** Bwrdd Iechyd
Addysgu Powys
Powys Teaching
Health Board

with whom they are coterminous as well as ensuring vibrant relationships with the third sector. As it is the most sparsely populated county in England and Wales, residents access more specialised secondary and tertiary care in neighbouring health boards in Wales and hospitals in England. This requires an intense focus on commissioning pathways of care to provide as much support as close to home as possible - with access to specialist care when needed - which means that Powys offers an opportunity for staff to use their skills and experience in innovative and autonomous ways to best meet the needs of our communities.



ROYAL COLLEGE OF NURSING IN WALES
NURSE OF THE YEAR
AWARDS

AWARDS PROGRAMME 2021

OUR AWARD SPONSORS

CHIEF NURSING OFFICER FOR WALES AWARD

SPONSORED BY
THE CHIEF NURSING OFFICER FOR WALES, WELSH GOVERNMENT



Llywodraeth Cymru
Welsh Government

The Office of the Chief Nursing Officer for Wales is led by Sue Tranka, who is supported by five Nursing Officers, each of whom has a portfolio of areas on which they lead. Together they provide clear and visible leadership to the nursing and midwifery professions in Wales, whilst also giving expert professional advice to the Minister

for Health and Social Services and senior officials within the Welsh Government.

The Chief Nursing Officer sets the strategic direction for nursing and midwifery in Wales, and in her role as Nurse Director for NHS Wales, is responsible for the professional performance and development of Executive Nurse Directors.

INNOVATION AND DIGITALISATION IN NURSING AWARD

SPONSORED BY
FRONTIER MEDICAL GROUP



Frontier Medical Group manufactures and markets a range of medical devices focused on **Skin and Wound Care**.

Frontier's products include:

- **Repose®** - a range of pressure redistribution devices used in the prevention and treatment of pressure ulcers, originally developed by the NHS in Cardiff.
- **ToTo®** - a unique programmable patient turning system that can be placed under any mattress on any bed to gently turn the patient at regular intervals.

- **Dermisplus®** - a range of high-quality, cost-effective advanced wound care products including **New Dermisplus Tubing**: a product developed to help reduce Medical Device Related Pressure Ulcers.

Frontier is based in Tredegar, employs 75 staff and has recently set up direct sales organisations in the United States and Germany.

SUPPORTING IMPROVEMENT THROUGH RESEARCH AWARD

SPONSORED BY
CARDIFF UNIVERSITY



Cardiff School of Healthcare Sciences is a dynamic and innovative School encompassing a broad range of healthcare professions.

The School is committed to the development of impactful healthcare knowledge that directly improves health outcomes and healthcare for patients and families. Faculty and students pride themselves on pursuing research and scholarship of the highest quality and which

stands at the forefront of healthcare and policy debates at international, national and local levels.

For the School's students, the multidisciplinary nature of their learning environment and access to teaching by internationally distinguished researchers ensures they become skilled, knowledgeable and compassionate healthcare professionals committed to an ethos of evidence-based care.

OUR AWARD SPONSORS

CARE OF THE OLDER PERSON AWARD

SPONSORED BY
UNIVERSITY OF WALES TRINITY SAINT DAVID



The University offers a distinctive health and wellbeing portfolio which facilitates an interdisciplinary approach to curriculum development and applied research.

Such work includes the development of world-class translational research and innovation as well applied technical and digital skills, so that we can build capacity, address skills deficits, upskill and reskill the workforce, particularly post pandemic.

The location of our campuses across South and Mid Wales enables us to work with key partners, including our local health boards, to benefit the health and wellbeing of our region by bringing our expertise together to make tangible differences to the lives of individuals in our communities

WALES NURSE OF THE YEAR AWARD 2021

SPONSORED BY
VELINDRE UNIVERSITY NHS TRUST



Velindre University NHS Trust provides a range of specialist services at local, regional and all-Wales levels. Delivering quality care and excellence to their patients and donors is at the heart of their organisation. The two core services provided by Velindre University NHS Trust are:

The Welsh Blood Service provides a fundamental role in the delivery of healthcare in Wales. It works to ensure that the donor's gift of blood is transformed into safe and effective blood and blood components which allow NHS Wales to improve the quality of life and save the lives of many thousands of people in Wales every year.

The Velindre Cancer Service provides specialist non-surgical cancer treatments and services to people living in South East Wales and wider. The Cancer Centre is a specialist treatment, teaching and research, and development centre for non-surgical oncology, treating patients with chemotherapy, radiotherapy and related treatments, and caring for patients with specialist palliative care needs.

Velindre University NHS Trust also hosts Health Technology Wales and NHS Wales Shared Services Partnership.



ROYAL COLLEGE OF NURSING IN WALES
NURSE OF THE YEAR
AWARDS

AWARDS PROGRAMME 2021

Children and Midwifery Award



KATHERINE FISCHER-JENKINS

Community Midwife, Cardiff
and Vale University Health Board



GAYNOR GOUGH (right)

Staff Nurse, Cwm Taf Morgannwg
University Health Board

MICHELLE STAPLE (left)

Clinical Nurse Specialist for Children
with Additional Needs, Cwm Taf
Morgannwg University Health Board



Kath was nominated for this award by a patient who believes that she deserves to be recognised as an outstanding midwife.

The patient's first daughter died at two days old after a complicated labour. Kath visited her patient at the hospital and at her home, sitting with her as she grieved. She had the natural intuition to know what to say, and when to say nothing at all.

An investigation into the death showed that Kath's community care was flawless. There was no measurement missed, no page unsigned. She had done everything right.

Kath was requested as her patient's named midwife for both of her next pregnancies. She visited her patient at home when she was too anxious to attend clinic, listened to the baby when reassurance was needed, checked blood results and relayed them without delay. She messaged to ensure her patient was coping and had everything she needed.

The awards' panel believe Kath is a shining star whose passion about caregiving makes her a wonderful role model for future nurses and midwives.

Her patient concluded, "Kath holds a special place in my heart and I am eternally grateful to her for giving me such individualised care."

Gaynor and Michelle have developed a ground-breaking new health profile resource to support children and young people with additional needs.

In consultation with senior nurses and consultants, they explored ways of improving clinical governance and patient experience. They identified gaps in the service and barriers to healthcare for vulnerable children, young people and families. Face-to-face listening was also undertaken with families, allowing them to understand issues.

As part of the Community of Practice (COP) with Improvement Cymru Wales, Gaynor and Michelle are planning to pilot the health profile resource in the Merthyr area. Their goal is to improve communication between children, young people, families and health care professionals.

They aim to produce a training package to raise awareness, promote understanding and recognise the need for individualised child-centred care that delivers better outcomes. Their ultimate vision is a future where there are no health inequalities faced by people with a learning disability.

The awards' panel were impressed by the pan-organisational work undertaken and the strategic links established. They commended Gaynor and Michelle for their strategic approach to enabling culture-change for equitable health care.

SPONSORED BY
BETSI CADWALADR UNIVERSITY HEALTH BOARD



Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

Community Nursing Award



ANWEN JONES

Community Diabetes
Specialist Nurse, Hywel Dda
University Health Board



SALLY IRVING

Sexual Health Clinical Lead,
Powys Teaching Health Board

Anwen has served the diabetes community of Ceredigion for many years as a community diabetes specialist nurse (CDSN), cultivating a distinctive approach to community care.

Her innovative method involves implementing evidence-based care for patients and constantly encouraging colleagues to re-evaluate the care offered.

She promoted close collaboration with GP practices in Ceredigion, bringing care closer to patients' homes. This enabled GP clusters to meet their diabetes enhanced service targets, and demonstrate quality improvement. Joint CDSN/practice nurse (PN) clinics were also established.

Anwen highlighted priority patients and offered support to the PN and GP. For patients with complex complications, a virtual consultant clinic was established. After stabilising each patients' treatment, they were referred back to the care of the PN/GP.

Her considered approach gathered increased support and incorporated professional development through dedicated study days for the entire practice team. The format has continued throughout the pandemic after being adapted to a virtual environment. Anwen's approach has led to improved patient satisfaction, stable prescribing costs and greater confidence in managing diabetes.

These changes have all been propelled by Anwen's passion for promoting individualised care, and sharing specialist knowledge widely among staff, patients and carers.

Sally has demonstrated inspirational drive and enthusiasm in specialist clinical care through her role as sexual health clinical lead at Powys Teaching Health Board (PTHB).

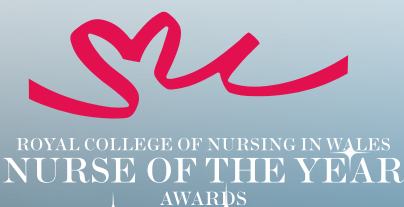
Patients with specialist sexual and reproductive health needs previously needed to attend health centres at neighbouring health boards. Sally has led creative new initiatives to increase access to sexual health services in local communities, reducing or eliminating the need for people to travel.

Her leadership of clinical initiatives for Powys residents include the Public Health Wales test and post service for online testing for STIs, midwife and health visitor-led contraception, pills by post termination for pregnancy services, and primary care provided vasectomy services.

Sally has supported her workforce in growing the service, and applied her learning through an ILM 5 leadership programme. She secured charitable funds to support all Powys midwives and health visitors in undertaking essential skills programmes.

Her own clinical skills have been advanced in Long Acting Reversible Contraceptive (LARC) insertion, increasing the availability of LARC services for Powys women.

Empowered by a 'can do' attitude and creative thinking, Sally has exhibited outstanding professionalism and clinical leadership to accelerate significant regional improvements.



SPONSORED BY
HYWEL DDA UNIVERSITY HEALTH BOARD



Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board

Improving Individual and Population Health Award



SUE REES BEM

Advanced Nurse Practitioner,
Hywel Dda University Health Board



BETHAN LEWIS

Clinical Research Midwife,
Interim Assistant Director
of Public Health,
Hywel Dda University Health Board



Sue was expertly positioned to lead on the community COVID-19 infection prevention challenge and response. She produced an infection prevention model and made a life-saving difference on countless occasions.

As the pandemic approached, Sue held vital knowledge, working in a unique role in Wales as an advanced nurse practitioner in community infection prevention, with a strategic health board remit.

After retiring from her full-time role in 2018, she returned to work for three days per week. She promptly shared expertise across the community to equally benefit patients, residents, health care staff and partners.

Her wide-reaching work included implementing COVID-19 infection prevention policies, commissioning screening units, training British army personnel, and supporting outbreaks in care homes, community hospitals, primary care settings and schools. She also developed processes and policy within a local asylum camp.

Sue regularly visited care homes to assess residents and install infection prevention measures to contain outbreaks. She led the mass screening of all care home residents and staff across the health board.

These actions, together with outbreak management plans, undoubtedly saved lives.

Sue has communicated the COVID-19 infection prevention model with colleagues across Wales and hopes to present it to wider audiences.

Bethan made a unique individual contribution to the COVID-19 vaccination programme across west Wales.

She rapidly ensured there were enough trained registrants available, before identifying vaccination venues across the region. This resulted in seven mass vaccination centres, maximising uptake and providing equity of service.

Bethan established governance for the vaccine programme across the health board, introducing key nurse leadership structures for each mass vaccination centre.

Responding quickly to support a travelling community that experienced a COVID-19 related death, she helped to form a vaccine equity group. This involved liaising with a key support officer and organising a mobile vaccination plan to reach the community. The majority of initially hesitant community members received vaccinations, and returned for a second dose.

Through Bethan's leadership, the vaccine equity group has worked with hard-to-reach communities in west Wales, including people experiencing homelessness.

She identified the steps needed to give everyone in the region the best chance of being vaccinated, introducing a digital form that was shared across social media platforms.

Hywel Dda University Health Board's vaccine programme have adopted the motto 'leave no-one behind,' which is personified in Bethan's commitment to population health.

SPONSORED BY
PUBLIC HEALTH WALES



Learning Disabilities and Mental Health Award



STEPHEN CLARKE

Head of Mental Health and Dementia, Welsh Ambulance Service NHS Trust



Steve has independently shaped his role to deliver an extensive range of innovative new initiatives within the mental health and dementia team.

These include the introduction of mental health nurses on 111 telephone lines and clinical service desks, the production of awareness-raising media such as the #WASTKeep Talking videos, and the development of a response model for those calling 999 or 111 with a mental health or dementia crisis.

He has designed symptom checkers for mental health and dementia on the NHS Wales 111 website and is continuously building on e-learning modules, listening to staff needs and evidence from across the UK to generate engaging modules in English and Welsh.

Steve ensures that workforce skills reflect the needs of service users through the recruitment and retention of mental health professionals, and holds an integral role in the wider quality directorate.

As a valued leader within the team, Steve applies a kind and compassionate leadership style. He maintains a strong commitment to the mental health and dementia agenda in the Welsh Ambulance Services, ensuring that high quality, person-centred care stays at the heart of the operation.



SHARON WILLIAMS

Service Improvement Programme Manager, Learning Disability Improvement Team, Public Health Wales



Sharon is a learning disability nurse with an outstanding record of championing services to reduce health inequalities.

Her role at Improvement Cymru concentrated on person-centred care and co-production. She established a team of specialist learning disability nurses and worked towards ensuring sustainability.

Sharon has a considerable history of learning disability achievement.

She promoted the role of learning disability acute liaison nurses, who are now present in every health board in Wales.

She embedded the health equalities framework at a community-based services level, before applying the framework across every health board in Wales.

She has organised events across Wales to highlight the needs of the learning disability population, sharing good practice and ways of improving patient care.

She has undertaken collaborative research, indicating that health communication tools for people with learning disabilities were potentially unsafe.

She commissioned 'Once for Wales Health Profile,' an evidence-based, person-centred patient safety tool launched by the Chief Nursing Officer in June 2020.

Sharon's passion for evidence-based, effective nursing care has sustained over 30 years of practice. Her commitment to exposing inequalities and influencing change is undeniable.



ROYAL COLLEGE OF NURSING IN WALES
NURSE OF THE YEAR
AWARDS

SPONSORED BY
ANEURIN BEVAN UNIVERSITY HEALTH BOARD



Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

AWARDS PROGRAMME 2021

Primary Care Nursing Award



KIRSTY JOHN

Charge Nurse, HMP Cardiff,
Cardiff and Vale University Health Board



VERONIQUE HUGHES

Divisional Nurse, Complex Care
at Home Team, Aneurin Bevan
University Health Board

Kirsty is a committed prison nurse at HMP Cardiff whose dedication has had a powerful impact on the healthcare team during the most testing of periods.

She demonstrated effective leadership in supporting prison and healthcare colleagues throughout the pandemic, even when the nursing team was depleted due to the virus.

Kirsty worked with colleagues to dispense medication across all clinical areas. She led the COVID-19 testing system for all men arriving in custody, and created a vaccination hub within the prison, offering new arrivals the vaccine within seven days and helping to make the prison a safer place.

Her previous experience working as a community substance misuse nurse gave her the skills to address the needs of those with addictions. Kirsty also liaised with the blood borne virus community team to identify cases of hepatitis C, and began treatment to eliminate the virus where possible.

A team member highly respected by staff and prisoners alike, Kirsty is devoted to improving the lives of people in her care. Not only in prevention, but also in keeping people fit and safe when they are in prison, and improving long-term health.

Veronique has led a complex care at home team within the Aneurin Bevan University Health Board (ABUHB) throughout the pandemic.

Her vision to integrate a clinical psychologist as part of the service made a big difference for staff and patients.

Veronique is passionate about the role of her team in enabling the transition of care from hospitals and social care, to high-quality patient-centred care at home.

Across the pandemic period, her team has cared for people with spinal injuries, people with learning disabilities, and people who were on ventilators, enabling them to have a life as fulfilled as possible.

Veronique recognised the need for psychological care for those who experienced life-changing events but never addressed the deeper issues associated with this. She secured a new clinical psychologist for the service, giving a completely new dimension to the care available from her team.

This made a phenomenal difference for both patients and staff, helping to get them through the pandemic.

Veronique makes sure her team feel valued by investing in their wellbeing and psychological support, maintaining education and training. She is considered an inspirational leader who is flexible, prepared to listen and open to being challenged.

SPONSORED BY **BMA CYMRU WALES**



Suzanne Goodall Paediatric Nursing Award



LAURA TRUSCOTT-WRIGHT

Practice Educator, WellChild Nurse:
Parent Trainer, Cardiff and
Vale University Health Board



REBECCA MCDONALD

Paediatric Palliative Care Nurse /
Community Children's Nurse,
Hywel Dda University Health Board



Laura has remodelled systems and services as the first Wellchild parent trainer in Wales, ensuring children and young people continued to receive high quality care throughout the pandemic.

In post for one month before the first lockdown, Laura immersed herself in policies, procedures and strategies for developing care pathways and training competencies.

She worked with specialists to consider the evidence-base and promote creative new ways of working to support essential training. Laura produced video resources for parents and directly trained over one hundred family members in clinical skills.

For families caring for children with life-limiting conditions, this was transformational.

Her support of staff needing refresher training due to COVID-19 pressures and staff redeployment has also been invaluable. She delivered training in the community, in the hospital, and in the new WellChild training suite, which she helped develop.

Laura is always seeking areas of improvement, from work with the respiratory team on tracheostomies, transitioning from velcro tapes to twill ties, to directly influencing policy.

She has received overwhelmingly positive feedback from parents and carers, as well as recognition from directors of nursing.

With specialist skills, knowledge and a deep drive to help, Laura has touched countless lives across the region.

Rebecca has excelled in providing care for children and young people with life-limiting conditions or lifelong complex illnesses during the worst phase of the pandemic.

Despite many challenges, Rebecca harnessed all her compassion and leadership skills to fulfil parental preferences for children to die within their own home, surrounded by close family members.

She gave holistic, 'round the clock' end-of-life home care, simultaneously for two children, with the end stage for one child covering a period of three months. This required her to negotiate the commitment of hospital, community and hospice-teams.

As well as undertaking hands-on care, Rebecca coordinated staff rotas, syringe driver education, medications, prescriptions and delivery of supplies, sustaining support and upholding safe practice. She was also studying towards a related master's degree at Cardiff University.

Rebecca expertly communicated with parents and professionals, handling distressing situations with great sensitivity. Her continuity of care after death involved supporting parents with funeral arrangements, visiting funeral directors, planning and attending the funeral, and bereavement visits.

Widely respected by her peers as an inspirational role model, Rebecca is focused on positive strategic change, and committed to affecting change that is family-focused and underpinned by flexibility.



ROYAL COLLEGE OF NURSING IN WALES
NURSE OF THE YEAR
AWARDS

SPONSORED BY Tŷ HAFAN



tŷ hafan
the hospice for children in Wales
yr hosbis i blant yng Nghymru

AWARDS PROGRAMME 2021

Advanced and Specialist Nursing Award



NIA BOUGHTON

Consultant Nurse, Primary Care,
Betsi Cadwaladr University Health Board



SARAH REES

Senior Nurse, General Surgery,
Cardiff and Vale University Health Board

PAULA STRONG

Lead Surgical Nurse Practitioner,
Cardiff and Vale University Health Board



Nia produced an innovative new framework for an advanced practice programme in primary care.

After identifying a primary care gap in the previous advanced practice competency framework, she engaged with a university and the local primary and community care academy.

Her passion for primary care nursing helped to overcome major challenges in designing the framework. These challenges included not only the pandemic, but also the extensive competencies within primary care.

Inherent nursing strengths and values now inform the new 'Advanced Practice Competency Framework for Primary Care.' It reflects a bold move away from an overtly medical model, towards a model of social resilience and wellbeing, with nursing firmly at its heart.

There is now a roadmap for nurses wanting to pursue a lifelong career within primary care. But most importantly, it improves the experience and outcomes for patients.

The framework has been shared among primary care providers across the Betsi Cadwaladr University Health Board region in north Wales and recently with colleagues in south Wales.

Practitioners using the framework, report significant improvements in their training experience, and in their ability to articulate clear development plans, long after completing their initial education.

Sarah and Paula led a major improvement programme to increase the number of patients receiving same-day emergency care in general surgery, while managing demand and reducing emergency admissions.

Heightened emergency demand in general surgery and patient flow constraints were leading to long waits for inpatient beds and surgery.

A working party was formed to restructure the service and enhance the patient experience, with key roles assigned to Sarah and Paula.

The working party joined forces with the Surgical Ambulatory Emergency Care (SAEC) Network, a national UK quality improvement programme. With their support, a new process launched in February 2020, introducing surgical triage phone-lines, clear clinical pathways for the most common surgical presentations, and a hot clinic alternative to acute attendance.

These changes resulted in an overall reduction in attendances, particularly through the primary care route, which has been maintained during the pandemic recovery period. The proportion of patients requiring admission has decreased, and patient feedback has been positive.

Sarah and Paula attended regular meetings, SAEC network events and participated in all aspects of the project. They contributed additional hours and their own time, demonstrating enthusiasm, adaptability and commitment throughout.

SPONSORED BY
CARDIFF AND VALE UNIVERSITY HEALTH BOARD



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

Health Care Support Worker Award



DIANE REES

Macmillan Cancer Navigator,
Velindre University NHS Trust



Diane is a cancer navigator with a vital role in the clinical nurse specialist team at Velindre Cancer Centre. She provides a familiar contact point for patients, continually evaluates the navigator service and leads self-initiated projects to aid the patient journey.

She has developed a training plan for the navigator role, reviewed patient needs using digital data, and presented a poster demonstrating her work at a national conference.

Diane has been described as 'an anchor' in terms of sharing knowledge, and is developing a navigator steering group to continue networking and sharing best practice, with links already developed across south-east Wales and Macmillan networks nationwide.

She has taken part in teaching a postgraduate cancer course for Cardiff University, and piloted a virtual group session supporting colorectal patients.

Her natural leadership skills within the navigator team and her major contribution to quality care is reflected in positive feedback from patients, carers and colleagues. The awards' panel felt that Diane put patients at the heart of her care.

Diane strives to deliver an evidence-based service alongside colleagues. Working to the code of conduct at all times, she is a highly respected and positive voice within the team.



BETSAN IFANS

Nursery Nurse, Health
Visitor Support Worker,
Hywel Dda University
Health Board



Betsan is a health visiting support worker who restructured her services in the face of COVID-19.

Before lockdown, Betsan delivered face-to-face group sessions with families and children under 5-years. When the first lockdown was announced, that had to stop.

She quickly realised people would miss the social contact and health benefits of her groups and established a bilingual, interactive parent and child group. The idea was immediately embraced and the numbers attending grew.

Betsan's objectives were to keep families connected and develop peer group bonds, as well as offering an interactive platform for promoting health and wellbeing.

Within the platform, she found ways of promoting positive parenting, parent and child wellbeing, health promotion, and behavioural expectations. She delivered key messages on infant feeding, immunisation, sensory awareness, and safety. All while signposting to health visitors and other team members.

Feedback was extremely positive and people have benefited hugely from Betsan's work. She adapted her services brilliantly and grown her profile as a caring and trusted member of staff.

The awards' panel believe Betsan is a true advocate for families, and shows an absolute love for her job.



ROYAL COLLEGE OF NURSING IN WALES
NURSE OF THE YEAR
AWARDS

SPONSORED BY
WELSH HEALTH SPECIALISED SERVICES COMMITTEE (WHSSC)



GIG
CYMRU
NHS
WALES
Pwyllgor Gwasanaethau Iechyd
Arbenigol Cymru (PGIAC)
Welsh Health Specialised
Services Committee (WHSSC)

AWARDS PROGRAMME 2021

Supporting Education and Learning In Practice Award



JACQUELINE MORGAN (right)
Senior Nurse, Cwm Taf Morgannwg University Health Board

MATTHEW THORNTON (left)
Academic Manager / Head of Practice Based Learning and Simulation, University of South Wales



SARAH KINGDOM-MILLS
Care at Home Education Facilitator, Hywel Dda University Health Board



Jacqui and Matthew have led the introduction of an innovative and ambitious new model of education and learning in practice.

Using a collaborative learning approach (CLiP), the new model advocates an original approach for nursing students that shifts away from traditional mentorship, and towards coaching. This lets students develop greater confidence and competence through an evidence-based approach that is safely governed and fully evaluated.

In the first initiative of its kind in Wales, Jacqui and Matthew have expertly steered collaboration between Cwm Taf Morgannwg University Health Board and the University of South Wales.

The new approach allows students to be more proactive in caring for patients. It supports high quality learning, invests in existing and aspiring supervisors and maintains relationships to support this role. Third year students are required to coach first year students under the supervision of a registered nurse.

Introducing such wide change requires mutual resilience and flexibility from students, practice education facilitators, assessors and supervisors.

Implemented at a time of extreme pressure within the NHS, the project has been led by Jacqui and Matthew with great sensitivity, commitment and professionalism. Its success can be directly attributed to their exceptional joint leadership.

Sarah has become the first care home education facilitator (CHEF) in Wales, developing practice learning within care homes and enriching the learning experience across social and health care.

The role has been widely embraced thanks to the knowledge, commitment and confidence she brings to the role.

Early evaluations have been exceptional. Sarah engaged with stakeholders to promote the role, gained extra learning experiences for a number of students and collaborated widely across nursing, education and social care.

Actively involved across Wales in implementing the Nursing and Midwifery Council's standards for supervision and assessment, Sarah has demonstrated her passion for the learning of others, and for the support of staff as practice assessors and supervisors.

The learning of students and professionals supported by Sarah helps to ensure a culture of high standards in assessment. It develops professionalism and trust, allowing for any concerns to be raised in a constructive manner through a framework of compassion.

Sarah's work will continue to expand the learning opportunities of many students, raising the profile of care homes, and improving the lives of people who need them.

JOINTLY SPONSORED BY
UNIVERSITY OF SOUTH WALES AND CWM TAF MORGANNWG UNIVERSITY HEALTH BOARD



Nurse Education Award



CHRISTINE COTTRELL

Lead Nurse Diabetes Education (ThinkGlucose Lead),
Swansea Bay University Health Board

AMANDA HOLLAND

SCPHN Programme Manager
and Lecturer, Primary Care
and Public Health, Cardiff University

DR LORRAINE JOOMUN

Lecturer, Primary Care
and Public Health Nursing,
Cardiff University



Chris has produced educational programmes across all sectors of the health board to help reduce major diabetes events / errors and build staff confidence. Her infectious positivity and endless drive have directly resulted in patient care improvements and positive learning evaluations from multi professional staff.

As well as delivering and evaluating diabetes education, Chris has designed dynamic modules for the MSc Diabetes programme at Swansea University Medical School. She also developed a valuable extra programme specifically for the care home sector.

Chris has enhanced access to education for patients and staff by producing films and developing other media to support people in self-management. This includes the MyDiabetes smartphone app, social media content, eLearning material and digital information.

She has also worked at a national level to develop guidelines for managing diabetes and COVID-19.

Her commitment to sharing knowledge from patient safety events and promptly integrating it into education is demonstrated in a bespoke programme about the impact of diabetes in pregnancy.

Chris is recognised as an expert in her field who remains grounded in practice. This gives her the perspective to design compelling and up-to-date educational programmes which achieve maximum impact.

Amanda Holland and Dr Lorraine Joomun are lecturers in the Specialist Community Public Health Nursing (SCPHN) programme at Cardiff University, a programme that has prepared registered nurses and midwives for the role of SCPHN health visitor since 1952.

The loss of two team members left Amanda and Lorraine having to deliver the programme to the same high standards while understaffed. They also needed to adapt it for blended learning due to COVID-19 restrictions, and customise it for the University's new evidence-based digital learning framework.

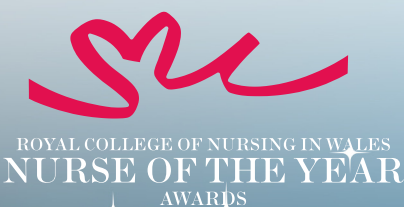
Amanda and Lorraine showed great tenacity in the face of these challenges.

They worked long hours, evenings, weekends, and even days off to prioritise students and secure positive learning experiences.

Using a creative approach, they adapted the SCPHN programme for online learning with a combination of tools and teaching resources. These included Powerpoint, Xerte, MS Sway, Panopto recordings, personal teaching videos, Mentimeter and online discussion forums.

They found ways to incorporate external speakers and interprofessional learning workshops, which have always been valued by students.

Amanda and Lorraine's dedication this year has been recognised by students through many personal emails of thanks.



SPONSORED BY
SWANSEA BAY UNIVERSITY HEALTH BOARD



Bwrdd Iechyd Prifysgol
Bae Abertawe
Swansea Bay University
Health Board

Nursing Student Award



CHRISTINE BROOKES

Student Nurse (Adult) /
School Nurse Support Worker,
Hywel Dda University Health Board



JOSANNE CULLEN

Student Nurse (Adult),
University of South Wales



Christine has impressed colleagues at the COVID-19 command centre of Hywel Dda University Health Board with her ability to adapt to quick-changing needs, performing with care, compassion and curiosity.

The COVID-19 command centre adopted different approaches and moved at pace in response to ever changing guidance. Christine integrated quickly with a forward-thinking approach and thirst for learning.

Studying on the 'Grow Your Own' 4-year health board programme, Christine has supported the centre's operation in many ways. She supported the testing function in triaging patients requiring tests, generating documents for patients and staff, and accessing results. She then transitioned to support the vaccination programme team.

Christine developed resource packs to help her and fellow students to navigate their work. The health board has made these resource packs available in English and Welsh for incoming students, allowing Christine's work to help others after her placement.

Christine's positive attitude lifted colleagues in highly pressured times, while her flexibility showed exceptional commitment to her future profession. She also raised funds for Hywel Dda staff wellbeing through her singing, and allowed her singing and poetry-reading to be used in their videos.

Josanne has demonstrated commitment and passion for nursing throughout her studies, not least in taking a resource bank role in the intensive care unit of Aneurin Bevan University Health Board (ABUHB) during a time of immense COVID-19 pressure.

In the first year of Josanne's Nursing degree studies at the University of South Wales, students were withdrawn from practice.

In response, Josanne decided to take a position in healthcare support. She was willing to give her time to ensure patients received the best possible care, undertaking tasks such as holding people's hands, charging phones and helping patients to connect with family who could not visit.

Josanne has since worked in a placement at one of ABUHB's mass vaccination centres as a non-registered vaccinator, viewing the role as a preventative measure in avoiding a repeat of her previous experience. Despite closely experiencing some of the worst times, she remains upbeat and optimistic about the profession.

Josanne put her family first with 17 years of school runs. But now, with their encouragement, she is beginning to realise her long-term ambition of becoming a nurse.

SPONSORED BY
HEALTH EDUCATION AND IMPROVEMENT WALES



GIG
CYMRU
NHS
WALES

Addysg a Gwella Iechyd
Cymru (AaGIC)
Health Education and
Improvement Wales (HEIW)

Registered Nurse (Adult) Award



KATE HARPER

Senior Infection Prevention Nurse, Aneurin Bevan University Health Board



Kate is a senior nurse for infection control who was instrumental in supporting Mental Health and Learning Disability (MHL D) services during the pandemic.

Infection prevention and control has been given significant attention since March 2020, but it has not always been at the forefront of mental health and learning disability practice. Considerable learning and changes were required at the Aneurin Bevan University Health Board (ABUHB).

Kate ensured safe pathways and working environments for patients, staff and relatives, making an outstanding contribution to improved patient care. She encouraged staff to develop individualised care plans for infection control, applicable in a specialist environment that required sensitive ways of safeguarding.

Taking time to understand how services function and what challenges are faced, Kate implemented infection prevention guidance that was translated specifically for MHL D services. She visited clinical areas and reviewed them with staff teams.

Kate provided training in new infection prevention practices, including 'donning and doffing.' She audited services to ensure theory was being implemented, and gave constructive feedback.

When patients tested positive, Kate offered support and provided individual care to ensure transmission did not occur, resulting in successfully contained outbreaks.



EMILY JOHN

Bone Marrow Transplant Clinical Nurse Specialist, Cardiff and Vale University Health Board



Emily has shown diligence, versatility and selflessness throughout the pandemic, working in a busy haematology ward, a 4-bedded triage COVID-19 ward, a bone marrow transplant team, working to secure a bladder scanner device, and volunteering time to a morale-boosting 'nibble and natter' group.

After beginning the pandemic as a band 5 staff nurse on a haematology ward, Emily was promoted to band 6 and moved to a triage COVID-19 ward, caring for patients with haematological conditions. She collected data about patient admissions and monitored progress, which helped to inform future planning.

Emily identified the need for a bladder scanner device, noticing that patients were suffering without one. She proactively contacted manufacturers and liaised with staff, before formally presenting the request to the directorate management team.

Considering the haematology service before her own needs, Emily volunteered for an urgently-needed role in the bone marrow transplant team. It meant less pay and leaving a ward she loved.

She also gave her own time to the haematology 'nibble and natter' group, visiting patients, offering homemade cakes, drinks, support, and encouraging them to video-call family who could not visit.

In the words of one colleague, "Emily is a credit to the nursing profession."



ROYAL COLLEGE OF NURSING IN WALES
NURSE OF THE YEAR
AWARDS

SPONSORED BY
POWYS TEACHING HEALTH BOARD



GIG
CYMRU
NHS
WALES
Bwrdd Iechyd
Addysgu Powys
Powys Teaching
Health Board

AWARDS PROGRAMME 2021

Chief Nursing Officer for Wales Award



SAMANTHA EVANS

Ward Manager,
Swansea Bay University Health Board



ABIGAIL HOLMES

Consultant Midwife, Cardiff and
Vale University Health Board



Samantha made a profound difference by directly helping COVID-19 patients experience a more dignified end of life. She also made nursing staff feel heard during a time of incredible pressure.

The first wave of the pandemic was beginning when Sam joined Morriston Hospital, bringing plans for Continuous Positive Airway Pressure (CPAP) that were discussed in her previous role, and sharing information to help staff use the CPAP machine. CPAP is a type of non-invasive ventilation that was used in an attempt to avoid invasive mechanical ventilation.

At a 'learning from COVID-19' event at the hospital, Sam and her colleague were the only nurses present. They described poor outcomes of patients, including three emotive stories of patients who had an undignified end of life. As medical teams were often not present at that stage, this helped to make nurses feel heard.

Sam then developed a plan for all patients starting on CPAP to have their end-of-life medications written on the front of a drug chart, allowing nurses to maintain their dignity.

Sam's diligent application and abundant energy has touched many lives throughout the pandemic.

Abi is an inspirational leader and an outstanding member of the multi professional team. Passionate about women's health, she leads, innovates and strives to progress maternity services across Cardiff and the Vale of Glamorgan.

During the pandemic, Abi supported the use of virtual technology. She expertly embedded changes in practice, ensured staff engagement was maintained, and that guidance changes were implemented.

Abi supports people who are making difficult choices for place of birth, and builds safe and appropriate care plans. She manages a 'birth afterthoughts' service where service users can discuss their care and make plans for next birth.

Themes and trends are assessed to ensure women's voices are heard, and positive birth outcomes are achieved in every mode of delivery.

Her most recent innovation is a midwifery-led, 'active for pregnancy and birth' programme. Using her extensive training specialising in women's health, the programme focuses on pelvic health and uses a holistic approach to support women during their daily life.

Abi recently wrote a chapter for MAYES midwifery. She is a committee member for the National Institute for Health and Clinical Excellence guideline development, an expert witness, and a qualified personal trainer specialising in women's health.

SPONSORED BY
THE CHIEF NURSING OFFICER FOR WALES, WELSH GOVERNMENT



Llywodraeth Cymru
Welsh Government

Innovation and Digitalisation in Nursing Award



RICHARD HELLYAR

Lecturer in Adult Nursing,
Cardiff University



WINNER



SUZANNE DAVIES

Rheumatology
Clinical Nurse
Specialist, Hywel
Dda University
Health Board



RUNNER UP

Ricky Hellyar, a Cardiff University lecturer in Adult Nursing, created a podcast series which has grown an international following. Initially developed as an educational tool for pre-registration nurses, the podcasts evolved to become an alternative source of learning to books and other digital media.

Together with other academics and technologists, Ricky started to grow a source of rich stories that could be used to increase public awareness and signpost health care and support services.

The 'Behind the Health Statistic' podcast was born.

As well as being used within the Bachelor of Nursing degree, during the pandemic it became clear that the podcasts could have a much wider-reaching impact. So they were made publicly available on platforms such as Spotify, Apple Podcasts and Google Play.

Podcast discussions have explored conditions including anorexia, childhood cancer, long covid, epilepsy and transplantation. Positive feedback from students and clinicians have helped to endorse its legitimacy as an educational tool.

Interviewees have expressed a sense of empowerment through participation and Ricky has received correspondence expressing how the podcasts have been comforting, and have even motivated people to address health issues. The podcast has received over 3150 downloads from across 44 countries.

Suzanne transformed patient access to specialist rheumatology advice in response to the pandemic, developing an innovative new digital system to increase productivity.

All non-urgent outpatient appointments were suspended in March 2020. Suzanne pledged to innovate remote patient access, setting up a dedicated email address for patients to directly contact her, in addition to the existing telephone line.

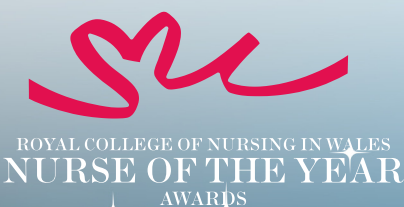
She took the chance to advocate patient self-management by including hyperlinks to supporting national organisations in her email signature, as well as sources of COVID-19 information concerning shielding and vaccination. There was also the facility to capture patient feedback through another link.

Productivity increased through reduced telephone contacts and time lost through calling patients back.

As a digital champion within the health board, Suzanne collaborated with the head of informatics to develop the transformation further.

With explicit consent, Suzanne integrated email addresses in preparation for the roll-out of virtual consultation platforms. She fully engaged with all stakeholders before a pilot project began, and the transformation was embraced by all parties.

Suzanne is now able to efficiently manage patients' pathways and triage patients who can be managed remotely, and patients who require a face-to-face clinical assessment, eliminating travel for short consultations.



ROYAL COLLEGE OF NURSING IN WALES
NURSE OF THE YEAR
AWARDS

AWARDS PROGRAMME 2021

SPONSORED BY
FRONTIER MEDICAL GROUP



Supporting Improvement Through Research Award



EMMA WILLIAMS

Haematology Trials Unit Manager,
Cardiff and Vale University Health Board

ANNA ROYNON-REED

Senior Team Lead,
Clinical Research Centre -
Delivery Team,
Aneurin Bevan University
Health Board



Emma is an inspirational nurse leader of the haematology clinical research group (CRG). She has established a positive research culture and enabled all types of haematological cancers to have a healthy and balanced portfolio of trials.

Emma's encouragement of colleagues to invest in research projects means patients have more chances of accessing novel treatments for their conditions.

She has successfully grown her team of staff, resulting in her nurses being recognised as one of the three highest recruiters in the UK for the FIGARO study. This resulted in the appointment of a bone marrow transplant research nurse to the team, which then led to the team being awarded IMPACT funded-status.

Emma has motivated her team of research staff to increase the number of studies offered to patients, and she is especially keen to build a nurse-led portfolio of studies to inspire more nurses to take a lead within research.

She has also undertaken a master's degree at Cardiff University and become one of the first national nurse chief investigators for a pioneering quality-of-life centred clinical trial.

Emma's passion and dedication to research is mirrored in her fundraising activity for Blood Cancer UK and Leukaemia Care.

Anna transformed the Aneurin Bevan University Health Board (ABUHB) research delivery team operation during COVID-19, managing heightened demand and enabling patients to enter clinical trials.

A research leader of great skill, Anna has outlined a clear vision to progress clinical research within NHS Wales and beyond.

Research trials were often complex and dynamic during the pandemic, with new evidence regularly emerging. Anna was always up-to-date on the latest changes and seamlessly guided her team.

At the peak of the pandemic, Anna expertly led in delivering trials such as the Astra-Zeneca trial, managing all employees in line with policy and guidance on shielding and distancing. This was especially challenging in a small work area.

She introduced weekend working to meet the increased needs, and permanently placed herself on-call so a senior team member would always be available. She would personally visit hospitals at weekends to help clinicians recruit, consent and deliver interventions to patients.

Anna has been central to the research delivery team's move to a new area, where patients can be offered novel interventions that weren't previously possible. Her aim is for ABUHB to offer clinical trials in every disease area.

SPONSORED BY
CARDIFF UNIVERSITY



Care of the Older Person Award



CLARE BROOM

Advanced Nurse Practitioner,
Cwm Taf Morgannwg University Health Board



JOANNE HOOK

Senior Nurse,
Aneurin Bevan University
Health Board



Clare was instrumental in the design and implementation of an enhanced service for the eleven care homes within the South Cynon primary care cluster.

Since being appointed as an advanced nurse practitioner in 2020, her clinical assessment skills and deep understanding of frailty has led to measurable benefits across the region. She knows the impact frailty has in reducing the ability to independently perform regular activities through physical or mental illness.

There was an urgent need to strengthen advance care planning across the care homes. Clare has strongly delivered, connecting with advance care planning clinical nurse specialists to help upskill and empower care home staff in implementing meaningful changes.

Implemented in February 2021, the new service enhancements include diagnosis and treatment of previously undiagnosed conditions, a new system for managing medicines, and a new system for managing chronic conditions.

Clare routinely demonstrates excellent nursing skills, including negotiation, leadership and the ability to work collaboratively. Her philosophy is to work alongside colleagues in a co-productive manner to meet the needs of the older person. The awards' panel were impressed with her advocacy for the older person and how humble her work makes her feel.

Joanne created an uplifting programme of intergenerational activity at the height of the pandemic, bringing together elderly patients at County Hospital, and children from New Inn Primary School.

Joanne observed the impact social isolation was having on the psychological wellbeing of inpatients at County Hospital. Elderly patients were especially impacted because they required enhanced care, there were visitor restrictions, and they could have difficulties communicating through PPE.

But her own young children helped her recognise that social isolation was not a challenge the older population faced alone.

Working within COVID-19 restrictions of the time, Joanne's programme included letters, videos, pictures and projects to support dementia, such as a garden project. She aligned key outcomes to policy direction reflected within the Future Generations Act.

It offered a diversion for patients, increasing their motivation and leading to improved engagement with rehabilitation programmes. There was also positive impact on hospital staff, school staff and school children.

Joanne has been the figurehead for this community innovation. Her enthusiasm has helped to inspire, establish, and continue the programme. The panel were impressed by her passion and how she endeavours to bring joy into the lives of the older person.



ROYAL COLLEGE OF NURSING IN WALES
NURSE OF THE YEAR
AWARDS

SPONSORED BY
UNIVERSITY OF WALES TRINITY SAINT DAVID



WALES NURSE OF THE YEAR 2021

Wales Nurse of the Year Award 2021

The Wales Nurse of the Year Award is the ultimate accolade at this evening's ceremony. The award acknowledges excellence in professional practice and outstanding leadership. The winner will have made a considerable and sustained contribution to improving the care of patients in Wales and been instrumental in developing nursing innovations. Through their achievements, the winner will have played a significant role in enhancing the reputation of the nursing profession.

Criteria for Award:

- The Wales Nurse of the Year must have demonstrated excellence in their field.
- Their contribution to the nursing community and the nation's health care will have been judged as significant.
- The winner must be an inspirational role model for the nursing and health care community.

All the candidates for the RCN Wales Nurse of the Year 2021 Awards have had a significantly positive impact upon patient care in their field of practice and have demonstrated excellence in nursing practice in Wales. Each nominee and category winner are clearly passionate nurses, going over and above to provide the best care and services they can, being innovative and creative and sometimes in very difficult circumstances.

PREVIOUS RCN WALES NURSE OF THE YEAR AWARD WINNERS

2012 WINNER: LOUISE POLEY Consultant Nurse for Substance Misuse, Cardiff and Vale University Health Board

2013 WINNER: RUTH OWENS Ward Sister, Cardiff and Vale University Health Board

2014 WINNER: VERONICA JARMAN Day Hospital Sister, Powys Teaching Health Board

2015 WINNER: CLAIRE HARRIS Ward Sister, Aneurin Bevan University Health Board

2016 WINNER: SIAN THOMAS Consultant Nurse (Child Health), Aneurin Bevan University Health Board

2017 WINNER: LOUISE WALBY Respiratory Nurse Facilitator, Cwm Taf University Health Board Wales Nurse of the Year Award

2018 WINNER: EVE LIGHTFOOT Community Infection Prevention Nurse, Hywel Dda University Health Board

2019 WINNER: JEAN SAUNDERS MBE Asylum Seeker Lead Nurse, Swansea Bay University Health Board

SPONSORED BY
VELINDRE UNIVERSITY NHS TRUST



WALES NURSE OF THE YEAR 2021



WINNER

KIRSTY JOHN Charge Nurse, HMP Cardiff, Cardiff and Vale University Health Board

We are proud to award the title of RCN Wales Nurse of the Year 2021 to Kirsty John, a most worthy winner and a superb role model and ambassador for nursing.

The panel for the RCN Wales Nurse of the Year 2021 were so very impressed by Kirsty's 'can-do' attitude, having tenacity and drive to re-shape health care within a prison setting, her confidence, passion, and charisma, shines through in her work.

- Kirsty works in a disengaged and underfunded section of of Primary Care; however, she has put a spotlight on the prison service, taking considerable strides to vastly improve the care and services provided by the service and also to share this great work and outcomes widely to bring up standards across the sector.

- Kirsty has achieved so much within a prison setting, particularly during the pandemic. Nursing in this setting is challenging, and many prisoners have a range of health conditions, compounded by the risk of COVID, and her approach has stood out as innovative, compassionate as well as focusing on significantly improving vaccination rates within this client group.
- Kirsty's personal journey is truly inspirational, making the decision to re-train as a nurse after being a prison officer, to commit to then nurse within the prison sector, and her enthusiasm and dedication to drive up standards to improve the lives, health and wellbeing of some of the most marginalised and vulnerable people with very challenging and complex health needs, is fantastic and to be highly commended.



"Receiving this award is an excellent opportunity to highlight prison nursing. Often prison nursing can be hidden behind the walls and it will be amazing to be able to highlight all the excellent work that goes on in a secure environment working with some of the most vulnerable in our society."

Commenting on Kirsty's success, Helen Whyley, Director, RCN Wales said:

"Kirsty John, RCN Wales Nurse of the Year 2021, is dedicated to ensuring high levels of dignified care for patients within the prison setting. She has a passion for ways of improving the lives of the people under her care, through innovative service delivery. Kirsty focuses not only on prevention, not just keeping people fit and safe while they are in prison, but also on long term health improvement. Her dedication and professionalism, paired with her passion for her role was clear. She is an admirable individual and a worthy winner of the Wales Nurse of the Year Award 2021."

CONGRATULATIONS

ROLL CALL FOR ALL THE SHORTLISTED CANDIDATES FOR THE RCN WALES NURSE OF THE YEAR AWARDS 2021

HANNAH ARMAH OFOE Cwm Taf Morgannwg University Health Board
FRANCES BEADLE Digital Health and Care Wales
ANNETTE BEASLEY Cardiff and Vale University Health Board
AWET BELAY WOLDEGEORGES Cardiff University
REBECCA BICKNELL Hywel Dda University Health Board
PAULA BIDDER Swansea Bay University Health Board
AMY BOND AND EMMA MILLS Aneurin Bevan University Health Board
NIA BOUGHTON Betsi Cadwaladr University Health Board
KATHRYN BOURDEAUX Cardiff and Vale University Health Board
LINDA BRAYSHAY Betsi Cadwaladr University Health Board
CHRISTINE BROOKES Hywel Dda University Health Board
SIAN BROOKES Cardiff and Vale University Health Board
CLARE BROOM Cwm Taf Morgannwg University Health Board
CLAIRE BRYANT Hywel Dda University Health Board
DEBORAH BURCHELL Cardiff and Vale University Health Board
SIMON CASSIDY Health, Education and Improvement Wales (HEIW)
STEPHEN CLARKE Welsh Ambulance Services NHS Trust
LISA COCKROFT Hywel Dda University Health Board
SHARON COLEMAN Cwm Taf Morgannwg University Health Board
CHRISTINE COTTRELL Swansea Bay University Health Board
JANELLE COURTNEY Aneurin Bevan University Health Board
ASHLEY CROCKETT-LYNCH Cardiff and Vale University Health Board
HELEN CROSBIE AND ROCHELLE WALTERS Aneurin Bevan University Health Board
JOSANNE CULLEN University of South Wales
SUZANNE DAVIES Hywel Dda University Health Board
WENDY DURY Cwm Taf Morgannwg University Health Board
SAMANTHA EVANS Swansea Bay University Health Board
TRACEY EVANS AND CLAIR HERMON Aneurin Bevan University Health Board
KATHERINE FISCHER-JENKINS Cardiff and Vale University Health Board
GAYNOR GOUGH AND MICHELLE STAPLE Cwm Taf Morgannwg University Health Board
KATE HARPER Aneurin Bevan University Health Board
RICHARD HELLYAR Cardiff University
AMANDA HOLLAND AND DR LORRAINE JOOMUN Cardiff University
ABIGAIL HOLMES Cardiff and Vale University Health Board
JESSICA HOLMES AND HELEN WHALLEY Cardiff and Vale University Health Board
JOANNE HOOK Aneurin Bevan University Health Board
VERONIQUE HUGHES Aneurin Bevan University Health Board
LINDA HUGHES-JONES Cardiff and Vale University Health Board
BETSAN IFANS Hywel Dda University Health Board
SALLY IRVING Powys Teaching Health Board
KAY ISAACS Hywel Dda University Health Board
TRACY JAMES Aneurin Bevan University Health Board
EMILY JOHN Cardiff and Vale University Health Board
KIRSTY JOHN Cardiff and Vale University Health Board

LLONGYFARCHIADAU

ENWAU'R HOLL YMGEISWYR AR RESTRAU BYR AR GYFER GWOBRAU NYRS Y FLWYDDYN RCN CYMRU 2021

ANWEN JONES Hywel Dda University Health Board
GLENNA JONES Hywel Dda University Health Board
SARAH KINGDOM-MILLS Hywel Dda University Health Board
PENNY LAMB Hywel Dda University Health Board
BETHAN LEWIS Public Health Wales
RHIAN MATHIAS Hywel Dda University Health Board
CLAIRE McCARTHY Aneurin Bevan University Health Board
NATALIE McCULLOCH Cardiff and Vale University Health Board
REBECCA McDONALD Hywel Dda University Health Board
PENNY MCILQUHAM Aneurin Bevan University Health Board
TRACY MEREDITH Cardiff and Vale University Health Board
KAREN MILLS Cardiff and Vale University Health Board
SUSAN MOGFORD Cardiff and Vale University Health Board
KATE MORGAN Aneurin Bevan University Health Board
JACQUELINE MORGAN AND MATTHEW THORNTON Cwm Taf Morgannwg University Health Board and University of South Wales
EMMA MURDOCH Cardiff and Vale University Health Board
DAWN PARRY Aneurin Bevan University Health Board
JODIE PARRY Swansea Bay University Health Board
LEAH PENNY Cardiff and Vale University Health Board
HAYLEY PHILLIPS NHS Wales Health Collaborative
CHERIE PIECKO Hywel Dda University Health Board
CONNOR RAWLINSON Cardiff University
DIANE REES Velindre University NHS Trust
SUE REES BEM Hywel Dda University Health Board
SARAH REES AND PAULA STRONG Cardiff and Vale University Health Board
JUDY ROGERS Cardiff and Vale University Health Board
ANNA ROYNON-REED Aneurin Bevan University Health Board
ALISON RYLAND Aneurin Bevan University Health Board
JENNY SPREAFICO Powys Teaching Health Board
SARAH TERRETT Cwm Taf Morgannwg University Health Board
LAURA TRUSCOTT-WRIGHT Cardiff and Vale University Health Board
CHARLOTTE WALKER Welsh Ambulance Services NHS Trust
CAROLINE WHITTAKER RRC OstJ Public Health Wales
EMMA WILLIAMS Cardiff and Vale University Health Board
LOUISE WILLIAMS Cardiff and Vale University Health Board
SHARON WILLIAMS Improvement Cymru, Public Health Wales
VENETIA YARR Cardiff and Vale University Health Board



ROYAL COLLEGE OF NURSING IN WALES
NURSE OF THE YEAR
AWARDS

AWARDS PROGRAMME 2021