

Independent Nurse

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For primary care and community nurses

Professional Workplace

CAREER PROFILE

Deirdre Budd, Almere, the Netherlands

Why did you become a nurse?

I wanted to help people and help them feel better about themselves. I read *The Cry and the Covenant* about maternal sepsis when I was about 15 and found the subject fascinating.

How has your career developed since you started nursing?

Having completed my RGN at Glasgow Royal, I met a health visitor who regaled me with tales of her career. I thought, 'that's for me' and went on to successfully complete my HV certificate and begin supporting families. I also specialised in working to support mothers and families who experienced sudden infant death.

After grounding years in Lanarkshire, I moved to work in Stirling Royal as liaison health visitor for women and children, a busy and challenging post which I developed by starting a Scottish Liaison Nurses Forum, recognised by the RCN.

After 10 great years in liaison, I accepted the demanding role of specialist health visitor for children with special needs and was among the first to train with Sleep Scotland.

I joined my husband in the Netherlands in 2002, and also joined the Women's Business Initiative International in Den Haag. With its support, I started my 'children's sleep' consultancy, Dream-Angus, which allows me to develop my skills



and address a gap in provision.

I developed a revealing online survey looking at the needs of the international community and their views on family and child health and support in the Netherlands. The results were requested by several departments of the Dutch government and became the foundation for two family conferences.

What does your current role entail?

I have established a network of 'experts' here and in the UK and am engaged by families in the Dutch and international community to support and help them resolve their children's

sleep problems. I work closely with other health professionals working with women and families.

I am an active member of various societies, including the British Sleep Society, and keep in touch via my website (www.dream-angus.com) and blog. I am regularly invited to attend events for pregnant and postnatal women, and children.

What are the best and worst parts of your job?

The best is the emotional feedback from grateful parents and mothers, having had a positive and stabilising effect on their whole family. The worst is learning to 'sell' the service and to put a real value on my time.

How do you see your role developing?

I want to expand my business to offer a wider range of support and meet identified needs.

If you weren't a nurse, what would you be?

I would still be in a caring profession, or working with animals.

What would you do if you were health secretary?

I would encourage better use and recognition of health visiting, which has become a Cinderella profession. I would consider some of the better aspects of healthcare in the Netherlands and how best to amalgamate these with healthcare in the UK.

Fact file

Job title Sleep consultant
Location Almere, the Netherlands
Nursing qualifications RGN; HV; Dip R