

Alison Nicholson, has been an Advanced Nurse Practitioner for Frailty at University Hospitals of Morecambe Bay NHS Foundation Trust for three years. Since 2014, she has held a community post which compliments her acute role.

Here she tells us more about her roles for the Trust and community.



Tell us how you got your role?

I am a registered adult nurse. I have a degree in District Nursing and a MSc in Advanced Practice, including non-medical prescribing. I have undertaken lots of training around communication, palliative care, prescribing, frailty. I have had lots of roles in my 25 year career mainly community based, however this hospital based role supports my practice greatly and also helps improve patient care and experience.

What does your role involve?

Every day is different in my role which I really enjoy. During the coronavirus (COVID-19) pandemic, I have been involved in vaccinating our communities. This has been a monumental undertaking especially when you consider how many people are unable to get out, those in care homes and people with learning needs. The geography and travel has been amazing.

As well as my role I'm involved in safeguarding work.

What have been the best bits of your role?

I knew I wanted to be a nurse when I was 11. It's a diverse role where you see the best and most trying times for individuals and their families. You can be a carer, social worker, pharmacist, counsellor and health assessor in one consultation.

What have been the challenges of your role?

The challenges have mainly been around COVID. Currently, we have found people to be much frailer and lonely which impacts on their health and welfare enormously. Older people have also done their best not to call for help, but sadly we are seeing people with poor health as a result.

Life outside of work:

I am married to Graeme an Advanced Nurse Practitioner at Furness General Hospital and we have two older daughters, one is a trainee nurse associate with the Trust and the other is at Northumbria University studying psychology. We enjoy walking, travel (when allowed) and eating out.

Top tips for people wanting to get into the profession:

Work hard, play hard and be organised!