

KATHLEEN MCGRATH (RGN, RSCN CT CERT)



NURSE

Kathleen qualified as a general and paediatric nurse in 1979 having completed the integrated course at Great Ormond Street and Middlesex (Mortimer Street) Hospitals, London. She then spent some time in cardiothoracic theatre before undertaking the cardiothoracic course at the Brompton (now Royal Brompton) Hospital, Chelsea.

She returned to Great Ormond Street for 4 years where she was cardiothoracic nursing tutor and general paediatric tutor at the Charles West School of Nursing. This involved not only lecturing but ongoing supervision and clinical evaluation of care for the nurses all over the London area and in a wide variety of clinical settings.

Kathleen went on to hold a number of posts in both the NHS and Private Hospital Sectors both in the UK and abroad (including the USA, Italy and Saudi Arabia) where she undertook not only clinical work but teaching and marketing management projects.

CHARITY FOUNDER

Kathleen is the co-founder and currently trustee and Medical Director of the Medical Advisory Service (MAS), a nurse-run telephone information charity specialising in providing information and advice on the retraining and working with nurses invalidated out of the NHS, which she founded in 1986.

MAS has provided an insomnia helpline, Sleep Matters, for well over 20 years now, providing an essential lifeline to insomniacs throughout the UK.

Kathleen herself has specialised in teaching the nurses telephone triage (patient assessment) for sleep and other medical problems.

Well over 2 million calls from consumers, on a wide variety of medical conditions, have been taken by the MAS since it started.

MEDIA AND COMMUNICATIONS ADVISER

In 1994, Kathleen began to use her broad clinical and medical communications experience to advise the pharmaceutical industry and public relations (PR) companies to better interpret the real world of the NHS. Using her clinically-trained eyes and ears, she helped develop medical communications programmes and public health strategies. She also advised on political lobbying opportunities for the residential and acute private hospital/care sector.

Kathleen has written and broadcast on medical and sleep matters since 1986 for BBC National News, ITV Breakfast Television, Channel 4 Comment, National and local (Radio, the consumer print media. She is currently a resource for the NHS website, BBC News (Television and Radio) and Channel 5 The Wright Stuff She is also a published author and lecturer whilst contributing articles in the nursing press, pharmacy media and consumer journals.

For the Sleep Council, Kathleen wrote the information leaflet, *The Good-Night Guide for Children*, published in 2009 and in 2012 helped to develop the interactive website, www.perfectsleepenvironment.org.uk. She regularly supports the Sleep Council with online Q & A sessions, articles, radio broadcasts and comment for articles.

She is currently developing a home diagnostic sleep guide, in association with a professional photographer and independent television production companies.

Throughout all of these activities, Kathleen remains fully registered in her profession and actively involved in nursing projects. She has taken part in multi-disciplinary healthcare projects in the NHS, the academic sector and in private health so maintaining strong ethical and clinical links in the NHS to this day.

PERSONAL

Kathleen speaks fluent French, Spanish and Italian, has studied 18th Century sword fighting and held an explosives license for several years! In her spare time (when not devising and performing in murder mysteries for English Heritage and corporate clients) she performs period music professionally (18th/19th C), singing and playing spinet and pedal harp.