

Angela Balfour

Clinical Trial site manager – ALLEGRO Trial

April 2018 – Present

Appointed as Clinical Trial Site Manager for a clinical trial investigating whether IV Lidocaine used peri-operative can improve gut function following elective colorectal surgery. This Edinburgh University role has primarily been created to support all participating sites around the UK to run the trial effectively. There are currently 30+ sites recruiting to the trial and I have been involved from site set-up to offering advice and support relating to recruitment and other clinical queries that arise. This role has allowed me to work within the clinical trials team and work closely with the chief investigator as his link to the trials unit and to the sites. This role is part-time and compliments my other NHS role of ERAS Nurse Specialist as the ALLEGRO trial patients are also ERAS patients.

LEAD ERAS NURSE - ERAS SOCIETY

July 2015 – Present

Over the last few years, I have had the privilege of being the chair of the nursing group for the ERAS Society. This has allowed me to liaise with nurses all around the world and has led to invitations to present at international conferences. I organize and chair the nursing forum and have recently published a few articles relating to the role of the nurse within ERAS pathways.

Experience

ERAS Nurse Specialist, NHS Lothian

Jan 2010 - Present

Enhanced Recovery Nurse Specialist responsible for implementing and auditing an evidence-based healthcare pathway into various surgical specialties throughout 3 hospital sites. The role includes education for staff/ patients/ relatives, embedding evidence based healthcare principles into the clinical settings and assisting with clinical research ongoing in the colorectal unit. Another key remit is audit/ data collection, working with various databases and preparing and presenting materials (audits/ PPT's) to a variety of teams internally and externally to demonstrate clinical and quality improvements as ERAS is better embedded into the various specialty areas. Largely autonomous role working with key links and reporting to the management structure in NHS Lothian and the Scottish Govt. as appropriate. Other day-to-day tasks include liaising with the multi-disciplinary teams/ audit/ patient follow-up/ outcome reporting/ documentation improvement and updating and adapting patient

information and care pathways. I have been involved in the set-up of various ERAS Nurse Forums and have been fortunate to present at various educational events in the UK, Europe and North America

Senior research nurse, wellcome trust clinical research facility,

NHS Lothian

Jul 2007 – Jan 2010

Senior Research Nurse responsible for liaising and implementing clinical and commercial studies with patients and healthy volunteers. Developed a working knowledge and understanding of clinical and academic research processes including informed consent process and ICH-GCP guidelines.

Senior STAFF NURSE, SURGICAL HIGH DEPENDENCY UNIT, NHS LOTHIAN

Feb 2007 – Jul 2007

Senior Staff Nurse working in a busy 10-bedded HDU. Very high turnover of patients ranging from post-operative colorectal and urology patients as well as ITU step-down patients. Returned to my substantive post after ERAS funding ceased.

Main duties included the holistic care of patients, educating junior members of staff and students (mentorship). Rotational post so worked nights and days as required. Competencies included invasive monitoring of patients, non-mechanical ventilation (e.g. CPAP/ BiPAP) and a working knowledge of inotropic support, ECG interpretation, blood gas analysis,

ERAS research nurse, colorectal unit, nhs lothian

Oct 2004 – Feb 2007

Employed by Prof Fearon - a secondment opportunity to conduct the ERAS research project. Main role was to recruit patients to the ERAS study and follow them through their recovery journey. A key part of this role was the data collection for the patients and submission to the ERAS database for analysis.

Another key role was the education of the multi-disciplinary team about the ERAS principles and I was also responsible for the education and support/ follow-up for patients.

Senior STAFF NURSE, SURGICAL HIGH DEPENDENCY UNIT, NHS LOTHIAN

Jan 2000 – Oct 2004

Senior Staff Nurse working in a busy 10-bedded HDU. Very high turnover of patients ranging from post-operative colorectal and urology patients as well as ITU step-down patients.

Main duties included the holistic care of patients, educating junior members of staff and students (mentorship). Rotational post so worked nights and days as required. Competencies included invasive monitoring of patients, non-mechanical ventilation (e.g. CPAP/ BiPAP) and a working knowledge of inotropic support, ECG interpretation, blood gas analysis,

STAFF NURSE, INTENSIVE CARE UNIT, WESTERN GENERAL HOSPITAL, NHS Lothian

May 1998 – Jan 2000

Staff Nurse working in a busy 16-bedded HDU/ ICU. Variety of admissions including septic post op patients, head injuries, pneumonia, epilepsy etc. Learned a great deal about invasive monitoring, ventilation, dialysis and management of the critically ill patient. Attended several study days throughout my time in ICU and learned about ECG/ blood gas interpretation.

Main duties included the holistic care of patients, educating junior members of staff and students (mentorship). Rotational post so worked nights and days as required.

STAFF NURSE, ACUTE MEDICAL ADMISSIONS UNIT, ROYAL INFIRMARY, NHS Lothian

Sep 1997 – May 1998

Staff Nurse working in a very busy medical admissions unit. Rotational post between 4 wards including toxicology, male and female admissions and medical HDU. This gave me my first experience of High Dependency nursing which I really enjoyed so decided to transfer to ICU at the Western General Hospital

STAFF NURSE, DERMATOLOGY OUT-PATIENTS, ROYAL INFIRMARY, NHS Lothian

Mar 1997 – Sep 1997

Staff Nurse working in Dermatology Out-Patient department. I needed a change and although I didn't find Dermatology very interesting, I did learn valuable skills e.g. venepuncture, tissue viability, assisting with minor surgical procedures and student mentorship

**STAFF NURSE, ACUTE MEDICAL ADMISSIONS UNIT,
ROYAL INFIRMARY, NHS Lothian**

Oct 1994 – Mar 1997

Staff Nurse working in an acute medical admissions unit. First acute experience since qualifying so this was an exciting, challenging post. Patients included self-harm, toxicology, IHD, Diabetic complications, kidney failure etc.

**STAFF NURSE, BANDRUM COUNTRY NURSING HOME,
SALINE, FIFE**

Mar 1994 – Oct 1994

Staff Nurse working in a nursing home – clients/ residents with varying degrees

of dependence. Mainly elderly patients but there were a few younger dependent patients suffering from MS & MND. Experience managing a team and caring for people with dementia

fife college of nursing and midwifery, kirkcaldy, fife

Registered Nurse – Level 1 achieved in Jan 1994. Various qualifications

obtained at school between 1984 – 1989 (8 O-Grades and 2 Highers)

NHS Lothian

Various courses and qualifications obtained over the years including but not limited to mentorship and other clinically based competencies

UNIVERSITY OF EDINBURGH

Awarded MSc in Advanced Clinical Skills in June 2017

Education