



Lalla Ben Mathew

Clinical Sister
Band 6

What does your job entail?

I work in Antrim Area Hospital and am a Clinical Band 6, my role is to oversee the theatre and assist in anaesthesia for the cases. I also teach junior staff and nursing students, ensure the smooth running of the theatre and make sure everything happens on time.

How did you get into this line of work?

I completed a Diploma in General Nursing and Midwifery in India, then came to the UK in 2004 and did my adaptation program and have been working in Antrim Area Hospital for the past 18 years and became a Clinical Sister in 2020.

Outline your career to date

- Theatre Nurse in India for 2 years
- Theatre Nurse in Kuwait for 12 years
- Theatre Nurse in the UK for 18 years
- Clinical Sister in the UK at present

Tell us about your qualifications and training

I completed my Diploma in General Nursing and Midwifery in India. I also completed Adult Life Support training, mentorships, IV cannula room and medications and many more qualifications throughout the years.

What qualities are required for your job – personal and professional?

Empathy, good communication skills, good teamwork, professionalism, time management, leadership, ability to build good rapport with staff and patients.

What is the best advice you have ever received?

Never give up, always work hard, and remember why you started.

Tell us an interesting fact about yourself

I am a mother of four beautiful girls, I spend my time with my family exploring Northern Ireland and enjoy cooking and gardening.

Who has inspired you most in your life?

My family.

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

Keep working hard and believe in yourself, don't listen to other people's opinions, go with your gut.