

## Transcript

### Hospital Interviews: Sophie – Paediatric Nurse

#### **Sophie Hogg, Paediatric Staff Nurse:**

Hi my name is Sophie, I'm a Paediatric Staff Nurse at Barnet Hospital. I've been a nurse for just three years now and I've been here since I qualified. I've always loved caring for people, I've always children and I'm quite an outgoing people person, it just fits my personality. I was qualified just over two years and then COVID happened, so then I was off on to ITU for five months.

#### **Rebecca Longmate, Director of Nursing:**

Nurses are the lifeline to everything that happens in the NHS, we couldn't run the NHS without nurses and they're so vitally important. Good Afternoon everybody. I think through COVID, compassionate care, that was at its best but it was tough, it was tough.

#### **Sophie Hogg, Paediatric Nurse:**

I don't think ever, once I qualified as a nurse, that I would be involved in like a pandemic. A lot of patients in ITU were very sick at that point so it's a lot of compassion and empathy and trying to get them through probably one of the worst times of their life. With a child they always have a support system, in terms of mainly their parents, with adult care, especially in the ITU a lot of people died without their loved ones being there. I found that harder than looking after a child who's unwell, because it's very unhuman for somebody to die without someone being there. We've now come back onto the Paediatric Ward. We have to obviously bear in mind patients might be COVID positive. Around here, this is classed as zone three, so zone three is our high-risk zone so that's where we put patients who are hitting markers for high risk COVID. I think most people when they list their personal qualities would not say resilience is one of them but I think as nurses COVID has made us all a bit more resilient. It's definitely shown me that I am a Paediatric Nurse and I do love looking after children but it has showed me as well that I do want to move into different sorts of nursing, like the intensive care side but with children.