

A Journey of Healing, Leadership, and Purpose: The Story of An Internationally Trained Nurse.

(By Ines Alexandra Esteves Sadoc Pereira)

In healthcare, there are professionals who are more task oriented or that work within teams that are not really connected to others, so they can't provide holistic care. And then there are

those who dedicate their lives to creating a lasting impact on every patient, colleague, and community they encounter. That has always been my goal: to provide care that improves peoples' lives. Not just to support that individual during a snapshot like



time of their journey, but to give them the knowledge and support to continuously improve their quality of life and overall health and wellbeing.

Nursing In Portugal

This was not always the case. When I graduated in 2008, in Portugal, I started working in an Intensive Care Unit. So, the main aim was to ensure people lived and recovered most of their function, before being discharged to the ward. Many times, not knowing what happened to them afterwards.

I have always wanted to know what happened next, but the constraints of time, shared care and other challenges we faced back then and that we face nowadays in the healthcare system, led, sometimes, to a disjoint work, where individuals are “passed on” to the next group of professionals that will look after them on that specific stage of their recovery. But who oversees their overall health and wellbeing?

What Are the Answers?

From the beginning, when I worked in Portugal, for 5 years, before moving to the UK, and even nowadays, there are a lot of questions I haven't found an answer to. Both as a healthcare professional and a patient.

Despite my career development, that allowed me to become an experienced clinician in intensive care, oncology, to become a Nurse Consultant in wound care and, more recently, a scar therapist; the role of the nurse has seen changes, because of logistic, bureaucratic and other parameters and challenges we face daily. Despite being able to see a growth in the development

of the nursing career, and more specialist areas being recognised, there is also a reduced interest from younger generations to become a “traditional” nurse.

The person that has the clinical knowledge, but also the emotional maturity to deal with all the difficult situations they will face from the start, until the day they retire. But, also to see the person in front of them as someone that has multiple needs that go beyond the blood tests, the physiotherapy, the dressing change or the skin care. Making sure that the human vulnerability and that compassionate care is as important as the technical skills is a focus of the care I provide, and is an essential part of how I mentor, educate and manage other healthcare professionals.

Nursing Care Evolves Continuously

Driven by a desire to broaden my horizons and continuously develop professionally, my nursing career has expanded internationally. From Portugal to the United Kingdom, in 2014, and the United Arab Emirates, it allowed me to be exposed to diverse healthcare systems, cultures, and patient populations. This rich global perspective has definitely influenced my practice and how I provide wound and scar care.

Working in intensive care requires technical excellence, rapid decision-making, and emotional resilience. In these environments, every second matters, and every action can

significantly influence a patient's outcome. The experience gained in critical care helped me shape my ability to remain calm under pressure while delivering exceptional care.

In the oncology context, providing care within a multidisciplinary team, allow me to understand that the cancer journey often involves physical, emotional, and psychological challenges that extend far beyond the treatment itself. Through caring for patients and families facing life-changing diagnoses, I have developed a deeper appreciation for compassion-led practice and person-centred care.

Wound Care Expert and Advocate

However, it is within wound care that I have established myself as a recognised expert and advocate. Wound management is often underestimated by those outside the speciality, yet it represents one of the most complex and impactful areas of healthcare. Effective wound care not only promotes healing, but also restores confidence, mobility, dignity, and quality of life. I have dedicated this part of my career to support the advance in best practice in wound care and supporting patients dealing with both acute and chronic wounds. And, more recently, I have achieved a certification as a scar therapist, with specialism in oncology scars.

Despite taking on leadership, education, and business responsibilities, my passion for patient care has never

diminished. I believe that true innovation in healthcare must always begin with the patient experience. Maintaining this connection ensures that any healthcare professional's work remains relevant, practical, and meaningful. And that is also reflected in my commitment to education. I try to share my experience as well as patients' experiences, to keep the theory relevant in practice. I try to let the learner reflect on what they have seen, felt, in order to improve their skills and confidence in their role. By investing in the professional development of fellow healthcare workers, I hope to have contributed to stronger teams, safer care, and better outcomes for patients in different regions of the globe.

Passion for Sharing Knowledge

This passion for sharing knowledge naturally evolved into public speaking. As a speaker, I have used my experience and expertise to inspire audiences, challenge conventional thinking, and encourage professional growth. Public speaking in healthcare is about more than delivering presentations. It is about influencing change, promoting innovation, and creating conversations that ultimately improve care. And that is why I have decided, this year, to host the first ever event in the UK to bring together experts in skin, wound and scar care.

This International Conference "From Skin to Scar Care", will allow healthcare professionals from private and public sectors, to learn from 12 experts, with different backgrounds, so

providing different perspectives of how to support patients in prevention, wound care management, skin care and scar therapy.

It will also allow attendees to network with colleagues from across the UK as well as international professionals. And at the exhibition arena, it will allow individuals to see the latest innovation in products, equipment that can be used to support people living with skin, wound and scar issues.

This event is part of the Wound Wellbeing Limited work that I have been developing since December 2024. For many clinicians, entrepreneurship can feel intimidating. Yet I have never given up on anything just because it feels or seems complicate or complex. With this business I hope to be able to inspire and empower others to do the same, to strive to provide better patient care. And I also aim to provide evidence-based care to clients with wounds and scars.

I have just recently opened a space, within a clinic run by another fellow nurse, to be able to provide the care that people deserve. With no time constraints, with time to educate and to follow up, so not focusing only on the consultation time, but also allowing for continuous client support.

What people say about me?

I have received numerous comments and feedback around my clinical role, but also as an educator at the University, or as a mentor in practice as an intensive care nurse and tissue viability nurse specialist. In my role as a public speaker and as a business owner, people have praised my commitment to improve care provided, to try to overcome my own personal challenges and boundaries of what I can do in my various roles.

What I hope to do?

To inspire others to follow their dreams and to keep motivated if what they want is to make a positive difference in healthcare. I want people to understand that there are different routes to influence the care provided and that by being an internationally taught nurse, doesn't make it impossible for you to grow in your career as a nurse, or educator.

For everyone reading this, I would like to say, keep going, and if you would like some more motivation let's keep in touch via LinkedIn (@Ines Sadoc Pereira) or via email info@woundwellbeing.com.

Because I believe that the future of healthcare is shaped by professionals who dare to go beyond caring for patients today and commit themselves to improving healthcare for generations to come.