

Celebrating the best in nursing

On Wednesday 26 October, nurses from up and down the country gathered at the dazzling Nursing Times Awards held at the Grosvenor House Hotel, London.

There were winners across 25 categories including Rising Star, Team of the Year, Cancer Nursing, Nursing in Mental Health and Nurse of the Year. The awards brought together the best of the nursing community, they shined a light on the brightest talents of the profession and recognised those who are truly making a difference.

One of the those who was lucky enough to be shortlisted for Nurse of the Year, was our very own **Continance Specialist Nurse, Kathy Howard**.

Kathy has been a nurse for nearly 62 years, and during that time she has supported thousands of patients and their families over her extensive nursing career. She has shared her knowledge, skills and her passion for nursing with several generations of nurses in the hope of raising the focus of, and improving, continence care for all patients.

Her role as a Specialist Continence Nurse is varied and includes tasks such as patient follow ups after urology surgery and teaching patients on how to use their pelvic floor muscles. It is a role that Kathy is extremely passionate about and she looks forward to coming to work and making patients' lives better.

Kathy has been part of a well-established specialist nurse led clinic at Benenden Hospital since 2013 and was a key member of the team receiving the hospital's Clinical Excellence Award in 2015.

Kathy was joined at the Nursing Times Awards by her granddaughter Lily-Rose as well as her colleagues from the Continence Care Team. Competition was very stiff, and although Kathy did not take home the prestigious award for Nurse of the Year we are extremely proud of her and we know Kathy felt very humbled to be in the presence of other nursing colleagues and to have got to the shortlisting stage.

Jane Abbott, Hospital Director said: "I am very proud of Kathy and pleased that she was shortlisted for this award. She is for us the very essence of what a nurse should be and encompasses all our values. She may not have taken home the award, but Kathy is very much a winner in our eyes.

"I would like to take this opportunity to say congratulations to all those who were recognised at the awards and all the winners. The Nursing Times Awards are a way to recognise the efforts and skill of nursing staff up and down the country. Congratulations to you all."

Notes to Editor

For further information or to arrange an interview please contact Mirella Falcone, PR and Communications Manager at Benenden Hospital, on 07720 735934 or via mirella.falcone@benenden.org.uk

Founded in 1907, Benenden Hospital is an independent hospital with charitable status, which continues the principle of providing first-class treatment for a wide range of specialities.

Rated as Outstanding by the Care Quality Commission (CQC), the hospital offers a wide range of healthcare consultations, treatments and diagnostic services to Self-Pay patients, Benenden Health members and those with private health insurance. Some services may also be available to NHS patients via the e-referral system.