

SUN PHARMA EXCELLENCE IN DERMATOLOGY NURSING AWARD

## A closer look: Sikhethiwe's reflection

I would like to express my gratitude to ADNA and Sun Pharma for granting me this award. As the recipient of the award, I am very grateful for the assistance to complete my Dermatology Nurse Practitioner Studies. The award gave me the opportunity to perfect my skills and upskill for the benefit of my community. The public dermatology referral centre is inundated due to several constraint such as the shortage of dermatologist, hence utilising the nurse practitioner led care models is highly encouraged. The award will enable me to complete my Masters in Nurse Practitioner studies and get endorsed as a Nurse Practitioner and bring the nursing component in the delivery of care for the patients attending tertiary specialist dermatology.

Dermatology conditions are life long and has a negative impact on the patient's quality of life hence requires regular support which is not always available due to incapacity. My role will be improving health literacy through education on disease trajectory, and treatment modalities in a single appointment reducing cost for the patient and delay in treatment. Education and demonstration provided will include application of medicated skin wrapping, Condyl's soaks and bleach baths, subcutaneous administration of monoclonal antibodies.

My role will be fundamental in providing a focal support person and advocacy in the absence on the medical practitioners for the patient which will improve adherence to treatment modalities recommended and improve health outcomes. I will be utilising my Nurses practitioner skills daily when interacting with the patients, assisting patients to navigate the complex health care system and linking to other services such as wound and stoma specialist, community nurses and national support organisation for eczema, psoriasis, hidradenitis suppurativa.

Being a Nurse practitioner will enable me to work autonomously and prescribe the required topical relief that will ensure that the patient get the right care when they need it. The Public hospital is under pressure, and clinics are fully booked in advance for more than 4 months which is a prolonged period for deteriorating patients to wait for treatment review, my ability to support patients with extended scope of prescribing will reduce the burden of disease for the patients suffering from chronic dermatology conditions.

The burden of skin conditions such as eczema, psoriasis, hidradenitis suppurative urticaria does not only affect the individual patient only, but it also extends to their families, partners and colleagues. My role will incorporate provided education to extended families to improve understanding of the disease trajectory, treatment modalities and how to access them. The incorporation of significant others in management of chronic diseases improve the health care outcomes and reduce the burden of disease. My qualification as a nurse Practitioner will greatly improve and maximise the care for my community.

Thank you once again to Sun pharma and ADNA for entrusting me with the opportunity to improve dermatological care through my enhanced scope of practice.

Warm Regards

**Sikhethiwe Kate Sibanda**

### A NOTE FROM ADNA

Stories like Sikhethiwe's are exactly why these awards exist. If you're an ADNA member doing work you're proud of, we'd love to recognise it too — awards are presented each year at the ADNA Annual National Conference, so start thinking about what you'd like to be considered for.

Find out more and apply at [adna.org.au](https://adna.org.au)

### PROUDLY SUPPORTED BY

The Sun Pharma Excellence in Dermatology Nursing Award is presented in partnership with the Australian Dermatology Nurses Association (ADNA), recognising nurses advancing excellence in dermatology nursing.

