

Press Release

For immediate release

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Dorset Nurse receives Queen's Nurse title for her work at the Best Foot Forward Leg Club

Clare Mechen, an advanced nurse practitioner and nurse manager at the Adam Practice in Poole, Dorset has received the title of Queen's Nurse from the Queen's Nursing Institute (QNI) for her work at the Best Foot Forward' Leg Club. The title of 'Queen's Nurse' is available to individual nurses who have demonstrated a high level of commitment to patient care and nursing practice and it was members of the Best Foot Forward Leg Club who supported Clare's application.

The QNI believes that caring for people at home and in the community, is fundamentally different from caring for patients in hospital and requires a different approach and different skills. It developed the title Queen's Nurse to reflect this and to give special recognition to community nurses and their commitment to their profession. The title Queen's Nurse is a sign of a community nurses' enduring commitment to provide the best care for patients and to be a role model for colleagues.

To be eligible for the title Clare had to show she had worked for a minimum of five years as a registered nurse caring for people in their own homes or other community-based settings. In addition, she had to

demonstrate in her application to the QNI her integrity, honesty and compassion in delivering holistic, personalised care to her patients. This she was able to evidence from her work setting up and establishing the Best Foot Forward Leg Club in Poole.

The Best Foot Forward Leg Club, which is based on an award-winning model founded by former district nurse Ellie Lindsay OBE, collectively treats people with lower limb conditions on a drop-in basis in the non-medical setting of a local branch of The Royal British Legion. Evidence has shown that this holistic style of treatment leads to improved healing rates by encouraging Leg Club members to become more involved in their care and reduces their social isolation.

In addition to her own application to become a Queen's nurse, Clare had to include a supporting nomination from her line manager and at least two nominations from amongst her current patients, which were provided by her Leg Club members.

Clare was one of just 119 nurses awarded the Queen's Nurse title this year and one of only 1200 in total in the UK.

Clare said: "I am thrilled to become a Queen's Nurse and to join a network of nurses committed to the shared values of learning, development and support for patients in the community."

Ellie Lindsay OBE, Lifetime President of the LLCF and fellow Queen's Nurse, said: "I am delighted to hear that Clare has received the title of Queen's Nurse following nominations from her Leg Club members. With the Best Foot Forward Leg Club, she has made a valuable and direct contribution to improving the care of patient with lower limb conditions, not just locally, but also further afield with her commitment to spreading word of the Leg Club model to her peers and colleagues."

Notes to editors:

1) Leg ulcers (and other chronic leg problems like lymphoedema) can affect people at any age, but are particularly common in people over 60. At

present, over 80 per cent of all leg ulcers are treated in patients' own homes by district nurses or by practice nurses in GP surgeries. However, patients often find it difficult to adhere to treatment plans, or to maintain the preventive measures needed to avert recurrence of the ulcer. Many leg ulcers consequently reoccur, or remain unhealed for many months or even years.

2) The Lindsay Leg Club Foundation exists to promote the national development of Leg Clubs. The Foundation also provides the necessary support and training for nurses to establish Leg Clubs and follow the Foundation's guidelines, as well as ongoing training in new developments in leg care.

3) The Leg Club is an innovative model of care that has been shown to improve the health and wellbeing of people with chronic leg conditions. By healing chronic leg wounds and keeping them healed, Leg Clubs also have the potential to save commissioners up to 80 per cent of their wound care budget in comparison with conventional leg ulcer treatment. A Leg Club is a local partnership between practice and community nurses, patients and members of the community. Run by a committee of members and local people, each Leg Club operates according to strict guidelines of care, monitored by the Lindsay Leg Club Foundation. The Leg Club title, the wording and logo are protected by Registered Trade Mark in the UK.

For further information about the Leg Club Foundation and Leg Clubs visit: www.legclub.org

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