The following is a sample of some of FoNS’ library of resources related to nurse-led services and clinics and the role of leadership.

**Project Reports:**

**The School Nurse Rucksack (February 2017)**


Based in Wales, the team wanted to raise the profile of the school nurse and encourage children to contact the school nurse proactively around a range of issues. The team held a series of focus groups with pupils to find out what issues were important to them. The rucksack is a visual reminder of who the school nurse is and contains objects which can be used as prompts to develop conversations about issues facing the children.

**Evaluating and Improving a Nurse Led Advice Line for Rheumatology Patients and Relevant Healthcare Professional (January 2017)**


The rheumatology advice line has been an integral part of the Clinical Nurse Specialist role for 20 years. Anecdotally there is evidence that service users appreciate the service but there has been no formal evaluation of the effectiveness of the advice line service. This project was able to identify the strengths of the service, including financial savings, and also for improvement.

**‘Bump, Baby and Beyond’ – Creative Ways of Designing Antenatal Preparation Sessions in Collaboration with Women (December 2016)**


The team worked to develop creative and collaborative antenatal sessions in a deprived and ‘hard to reach’ area. It was hoped that the project would help increase the potential for secure attachments between mother and infant, increase confidence and encourage peer support and inform and empower mothers.

**Exploring Stakeholder’s Perceptions of Teenage and Young Adult Cancer Ambulatory Care (September 2016)**

https://www.fons.org/library/report-details/71868

The purpose of this project was to reflect on the service from the perspective of stakeholders (patients and their families, ward and ambulatory care nurses, clinical nurse specialists and doctors).

**Healthcare Assistants as Second Checkers of Controlled Drugs for Timely Symptom Management in a Hospice Setting (July 2016)**


Staff at a palliative care unit identified the need to improve symptom management for patients. The goal was to look at a complete change in process to establish a facilitated training programme to allow healthcare assistants to second check controlled drugs.

**Health and Wellbeing for People Living with Heart Failure (September 2015)**


Patient focus groups and a modified emotional touchpoints exercise provided powerful evidence of patients’ experience of diagnosis and life with heart failure. The nurse-led team are now working towards a patient centred education and support programme that will become embedded in the patient journey.

**Building on Positive Experience: Developing, Implementing and Evaluating a Model for a Self Harm Clinic (June 2015)**


A nurse-led team worked together with service users to develop a proactive, preventative clinic for people who repeatedly present at A&E for self harm. While few service users were able to attend every clinic appointment, there was a clear reduction in presentation to A&E for self harm.

**Sleeping Better: Improving Sleep Habits in Children and Young People with Learning Disabilities using Cognitive and Behavioural Approaches (March 2015)**


The team in North Wales were keen to reduce the use of medication as the first line approach to helping children with learning difficulties develop better sleep routines. Working with staff at all levels, they have developed a nurse-led sleep clinic.

**The Implementation of Nurse Facilitated Discharge in Paediatrics (July 2014)**


The aim of the project was to introduce nurse facilitated discharge under clear guidance from the medical staff and within a clear protocol. The methods and approaches used within the project were staff questionnaires, collection of parent and child stories and workshops for nursing staff to look at developing the role and ward working practices.

**‘Knowing why we do what we do’ - Establishing a Unit Practice Council to Improve Evidence Based Nursing Practice in Acute Medicine using Appreciative Inquiry (June 2014)**


This report describes how, supported by FoNS, nurses and other key stakeholders developed a Unit Practice Council to implement change using a shared governance approach. Shared governance is a style of nursing management which empowers frontline staff to be involved in the decisions made about their practice. The Unit Practice Council was involved in improvements in many areas of practice.

**Developing a Nurse-led Integrated ‘Red Legs’ Service - Caring for People with a Complex Diagnosis/Condition with Causes other than Acute Cellulitis (December 2013)**


Following a three month pilot of the service and positive
feedback from patients, this service has now been fully commissioned. It is anticipated that significant financial savings will be made.

**Improving Bowel Care after Stroke (October 2012)**
The project team supported by FoNS at Imperial College Healthcare NHS Trust were able to introduce nursing ward rounds as part of their drive to improve bowel care after stroke. The team recognised the importance of focusing on privacy and dignity issues and are planning to identify nurses who will act as dignity champions within the stroke service.

**Establishing a Telephone Review Clinic for Patients with Inflammatory Bowel Disease (March 2012)**
This specialist team developed a service for follow up appointments at the Causeway Hospital, which resulted in improved patient satisfaction, fewer long journeys and waits and an expanded capacity for emergency appointments.

**Improving the Patient Experience of Admission to an Older Persons Acute Mental Health Ward (March 2012)**
The team at the Churchill hospital wanted not only to improve the patient experience of admission to an older persons acute mental health ward but also that of the patient’s family and carers at this difficult time. Working with nursing staff to address their concerns, the team were able to develop nurse-led family and carer support.

**Establishing a Nurse-Led Respite Ward within a Hospice (February 2012)**
Feedback suggested that the hospice was lacking a respite service, which was invaluable to carers who are relied on to keep patients at home. The team used a variety of approaches to promote ownership of the ward and to create a shared vision. On evaluation, they found that patients felt that their main concern at admission had been addressed and staff felt they were learning a different way of caring.

**Improving the Patient Journey within a Minor Injuries Area (February 2012)**
The team at Hairmyres Hospital had noticed that the minor injuries nurse treatment service was underperforming. With the help of the Patients First Programme they were able to enhance professional relationships, improve performance figures and boost morale, enthusiasm and drive within the minor injuries area. The project team improved both working relationships and team culture.

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**The Importance of Inspiring a Shared Vision by Jacqueline Martin, Brendan McCormack, Donna Fitzsimons and Rebecca Spirig (Volume 4, Issue 2, Article 4)**
https://www.fons.org/library/journal/volume4-issue2/article4  
This study found that a vision provides orientation and meaning for leaders and their teams. It helps them to focus their energies and engage in the transformation of practice. However, it is very important for leaders to monitor closely the energy level of teams and the organisation, in order to maintain the balance between innovation/transformation and relaxation/recovery.

**Reflection and person-centredness in practice development by Kylie Smith (Volume 6, Issue 1, Article 12)**
http://www.fons.org/library/journal/volume6-issue1/article12  
A commentary on the position of reflection, practice development, practice learning and evidence based practice.

**Quality Improvement – rival or ally of practice development? by Gavin Lavery (Volume 6, Number 1, article 15)**
https://www.fons.org/library/journal/volume6-issue1/article15  
The majority of nurses, doctors, allied health professionals and other healthcare staff possess a strong desire to provide the best possible care and experience for their patients. This paper explores the relationships between quality improvement and practice development and suggests ways forward for practitioners.