

Apprenticeships Case Study

Josie Lee

**Specialist Community Public Health Nurse
Health Visiting**



What prompted you to become an apprentice/apply for your apprenticeship?

Since I was a Student Nurse on my placement with Kingsway Health Visitors, the team really inspired me to work in the community, which is why I went straight into applying for an apprenticeship from newly qualified. I chose the apprenticeship route as I wanted a more hands-on experience and the opportunity to gain a qualification while working and gain a feel for the work environment.

Tell us about your role, what does a typical day look like?

I will arrive into the office and have a team meeting to discuss what we have planned today. Some days I may have training days, other days I may be going on home visits with the dedicated Health Visitor where I observe, take notes, and I have started to lead on visits which I am really enjoying and gives me a part in the visit to discuss SIDS, safe sleeping, ICON, feeding, labour, immunisations etc. I will then go back to the office and either observe the Health Visitor in typing notes and making referrals or I will make my own notes on my dummy case load. On days there is baby clinic, I will go and take part in talking to families about feeding and weight problems, complete their weight and plot the graph in the child's red book. Again, assist the Nursery Nurse or Health Visitor is writing up these conversations with parents, including the voice of the child. Other days I attend safeguarding meetings where I observe conversations between families, social services, school and health about decisions made for the child.

I am constantly reflecting after each practice and university day to explain what I have achieved, what I have learnt or how my transferable skills have helped.

What is the best thing about your apprenticeship?

The best thing about being on this apprenticeship is meeting different team members that come from a range of different health backgrounds which gives me an insight into how different employees work in this role and how autonomous it is. Also, being able to go out into the community and give more time with families than I had when I practised in the hospital.

What would you say to others thinking about an apprenticeship?

I would advise everyone to suggest the apprenticeship route as it gives you much more flexibility between working and studying and you meet a lot of people in the same situation as yourself, especially as a mature student. My apprenticeship with Bridgewater NHS Trust so far has been excellent in the support and kindness I have received which has improved my confidence, knowledge and skills, and I know I will strive to continually grow and develop as the apprenticeship progresses.

