

02.01.20

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Erthygl i'r Wasg Press Article

Yr heriau a'r boddhad o fod yn nyrs yng Nghymru heddiw

Nyrsys - rydym yn dibynnu ar y dynion a'r merched ymroddedig yma i ofalu amdanom ni o ddechrau ein bywydau tan y diwedd. Ond gydag un mewn tri nyrs yn gadael y swydd, mae 'na straen ar y nyrsys sydd ar ôl yn ysbytai Cymru.

Felly, beth sy'n ysgogi'r nyrsys sy'n penderfynu aros yn y maes gofal a hefyd beth sy'n gwneud i bobl ifanc benderfynu hyfforddi i fod yn nyrs?

Mewn cyfres newydd sbon ar S4C - **Nyrsys** - cawn glywed gan nyrsys mwyaf profiadol y wlad a'r rhai sydd newydd ddechrau ar eu gyrfa am eu profiadau.

Yn y rhaglen gyntaf ar 15 Ionawr am 9.30 clywn gan Elin a Llinos sy'n gweithio yn Adran Frys Ysbyty Gwynedd, Bangor. Maen nhw'n sôn am eu profiadau hwy yn delio gyda phob math o argyfyngau difrifol.

Meddai Elin: "Mae'r pethau da ni'n gweld yn dod trwy'r drws yn *horrific*, da ni'n gweld pobl yn marw pob shifft - yn lle da ni'n gweithio mae pobl yn marw'n sydyn. Dyw pobl ddim yn cael siawns i ddweud ta ta neu afael yn llaw rhywun."

Yn ôl Mandy Jones, Pennaeth Nyrsio Ysbyty Gwynedd mae nyrsys o dan bwysau aruthrol. "Dwi'n meddwl bod pobl ddim pob tro yn considro'r cyfrifoldeb sy' gan nyrsys a'r pwysa," meddai Mandy. "Da ni'n chwilota am bobl sydd yn deimladwy ac wedi cael profiad bywyd ond hefyd sy'n reit *resilient*."

Yn ogystal ag edrych ar waith nyrsys tu fewn i rai o ysbytai prysuraf Cymru, mae'r gyfres yn mynd ar yr hewl gyda nyrsys cymunedol dros Gymru gyfan.

Yn y rhaglen gyntaf cawn gwrdd â Carys, nyrs cymunedol yn ardal Porth, Y Rhondda, un o ardaloedd mwyaf poblog de Cymru, yn gartref i 200,000 o bobl - felly mae'r pwysau yn drwm ar ysgwyddau'r nyrsys cymunedol.

Meddai Carys: "Dim ond yn ddiweddar dw i wedi dod allan i'r gymuned. Mae e wedi bod yn newid mawr ac o'n i'n nerfus i ddechrau oherwydd mae'n mor wahanol i weithio mewn awyrgylch clinigol i fod yn trin cleifion yn eu cartrefi eu hunain."

"Y mwya' fi mynd i dŷ'r claf, y mwya' maen nhw'n gweld ti fel ffrind. Mae'r perthynas ti'n cael gyda'r claf yn wahanol iawn i beth dw i'n cael yn yr ysbyty. Mae'n bwysig i fi i drïo cadw pobl adre mor hir â phosib. Da ni ddim eisiau pobl mynd mewn i'r ysbyty os nad oes angen."

Felly, wrth ystyried y gwaith caled a'r ffaith bod nyrsys yn ysgwyddo cyfrifoldebau cynyddol - pam yn y byd fyddai unrhyw un eisiau dod yn nyrs?

Yn ystod y gyfres rydym yn cwrdd â Sioned Thomas, myfyrwraig ail flwyddyn o Sir Benfro, ac rydym yn ei gweld hi'n gweithio yn y theatr yn Ysbyty Llwynhelyg, Hwlfordd am y tro cyntaf.

“Mae fe’n gwneud i mi deimlo’n rili browd a diolchgar fy mod i’n mynd trwy’r profiad gyda’r cleifion,” meddai Sioned. “Fi’n credu bod e’n gwneud i chi dyfu lan yn glou. Wi wedi gweld cymaint o bethe bydden i byth wedi meddwl ambwyti cyn dechrau nyrsio.”

Felly, dewch i ddysgu mwy am wir ystyr beth yw bod yn nyrs yng Nghymru heddiw yn y gyfres **Nyrsys**, ar S4C pob nos Fercher am 9.30.

Nyrsys

Nos Fercher 15 Ionawr 9.30, S4C

Isdeitlau Saesneg

Ar gael ar alw ar S4C Clic s4c.cymru/clic, BBC iPlayer a llwyfannau eraill

Cynhyrchiad Wildflame ar gyfer S4C



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Erthygl i'r Wasg Press Article

The challenges and rewards of being a nurse in Wales

Nurses – we depend upon these committed men and women to look after us from the beginning of our lives to the end. But with one in three nurses leaving the job, there is a strain on the nurses left in Wales's hospitals.

So, what is it that makes a nurse decide to stay in the healthcare sector and what makes young people decide to train to be a nurse?

In a brand new series on S4C – **Nyrsys** – we hear from some of Wales's most experienced nurses and some of those who have newly started about their experiences of nursing.

In the first programme on 15 January at 9.30 we hear from Elin and Llinos who work in the Emergency Department at Ysbyty Gwynedd in Bangor. They recount their experiences of dealing with all sorts of serious medical emergencies.

Elin said: "The things we see coming through the door can be horrific. Every shift we see somebody die. Where we work people can die suddenly - people don't get the chance to say goodbye or hold someone's hand."

According to Mandy Jones, Director of Nursing Secondary Care West at Ysbyty Gwynedd, nurses are under huge pressure.

"I think sometimes people don't consider the pressure nurses are under," said Mandy. "We look for people who are sensitive and have some experience of life but who are also very resilient."

As well as looking at the work of nurses in some of Wales's busiest hospitals the series also goes on the road with community nurses all over Wales.

In this week's programme, we meet Carys, a community nurse in Porth, Rhondda – one of Wales's most highly populated areas, home to 200,000 people – so there is a heavy load on the shoulders of community nurses.

Carys said: "It is only recently that I have started working in the community. It has been a huge change and I was nervous to begin with because it is so different to working in a clinical setting to treating patients in their own homes."

"The more you go to a patient's house, the more they see you as a friend. The relationship I have with the patient is very different to what I have in the hospital. It is important for me to keep people at home as long as possible. We don't want to send people to hospital if there's no need to."

So, considering the hard work and the increasing pressure nurses are under, why on earth would anyone want to become a nurse?

During the series, we meet Sioned Thomas - a second year student nurse from Pembrokeshire and we see her working in theatre at Withybush hospital, Haverfordwest for the first time.

"I feel really proud and grateful that I go through the experience with the patients," said Sioned. "I think it makes you grow up quickly. I have seen so many things that I would never have seen if I hadn't gone into nursing."

In the first programme we meet a team of nurses at Bronglais Hospital in Aberystwyth who deal with palliative care. They work with patients who are seriously ill and treat them at home.

So, come and learn more about what it really means to be a nurse in Wales today in **Nyrsys**, on S4C every Wednesday night at 9.30.

Nyrsys

Wednesday 15 January 9.30, S4C

English subtitles

Available on demand on S4C Clic s4c.cymru/clic, BBC iPlayer and other platforms

A Wildflame production for S4C