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CASE STUDIES

General Practice Nursing Foundation Programme



EVE GRANT

General Practice Nurse
Meddygfa Lansdowne
Surgery

What drew you to the General Practice Nursing Foundation Programme?

Before starting my nursing degree, I worked in general practice as a receptionist. I always felt I would return to primary care one day, so when I saw the GPN Foundation Programme advertised, it felt like the perfect opportunity. It offered everything I needed to become a practice nurse. Hands-on experience, structured skills development and a recognised qualification, all in a supportive environment designed for learners.

What was your journey through the placement and programme like?

I worked four days a week in practice. At the beginning, I spent time observing clinics and getting used to the environment. As my confidence grew, I took on more responsibilities. Toward the end of the programme, I was running my own clinics, always with the support of my mentor if needed. One day a week was dedicated to studying, this was a mix of university work, training sessions and opportunities to consolidate what I was learning in practice. The balance meant I could grow steadily and safely over the nine-month programme.

What skills and confidence did you develop?

The programme helped me strengthen my clinical judgement and decision-making. I gained skills in areas including chronic disease management, wound care and immunisation, and I became more confident running my own clinics and communicating with patients and the wider multi-disciplinary team. These skills built the foundation I rely on every day in my role as a GPN.

What did you enjoy most about the programme?

I really enjoyed meeting the other trainees, having a supportive peer group made a huge difference. We'd catch up regularly on training days, and it was reassuring to share experiences with people going through the same journey. A few training days really stood out for me, especially sessions on contraception and respiratory care. They were interesting, practical and gave me knowledge I could apply straight away in practice.

How did this experience influence your interest in Primary Community Care?

My experience confirmed what I'd always suspected: primary care is where I belong. I love the blend of personalised, patient-centred care and the continuity you get from seeing people at different stages of their lives.

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The programme helped me become a more confident, autonomous practitioner. I enjoy supporting patients through screening, health education, immunisation and both acute and chronic health needs. Primary care brings together everything I value in nursing.



FLORENCE EDWARDS
General Practice Nurse
Brynderwen Surgery

Why did you want to pursue a role in general practice?

I always knew I wanted to be a practice nurse, I just didn't know how to get into the role. When a colleague applied for the programme the year before me, it highlighted to me what a valuable development pathway it was. When I applied I felt excited to begin a programme. The hours in primary care were also appealing, they offer a balance that supports both my wellbeing and my ability to deliver the best care possible.

What did your early placement experience involve?

My first couple of weeks were spent shadowing the whole practice team, from receptionists, prescription clerks, GPs, healthcare assistants and practice nurses. Seeing the entire journey from booking an appointment to patient follow-up helped me understand how everything fits together. I spent most of my time with the lead nurse, observing consultations at first, then gradually taking on my own clinics. I started with basic treatment-room tasks such as B12 injections, wound care and blood pressure checks.

How did your responsibilities grow during the placement?

There's a misconception that you "de-skill" when you move from secondary to primary care. That couldn't be further from the truth. I became more experienced than ever in venepuncture and wound care, in fact, I'm now co-leading wound care in my practice and training to be a wound advisory member. I also strengthened my understanding of prescribing pathways and became confident with hypertension reviews, using the BNF and NICE guidelines to guide decisions. Working autonomously was a huge adjustment, but I now feel confident making independent decisions, troubleshooting and managing my own workload.

How did the programme shape your view of primary care?

Primary care isn't for everyone, it's a very different type of nursing, and it comes with a lot of responsibility. But for me, it felt like home. The programme gave me the knowledge, skills and confidence I needed to thrive. Helping patients manage chronic conditions, building relationships and making a visible difference in their daily lives is incredibly rewarding. The Foundation Programme was the ideal start to my career in general practice.

Any standout or highlight moments?

One symbolic moment was changing from my light-blue uniform to navy blue - it represented how much I'd grown. The programme wasn't easy; there was a lot to learn in a short time, and I have dyslexia, so I learn differently from others. Completing it was a proud milestone and confirmed I'd made the right choice.

To explore the full range of development opportunities available for nurses entering Primary and Community Care, you can find more information here:

[GPN Programme - HEIW](#)