

Fiona Kymbrekos – Clinical Manager Island Bay Medical Centre

As an experienced practice nurse, Fiona has a good insight into just how much nurses can contribute to the primary care team. She has undertaken several clinical roles including outreach and home visiting. These roles required her to draw on all her clinical skills as well as gain a deeper understanding of the social and cultural influences on the health of her patients.

Fiona is passionate about supporting people to better look after themselves and believes that nurses are best placed to do this, particularly in settings where nurses manage their own case load and where they can spend more time with patients. This model ensures continuity of care and allows for good relationship building with patients. Nurses can bridge the gap, between the clinical decision making of the medical team and the patient, enabling them to be more confident and informed.



As a leader and a manager Fiona has a responsibility for driving and coordinating practice wide initiatives. For example, in 2017 the team at Island Bay decided that one of their priorities for the year was to implement comprehensive care planning for their enrolled population with diabetes and other long-term conditions. To read more about what they did [read](#).

Fiona is always keen to promote the role nurses and she understands that to deliver a service that adds value, nurses need to be working at the top of their scope of practice. She feels that she has benefited from the post graduate study she is currently undertaking and she encourages and supports other members of the nursing team to do the same.

Additionally, Fiona coordinates regular nurses' meetings ensuring that workload is shared, encourages and supports nurses with a special interest to pursue relevant professional development activities as well as organising practice wide training sessions.