



Ciara Holland

Clinical Sister

What does your job entail?

As a Band 6 Clinical Sister, my role involves providing direct patient care and coordinating and overseeing nursing practice. I am responsible for delivering clinical activities such as personal care, medication administration, wound care, venepuncture, and cannulation. Additionally, I hold a leadership position and support the ward manager in the day-to-day operations of the ward. I also have a teaching role, providing guidance to junior nurses, student nurses, and healthcare assistants. In this role, I need to be confident in my decision-making while working within my scope of practice.

How did you get into this line of work?

Initially, I attended university to study computer science after completing my A-levels. However, after the first year, I realized that this wasn't the right path for me and became more interested in pursuing a career in allied health.

Outline your career to date

After completing a Diploma in Nursing in Belfast, I was fortunate to secure a job in Trauma and Orthopaedics. I worked in that field for 18 months before continuing my nursing career in Australia through an agency. Upon returning from Australia, I joined the Spinal Unit, where I had the opportunity to work with patients with complex needs. During that time, I completed a short course in Trauma and Orthopaedics and eventually obtained my degree in nursing. As I nursed patients in the Spinal Unit, I developed an interest in pain management, leading to a specialist role in the Acute Pain Team. This position allowed me to enhance my confidence, teaching skills, and leadership abilities as I covered multiple hospitals and worked in various specialties within the trust. I held this post for 8 years and also took the opportunity to return to university and complete the Independent Nurse Prescribing course.

What is the best advice you've ever received?

The best advice I've been given is "No task is beneath you. Don't place yourself above anyone or anything. Work hard in silence and let success make the noise!"

What do you like to do in your spare time?

While I don't have much spare time with four young boys, I believe it's important to take some time for oneself. A few years ago, I started running with my local club. This year, I trained for and completed a half marathon, and after that achievement, I challenged myself to a full marathon. It may not have been the wisest decision with only four weeks of training, but I successfully completed it, and now I might be hooked!

What advice would you give your 16-year-old self?

If I could advise my 16-year-old self, I would say, "Don't try to impress everyone. The unhappiest people are those who care too much about what others think!"