

In the Spotlight



Name: Sam Williams

JOB TITLE: **SPECIALIST COMMUNITY PUBLIC HEALTH NURSE FOR BLAENAU GWENT**
(MORE COMMONLY KNOWN AS HEALTH VISITOR)

Qualifications: BSc Hons Paediatric Nursing, Post Graduate Diploma in Specialist Community Public Health Nursing, Qualification in Nurse Prescribing

Experience: Worked as a Healthcare Assistant for children's community team before qualifying as a Nurse, then worked as a Paediatric Nurse for 4 years in specialties such as Paediatric Oncology and Paediatric Intensive Care. Has now been a Health Visitor for almost 8 years

Role includes:

- Visiting families' homes from antenatal stage, right up to when the child is 5 years old.
- Assessing children's health and development and supporting families as part of the Healthy Child Wales Programme
- Educating families on safe sleeping, toilet training, dental health
- Assessing Maternal and Paternal Mental Health and referring onto other services where appropriate
- Advising on and delivering immunisations
- Working closely with other professionals, such as Physiotherapists, GPs and Social Services
- Supporting families with responsive feeding
- Prescribing for common ailments, such as headlice, when needed

"I love being a point of contact for families and being there to support them, because raising children is really hard. Going into families' homes, supporting them with parenting and having an impact on reducing health inequalities is what makes my job so unique and rewarding."