**Life of a Trainee Nursing Associate during COVID-19**

Bryony Smith, 23, a Trainee Nursing Associate (TNA) at The Queen Elizabeth Hospital King’s Lynn, is one of many students and trainees supporting hospitals across the UK during the coronavirus outbreak.

In the final year of her University of East Anglia course, she has spent much of her time on her “home” ward, Windsor, although undertakes placements in other areas of the hospital.

Windsor Ward typically specialises in elderly and frail care and Bryony, who now finds herself working on a COVID-19 dedicated ward, is unfazed by the rapid changes to her daily routine.

She said: “Since the COVID outbreak, colleagues have been moved around the hospital to suit the needs of our patients, so I’m working with a lot of people I hadn’t met before.

“However, everyone is really sticking together and looking after each other. We are challenging each other where necessary and ensuring everyone follows the new policies and guidelines which are constantly being updated.

“It’s important that we all stick together and step up where necessary to support our colleagues and our patients.”

Visitors have been restricted across all services at the QEH, including the banning of visitors to COVID positive patients. The hospital is introducing iPads on to the wards, allowing patients to speak with their relatives via video chat.

Bryony said: “One of our patients used video chat to speak to her husband on their wedding anniversary. She was overwhelmed with happiness when she saw him.”

The hospital is also in the process of setting up a letter delivery system, allowing patients’ relatives to write to them while they are in hospital.

Bryony urges the public to follow Government and NHS advice to help protect yourselves and each other against the virus.

Bryony said: “Please stay at home – only travel if absolutely necessary. Coronavirus is more life-threating, particularly for the elderly, than people think it is. We can limit the spread of this virus if the public stays at home.”