

## Attendees

Robert Barry	Public Health Wales
Sacha Bhuchar	Cardiff metropolitan university
Jonathan Cliffe	Warrington & Halton Hospitals
Natalie Cox	WEDS
Darren Davies	NWSSP
Hannah Eastwood	Bangor university
Corey Evans	NWSSP
Hayley Forbes	Cardiff University
Harriet Glenn	Bangor University
Claire Harries	ABMU
Alison Holland	Swansea University
Samantha Holloway	Cardiff University
Shabana Kauser	ALAS
Chrissy Love	WEDS
Kelly Pettifer	Swansea university
Elinor Smith	Bangor Univeristy
Kate Squire	Cardiff metropolitan university
Elena Stamp	Cardiff metropolitan university
Robert Taylor	Cardiff metropolitan university
George Waite	Cardiff metropolitan university
Antonia Waterfield	Cardiff metropolitan university
Madeleine Williams	Cardiff metropolitan university
Heather Wood	Cardiff and Vale UHB

## Apologies

Rachel Codd  
Philani Dube  
Becky Large  
Melissa Oates  
Tania O'Leary  
Nicola Parkinson  
Natalie Pitman

## Minutes from April 2016 meeting

NC circulated prior to meeting. No issues were raised relating to the minutes.

## Positive experiences of being a healthcare professional

Each attendee highlighted a positive experience, some of these being:

- The majority of first years commented on how welcoming their course had been.
- Team working
- Fulfilment of caring for patients.
- The opportunities arising from being a member of the WHSF including meeting politicians.

## Pressure Ulcers in Wales – a student led conference

Informative talk on pressure ulcers from Samantha Holloway, a senior lecturer and programme director at Cardiff University. She specialises in Wound healing and tissue repair. The main points were:

- Pressure ulcers are everybody's business
- 80-95% are preventable
- A fractured neck of femur in elderly females is the highest risk for pressure ulcers
- Hierarchy of risk factors. Moore et al (2011)
- Tissue damage will occur within two hours however it starts in the muscle so you don't always see it straight away.
- A pressure spot won't blanch on pressing.
- Prevention is key
- It was discussed running a conference on behalf of Sam Holloway, however it was decided to just implement a break out session into the WHSF conference instead.
- To contact Samantha email [hollowaySL1@cardiff.ac.uk](mailto:hollowaySL1@cardiff.ac.uk)

## Getting to know you

A speed dating session where everyone attending the meeting spent five minutes firing questions at each other. Including names something unusual that people don't know about your profession. A very positive session enjoyed by all. A really good way of getting insight into other professions.

## Newly qualified life – Claire Harries

Claire, previous Chair of the Forum, returned to speak to us about qualified life a year after qualifying as a learning disabilities nurse. Main points were:

- It is a juggling act

- Don't try to run before you can walk
- Tips for joining an established team
  - Listen but be confident
  - Draw on your own knowledge
  - Give it time
  - Meet in the middle
- When it come to applying for jobs, don't put up too many barriers, you might enjoy something you didn't think you would.
- However it is important you are happy so give it a chance and if you still aren't happy move on.

### Newly qualified life Jonathan Cliffe

Jonathan a previous key member of the Forum returned a year after qualifying as a midwife to present his key learning points:

- Remember the joy is in the journey not the end goal, so enjoy each day and don't forget you are priviledged to work in healthcare.
- Jelly baby boost! Jonathan talked about a friend giving him a Jelly baby which helped him complete his half marathon. He pointed out we should all of something that helps us through the hard times. This can be:-
  - Colleagues / peers
  - Family and me time
  - Conferences / social media
- Always ask and always question because you will never know everything.
- The first year is hard and you will have lows but there is also lots of highs.
- TO contact Jonathan email [jonathan.cliffe@whh.nhs.uk](mailto:jonathan.cliffe@whh.nhs.uk)

### WHFS Conference (sub committee and theme)

We discussed a theme and selected a sub comitee.

- Theme - Empowerment .... May the force be with you
- First conference sub-committee meeting – 9<sup>th</sup> Nov at 12.30
- Sub committee Elena Stamp, Elinor Smith, Harriet Glenn, Rob Barry, Hayley Forbes, Claire Harries, Natalie Cox, Chrissy Love and Darren Davies

### Committee communication

Each Committee member reported on WHSF activities since the last meeting.

### Medical stretch

A team challenge in the Brecons with the TA. There was a lot of interest in the room so an email has been sent to put forward a team of ten for next year.

### Charity

A facebook ballot is going to be run to choose our charity for the year. A Christmas walk for each member to do in their area was discussed as the first event. Next years charity will then be chosen at the conference.