

Alex Alen

I have been on the BADS council since 2017 and would welcome the opportunity to remain on council. During my time as a council member I have presented at the BADS Annual Conference and Health Care UK Conferences representing BADS. I have also contributed to the BADS Gynae handbook. I regularly attend the council meetings and engage with my other nursing colleagues on council to ensure nursing in Day Surgery is represented at the highest levels.

I am a Senior Nurse with over thirty years of experience. I have worked in both the NHS and private sector in various roles including acute surgical nursing, orthopaedics and Day Surgery. Outside the NHS I have managed a Nursing agency and worked in the community. This experience in multiple environments gives me a thorough understanding of the role of Day Surgery in different settings.

I have always been a keen surgical nurse and my interest in the benefits of Day Surgery grew in recent years. During that time I have worked as a senior nurse in both pre-assessment and Day Surgery at Derriford Hospital in Plymouth. I am now the senior sister in the Day Surgery Unit at Torbay.

I have led change as a senior nurse working to improve efficiency and the patient experience in both Day Surgery units working closely with manager's staff and other members of the MDT. Some of the areas that I have had a key role in introducing include a successful ambulatory emergency surgery service and day case joint surgery. I enjoy leading in a unit that pushes boundaries. I am a Human Factors trainer and believe these skills enhance management and leading change in Day Surgery.

I represent Torbay as part of the South West Ambulatory Group and am developing a nurse's forum within the South West to drive local improvements in Day Surgery and share good practice.

I feel that with ten years experiencing in Day Surgery nursing at a senior level I can contribute to the council especially on nursing topics. I believe passionately in Day Surgery being the way forward for much activity within the NHS. Being part of BADS is so important in sharing knowledge, understanding what is achievable, and continually pushing boundaries. With recovery from COVID -19 this has never been so important.

Alex Alen
Senior Sister
Torbay Hospital