

# Supporting the Lead Cancer Nurse

Marion Hopwood  
Karen Handscomb

# What is the reality at the present time for you / your service / personal life .....?

- Pressurised
- Different to a year ago
- Dichotomy – comfortable but uncertain
- Increasingly dragged in to non-cancer agendas
- Operational side takes over
- Long hours
- Difficult to balance life
- Lack of understanding in system of cancer agenda
- Emphasis on targets not quality
- Dealing with complacency – wake up call

What does this look like? What does this feel like? What do you know?

- “Confetti”
- “Whirlpool”
- “Exhausting”
- “A lot of fog around”
- “Brick walls and dinosaurs”

What does this look like? What does this feel like? What do you know?

- “Survival”
- “Roller coaster”
- “Adrenaline junkie”
- “Enjoyment”
- “Complicated”
- “Muzzy”

# Your fear list

- Not making a difference
- Not delivering other peoples expectations
- Looming cuts
- Loss of focus on some areas
- 62 day wait to 31 day wait
- If service development doesn't happen – reflects personally
- Cancer going down the agenda – lose what we have achieved
- “Can we put cancer a bit further down, please?”
- Work – life balance

# Moving forwards - what do I need to do?

- Keep going at it
- Break down the elephant in to pieces
- Be visible
- Celebrate and publicise successes
- Look at how working – hand off e-mails
- Be kind to yourself
- Choose your battles

# What can we do together?

- Group going – this conference very helpful
- Workshops on specific issues
- Meetings or other contact methods to support each other
- Structured professional leadership
- Continued Network support

# What is important in moving forward?

- Continually knowing you are making a difference
- Holding on to your core values
- Getting a cleaner