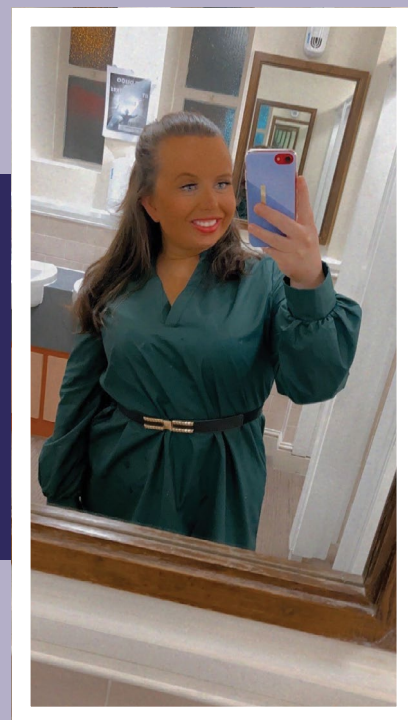
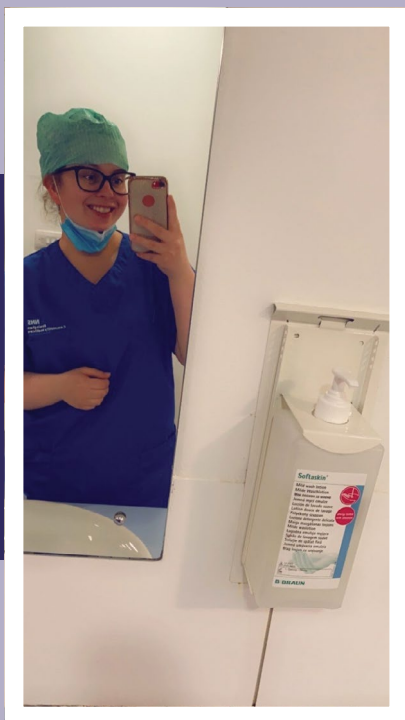


# Jessica the dental nurse



**Jessica Sheridan**, 29, is a dental nurse at Birmingham Community Healthcare NHS Foundation Trust.

I get up at 6:45 am at home in Birmingham. I have fruit or a boiled egg for breakfast then take public transport to work. I work at different clinics, so the journey can take from 20 minutes up to an hour.

I work 37.5 hours a week from Monday to Friday, and do occasional Saturdays for overtime. My work involves dental nursing in a mixture of special care and paediatric clinics, secure units and on general anaesthetic and IV sedation procedures at The Queen Elizabeth Hospital Birmingham.

At school I did my GCSEs, a BTEC in sixth form and then worked in retail for a year. I wanted to be an oncology nurse – it was my stepmum who suggested I try dental nursing. The training period was shorter for dental nursing – and once I had started, I decided to stick with it.

What I enjoy most about dental nursing is the dentists I work with, the friends I have and of course the patients. We do see some challenging patients, but that is all part of the job!

*‘What I enjoy most about dental nursing is the dentists I work with, the friends I have and of course the patients. We do see some challenging patients, but that is all part of the job!’*

I work with a large network of dental nurses, senior dental nurses, dental nurse managers and special care senior nurses and paediatric senior nurses. Likewise, we see all sorts of patients.

I am currently doing my sedation dental nursing qualification, and have already studied phlebotomy.

I usually get home between 5:15 pm and 7 pm. Outside work I enjoy walking and seeing friends and family. Sometimes I work on Saturdays, but otherwise I like to go out or

stay home, clean and cook! I’m usually in bed by 9:30 pm.

I am turning 30 this year so hope to celebrate in style! I do have my sedation exam four days after my birthday though...

As my career progresses, I hope to become a senior dental nurse.

The three things I can’t live without are my phone, music and coffee!

**Interview by Kate Quinlan**

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