Each month we will publish a ‘day in the life’ of a member of staff to showcase some of the many different roles across Bupa Cromwell Hospital...

What made you want to be a Breast Care Nurse?

Most of my family are in the nursing profession and I've been quite exposed to hospitals. I've seen how hospitals look after patients and always wondered if I could make them better. From the age of 10, I wanted to work in the care industry. When I started studying, I thought I would work with young female members in the community and what I could do to support women, and was supported, to look after.

What is the best thing about being a Breast Care Nurse?

It's the most rewarding. Each patient has a very different story, and I find that quite interesting.Every breast cancer patient is unique in their own way and this is why it's important to be tailored to each and every patient. It's very different to other nursing roles. It's very rewarding.

What is the hardest thing about your job?

Helping women face difficult decisions. Some issues can affect women in many ways, not just physically but also emotionally. They need support, and sometimes they need to take on the role of the doctor. It's quite a difficult balance to strike.

How would a patient end up seeing a breast care nurse?

I usually see patients who have been diagnosed with breast cancer and are being treated. I consult with the patient and then help them with their care pathway. I discuss treatment and any issues they may have, either physically or emotionally. I support not only the patient, but also their families.

What's an average day like for you?

I usually work 9.5 Monday to Friday, but this is flexible depending on the patients I am seeing. I do ward rounds to check on patients who may be having, or have had surgery, chemotherapy, and radiotherapy. I am also on the floor. They have inpatients who are at home and may have specific questions about their treatment. I then give them time to focus on service improvement, for example creating leaflets to promote our services, or drafting patient information documents. I also carry out teaching sessions with patients.

What advice would you give to someone hoping to follow in your footsteps?

Nursing is a passion. You have to put yourself in the patient's shoes and ask how you would want to be treated if you were them. It's a great profession, but it's also hard work. It's a hard path to follow. I hope that everyone who is thinking about doing this career considers all the pros and cons before they decide. I think that is very precious.