



# Leanne Regan

Band 3 Nursing  
Assistant

## What does your job entail?

As a Band 3 Nursing Assistant, my job entails performing and documenting patient observations, providing personal care, conducting blood tests, analysing urine samples, supporting patient rehabilitation, promoting independence, and assisting with physiotherapy. I also contribute to maintaining a clean, tidy, and safe environment for staff, patients, and visitors on the ward.

## How did you get into this line of work?

I initially worked as a care assistant in a nursing home for adults with learning disabilities. During my time there, I developed a strong interest in working for the NHS, as it offered a different experience. I found myself intrigued by the work of nurses and nursing assistants whenever I visited the hospital. Eventually, during the COVID-19 pandemic, I decided to take the leap and apply for a job in the NHS. I have now been in this role for two years and absolutely love it.

## Outline your career to date

Before entering the caring field, I worked at a hair salon from the age of 16 to around 23. I also had a job at a primary school while studying a childcare course at a technical college. Since then, I have found full-time work in caring for others, which I continue to do with great enjoyment and satisfaction.

## Tell us about your qualifications and training

Since joining the trust, I have obtained my RQF Level 3 qualification in Health and Social Care. I have also completed various training programs, including MAPA (Management of Actual or Potential Aggression), manual handling, clinical observations, and venepuncture, among others. I plan to pursue additional training opportunities in the near future.

## What is the best advice you've ever received?

The best advice I have received is to do what is best for myself and never stop fighting for what I truly want in life.

## What do you like to do in your spare time?

In my spare time, I enjoy reading, spending time with family and friends, socialising, and, whenever possible, going to the gym.

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

If I could go back to when I was 16, I would advise myself to put more effort into my studies and not stress too much, as what is meant for me will not pass me by.