

## Career case studies

### ANP and Regional Nurse Manager, Lambeth

Muriam Afrasiab joined in 2013 and over the past 10 years, Muriam's career has taken her from practice receptionist to health care assistant, nurse and now she is an advanced nurse practitioner (ANP) and regional nurse manager.



Can you tell me a little bit about yourself – what do you enjoy doing in your spare time?

In my free time I enjoy spending time with my family, and nature and reading are a few of my favourite pastimes.

What's your current role and responsibilities?

I currently work as an advanced nurse practitioner and regional nurse manager. I am new to both roles. I am learning and developing my skills in acute care as well as about managing the nursing team and becoming familiar with the protocols and policies of the organisation. I am also currently the lead nurse for the PCN in Lambeth, supporting our nursing staff on a more local level too.

How did your career progress?

I started as a receptionist in 2013 and progressed very quickly to a health care assistant. Healthcare was a completely new area to me as my background was in law. Once an established HCA, I realised how much I enjoyed healthcare and wanted to progress and develop further which led to my development into a nurse and now an ANP.

As well as caring for patients, I have had a keen interest in being involved in patient improvement on a more organisational level and got involved in managing some of the clinical audits and some aspects of QOF management. Slowly and with more responsibility, this has led to my development in the regional nurse manager role.

What attracted you to work in healthcare?

I initially joined Edith Cavell Surgery as a student. It is here that I realised how much I enjoyed caring for patients. Watching improvements in patient outcomes and being present in their journey is where I found my passion and wanted to keep growing within this sector.

### What have been your biggest challenges?

Patient inequalities have been the biggest and consistent challenge within Lambeth, recently exacerbated by the pandemic and now leading to clinicians navigating an increase in demand, increased patient fears (vaccination uptake) and managing further health inequalities as a result. We are continually working to ensure we maximise use of resources to improve patient access and outcome.

### Future – what's next?

My focus for the moment is on learning and developing my current roles, ensuring the nurses and HCAs have a supportive network. I also hope to continue developing my advanced clinical practitioner portfolio and complete my dissertation.