



**Natasha Johnson**

**Nurse Lead**

## Meet Natasha, Nurse Lead

### About me

“I’m Natasha, Nurse Lead at Helping Hands. As a Registered Nurse with nearly 10 years’ experience in intensive and critical care, I have had the pleasure of working within the NHS, as well as delivering complex care within the home.

“I love being able to utilise the wide-ranging skills I’ve developed to support our Nurse Trainers to deliver complex care within the community setting, helping to keep people with more acute care needs at home. I’m proud of our team for delivering a safe, quality care service which enables our customers to feel that their independence isn’t compromised, and they are able to live their life as independently as they wish.”

### Career Pathway and Professional Development

Natasha studied Adult Nursing at York University, which delivered an equal balance of theory and clinical learning. After graduation, she spent five years working within the NHS in intensive care as a Cardiothoracic Nurse. Wishing to broaden her experience, she also travelled to Australia and spent time working within general intensive care on the surgical, medical, A&E, burns and respiratory wards.

Natasha has been a nurse for 10 years and has extensive specialist experience of managing a multitude of clinical interventions, invasive and non-invasive ventilation including oxygen therapy, respiratory conditions, as well as autonomic dysreflexia, tracheostomies, PEG and enteral feeding, epilepsy, diabetes, bowel and bladder management (supra-pubic, ureteral, intermittent), catheter, stoma and urostomy.

She has also had the pleasure of supporting many patients and customers with life changing conditions such as multiple sclerosis, motor neurone disease, muscular dystrophy, cerebral palsy, Huntington’s, as well as acquired brain injuries, stroke, spinal injuries and neurological conditions.

Prior to joining Helping Hands, Natasha worked for a community healthcare organisation that delivered clinical care at home and have had extensive experience of working with Clinical Commissioning Groups (CCGs) and health boards across the county.

Her role at Helping Hands is to ensure that safe, well-led, responsive, compassionate and effective care is delivered to all. Natasha works with a team of registered nurses, expertly trained carers and personal assistants across the country to deliver person-centred care to individuals whose needs are often deemed too difficult to support at home. They ensure that a special focus is placed on the individual and pride themselves on developing safe and tailored care packages that enable independent living.

## Why I chose Helping Hands

"I really enjoy delivering care within the community. It gives you a huge sense of satisfaction to enable people to come out of a hospital setting and have all their care needs delivered at home in the place that they love, surrounded by friends, family and their pets. In my experience, levels of wellbeing and mental health are greatly increased when care is delivered at home.

"I've long admired the work that Helping Hands do within the community, and it is a real pleasure to join such a fast-growing home care provider. I'm really excited to be working with such a dedicated and passionate team of nurses to deliver care to our customers that fits with their lifestyle, choices and aspirations – it's not difficult getting up for work each day knowing that you really make a difference to people's lives. I'm humbled every day when I meet such inspirational people who love life and live it to the full regardless of the complexities that life has thrown their way."

