

Cath Stubbs – Nurse Practitioner.



Cath, the Nurse Practitioner, brings a wealth of knowledge, skills and experience to Riverside Surgery. She grew up in Bebington and studied at Chester University: qualifying in October 1999. Her first post was at the Royal Cornwall Hospital where she was an Orthopaedic Staff Nurse. She moved to Arrowe Park Hospital in 2001 to take up a post in A&E and here she was Lead Primary Nurse. In this capacity she ran a variety of A&E Sections. Her next move, in 2008, was to the DWP to begin work as a Disability Analyst and a year later she joined Cheshire Constabulary working as a Forensic Nurse

Practitioner; a post that involved highly skilled and sensitive work focusing on the areas of mental health and substance abuse. Finally, in 2014, Cath joined the team at Riverside as Nurse Practitioner bringing with her the experience and skills developed since first qualifying.

When you telephone for an appointment the reception staff might refer you to Cath rather than one of the doctors. Why is this and what are the advantages?

Cath offers the same service as a "Walk in Centre" and can diagnose and treat many minor injuries and illnesses as well as offering specialist interest in respiratory problems and chest infections;

- ❖ Cath's appointments are 20 minutes so she has the time to take a full history, make general checks and a full set of observations
- ❖ She has a special interest in respiratory medicine
- ❖ Minor injuries, wound care and minor illnesses can be treated
- ❖ Cath is in the process of becoming a qualified prescriber but is currently able to identify appropriate medicines, including antibiotics, that a doctor will sign off
- ❖ Cath can organise appropriate blood test and X-rays that might be needed before a visit to the doctor thus saving time and speeding up diagnosis
- ❖ If you present with problems that are not within the remit of the Nurse Practitioner she will refer you on to see a doctor.

If you are referred to the Nurse Practitioner please bear in mind that she can professionally and expertly diagnose and treat many minor injuries and illnesses. This service also relieves pressure on the GPs and means that they can use their time more effectively.