

## My Journey to Trainee Nursing Associate - Katie Arnold.

I have wanted to be involved in nursing for a long time and I was thrilled to be given the opportunity to become one of the first trainee nursing associates.

I have lived with a family member who has suffered with long term mental health issues and I have witnessed first-hand the struggles that are faced by the sufferer and their families. I feel the need to address these struggles head on and raise awareness and help break the stigma of mental health.

When I had my daughter, the maternity care I received was excellent and the thought of offering the same standard of care to the whole family is of massive importance to me.

Unfortunately, my next experiences were not positive ones and I felt incredibly unsupported and mistreated through three miscarriages which resulted in surgery. The wards I was on were understaffed and very little help was offered to any patients. This gave me the drive to help improve patient care and make a positive difference to patients at a very vulnerable time in their lives.

I was extremely honoured to be involved in a patient who was receiving End of Life care, from supporting the family to come to terms with their loss to the very respectful and dignified end to the patient's life.

I have had the opportunity to work across a variety of wards within CWP and I love being able to offer care and support to many people. However, I always want to be able to "give more".

I have seen the impact that both good and not so good care has on a patient and their families and I have seen people through their whole life journey. This is the reason that I am so passionate about providing a holistic, person centred care through all stages of life.

The new role as Nursing Associate is exactly what I have been looking for and I can't wait to get started!