



Rita's story

Rita is a registered nurse who retired a year ago but has recently joined NHSP through Rapid Response to help with the fight against COVID-19. Since returning to the NHS, Rita has worked her first few shifts at Warrington and Halton Hospitals NHS Trust where her daughter is a Sister. Thank you for supporting the NHS during this challenging time - you're truly an NHS Hero!

1. How long have you been nursing for?

I started my nurse training in 1979 and retired last April.

2. How did you find booking / working your first shift?

I decided to join NHSP as I did not feel I could stay at home, aware that my ex NHS colleagues were struggling with their workload.

3. How did it make you feel being able to join our Rapid Response to help the NHS?

Whilst I felt encouraged being able to return, I was also very anxious in case my skills were not transferable to the hospital setting as I have worked in General Practice since 1992.

4. What does it mean to you to support the NHS and your local community?

Being able to support my local hospital and my community helps me to feel valued.

5. What do you enjoy most about nursing?

Being a nurse, I enjoy the privilege of caring and supporting patients either to stay well or get better.

6. How did you find booking / working your first shift?

Booking and working my first shift was daunting having been out of the hospital environment for such a long time and I was anxious that the staff I was to work with were aware of my limitations. It's taken a few shifts for me to feel comfortable but the ward staff have been amazing, supporting and encouraging me making me feel like a valued member of their team and always checking they are not expecting me to go out of my competencies before asking me to do anything.