Ruth Oshikanlu

Health visitor



1. What is your background?

I am a Nurse, Midwife, practising Health Visitor and have previously worked on the Department of Health's Family Nurse Partnership parenting programme. I have a passion and commitment for empowering parents to nurture their infants and raise happy babies, and supporting clinicians to enable them to do so.

2. How has being a QN enabled you to improve patient care?

I have always had good ideas to improve practice but lacked the know-how to make them happen. Since becoming a Queen's Nurse I have had access to a community of proactive nurses and the support to move my ideas forward. In the last year I was inspired to pen my first book – Tune In To Your Baby – a toolkit to support mothers in parenting their babies I also now regularly write in several nursing journals. Having completed the QNI's Nurse First leadership programme, I have learned how to influence policy in order to improve patient care.

3. What would you say to encourage other nurses to become QNs?

Working in the ever-evolving NHS, I would encourage any community nurse who wants to make a real difference to the patients they serve to become a Queen's Nurse.