

The NHS logo, consisting of the letters 'NHS' in a bold, blue, sans-serif font, is centered within a white rectangular box. This box is set against a solid blue background that occupies the left portion of the overall image.

NHS

Nightingale 2.0



Leadership Academy







Nightingale Version 2.0

Enter a search term



[About](#)

[Services](#)

[Care and support](#)

[News](#)

[Contact](#)



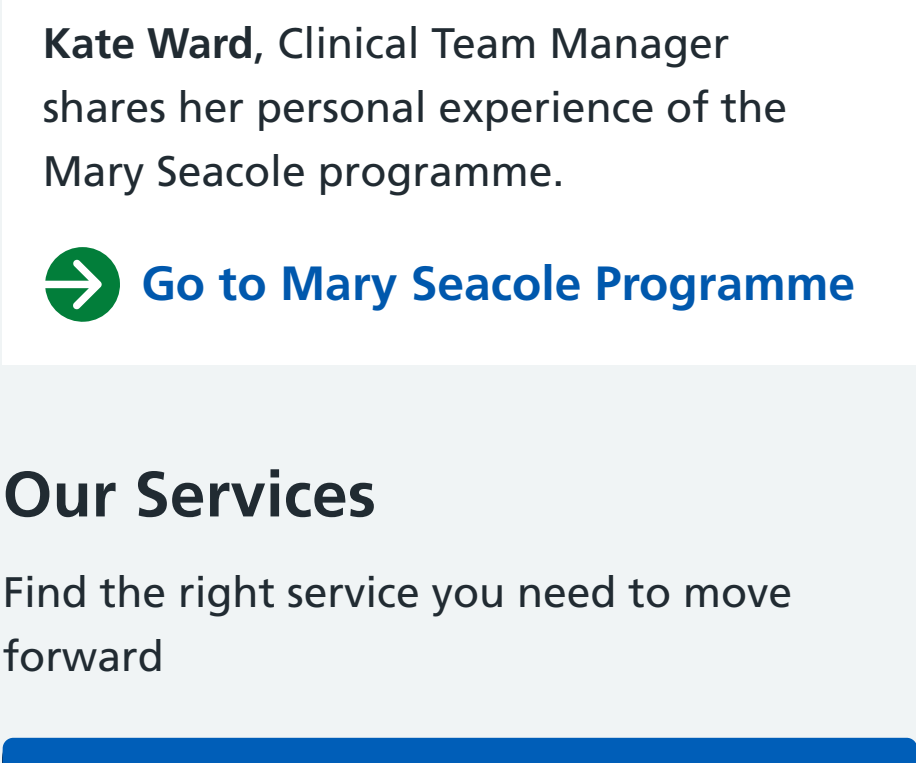


Leadership Academy



Here to help you help others

Build your knowledge for the benefit of those in need.



Kate Ward, Clinical Team Manager shares her personal experience of the Mary Seacole programme.

[→ Go to Mary Seacole Programme](#)

Our Services

Find the right service you need to move forward

[Programmes](#) >

[Resources](#) >

[Impact](#) >

[→ Contact us directly](#)

Work in primary care and want to read offline?

If you work in primary care, you can download the NHS Leadership Academy's new PDF to find out how we can help you and your organisation.

[↓ Download PDF](#)

Latest programmes

Some of our more affluent programmes about to start their next cohorts.

Mary Seacole programme

- For first time leaders in healthcare
- 100 hours of online study
- Leads to an NHS Leadership Academy Award in Healthcare Leadership

[→ Go to Mary Seacole Programme](#)

Rosalind Franklin programme

- For clinical and non-clinical middle leaders aspiring to lead
- Learning methods are online along with face-to-face workshops and facilitated impact groups

[→ Go to Mary Seacole Programme](#)

Visit one of our local academies in 10 regions

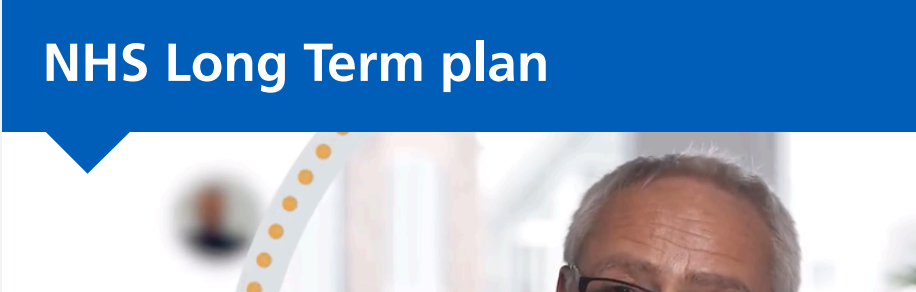
We can also work with you via one of our ten local leadership academies (LLAs) who connect our services on a regional level. And thanks to their expertise, our network is better equipped to shape and influence leaders at every level across the country.

North East Academy	+
North West Academy	+
Yorkshire & the Humber Academy	+
East Midlands Academy	+
West Midlands Academy	+
South West Academy	+
Thames Valley and Wessex Academy	+
East of England Academy	+
Kent, Surrey and Sussex Academy	+
London Academy	+

Latest news

What we think you may be interested in thats happeing with and around the academy.

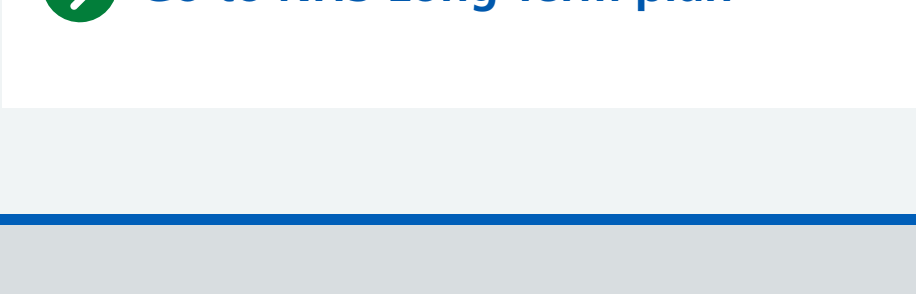
Regional Talent Boards



Learn more about the Regional Talent Boards, a new system-led approach to talent management across the NHS.

[→ Go to Regional Talent Boards](#)

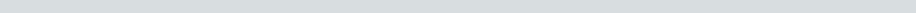
Interim NHS People Plan



The interim NHS people plan sets a vision for how people working in the NHS will be supported to deliver care and identifies the actions we will take to help them.

[→ Go to Interim NHS People Plan](#)

NHS Long Term plan



On 1 April 2019, the NHS Leadership Academy moved to NHS England and NHS Improvement, in order to directly support the leadership and talent management requirements of the NHS Long Term plan.

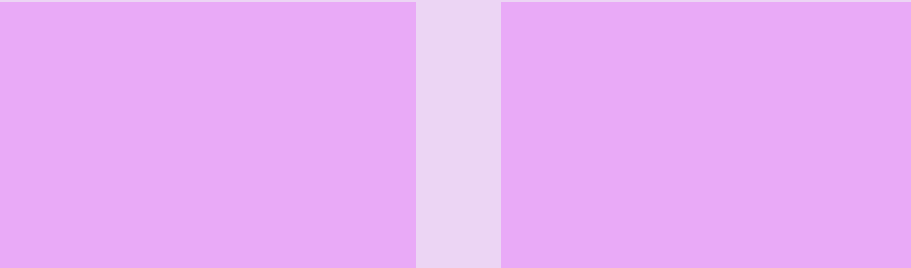
[→ Go to NHS Long Term plan](#)

Nightingale Version 2.0

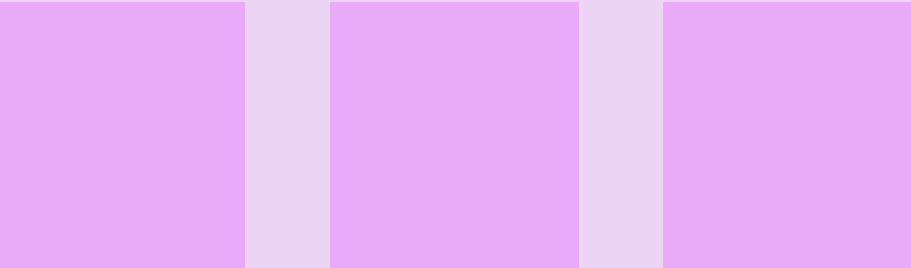
100% (Default)



50% (Override: one half)



33% (Override: one third)



33%

66% (Override: two thirds)



66%

33%



Nightingale Version 2.0

[About](#)[Services](#)[Care and support](#)[News](#)[Contact](#)

100% (Full)

50% (one half)

33% (one third)

33%

66% (two thirds)

66%

33%

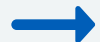
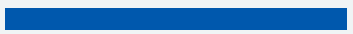
25% (one quarter)

Typography - mobile (max screen width 640px)

H1	The quick brown fox jumps over the lazy dog	32 / 36 - margin-top 56px
H2	The quick brown fox jumps over the lazy dog	24 / 32 - margin-top 40px
H3	The quick brown fox jumps over the lazy dog	20 / 28 - margin-top 32px
H4	The quick brown fox jumps over the lazy dog	18 / 28 - margin-top 24px
H5	The quick brown fox jumps over the lazy dog	16 / 24 - margin-top 16px
Lead paragraph	The quick brown fox jumps over the lazy dog	20 / 28 - margin-top 24px
Paragraph	The quick brown fox jumps over the lazy dog	16 / 24 - margin-top 16px
Bullet list	<ul style="list-style-type: none">The quick brown fox jumps over the lazy dogThe quick brown fox jumps over the lazy dogThe quick brown fox jumps over the lazy dog	16 / 24 ul - margin-top 16px li - margin-top 8px
Numbered list	<ol style="list-style-type: none">The quick brown fox jumps over the lazy dogThe quick brown fox jumps over the lazy dogThe quick brown fox jumps over the lazy dog	16 / 24 ol - margin-top 16px li - margin-top 8px
Small paragraph	The quick brown fox jumps over the lazy dog	14 / 24 - margin-top 16px
Link	The quick brown fox jumps over the lazy dog	16 / 24 - margin-top 16px

H1	The quick brown fox jumps over the lazy dog	48 / 56 - margin-top 64px
H2	The quick brown fox jumps over the lazy dog	32 / 40 - margin-top 56px
H3	The quick brown fox jumps over the lazy dog	24 / 32 - margin-top 40px
H4	The quick brown fox jumps over the lazy dog	22 / 32 - margin-top 32px
H5	The quick brown fox jumps over the lazy dog	19 / 28 - margin-top 24px
Lead paragraph	The quick brown fox jumps over the lazy dog	24 / 32 margin-top 32px
Paragraph	The quick brown fox jumps over the lazy dog	19 / 28 - margin-top 24px
Bullet list	<ul style="list-style-type: none">The quick brown fox jumps over the lazy dogThe quick brown fox jumps over the lazy dogThe quick brown fox jumps over the lazy dog	19 / 28 ul - margin-top 24px li - margin-top 8px
Numbered list	<ol style="list-style-type: none">The quick brown fox jumps over the lazy dogThe quick brown fox jumps over the lazy dogThe quick brown fox jumps over the lazy dog	19 / 28 ol - margin-top 24px li - margin-top 8px
Small paragraph	The quick brown fox jumps over the lazy dog	16 / 28 - margin-top 24px
Link	The quick brown fox jumps over the lazy dog	19 / 28 - margin-top 24px

Icons



Colour

<code>\$color_nhsuk-blue</code> #005eb8	<code>\$color_nhsuk-green</code> #007f3b	<code>\$color_nhsuk-purple</code> #330072	<code>\$color_nhsuk-red</code> #da291c	<code>\$color_nhsuk-yellow</code> #ffeb3b	<code>\$color_nhsuk-warm-yellow</code> #ffb81c	
<code>\$color_nhsuk-black</code> #212b32	<code>\$color_nhsuk-grey-1</code> #425563	<code>\$color_nhsuk-grey-2</code> #768692	<code>\$color_nhsuk-grey-3</code> #aeb7bd	<code>\$color_nhsuk-grey-4</code> #d8dde0	<code>\$color_nhsuk-grey-5</code> #f0f4f5	<code>\$color_nhsuk-white</code> #ffffff

Action link

Action link - mobile



Find the right programme

Action link - desktop



Find the right programme

Back link

Back link - mobile

[◀ Go back](#)

Back link - desktop

[◀ Go back](#)

Breadcrumbs

Breadcrumbs - mobile

◀ [Breadcrumb back link](#)

Breadcrumbs - desktop

[Home](#)

[Home](#) > [Link](#)

[Home](#) > [Link](#) > [Link](#)

[Home](#) > [Link](#) > [Link](#) > [Link](#)

Ribbons

Ribbons - mobile

ALPHA

This is a new service – your [feedback](#) will help us to improve it.

BETA

This is a new service – your [feedback](#) will help us to improve it.

i

This site uses cookies to make the site simpler. [Find out more about cookies.](#)

x

> Partnership:

NHS, BUPA, Virgin Healthcare...

Ribbons - desktop

ALPHA

This is a new service – your [feedback](#) will help us to improve it.

BETA

This is a new service – your [feedback](#) will help us to improve it.

i

This site uses cookies to make the site simpler. Find out more about cookies.

x

> Partnership:

NHS, BUPA, Virgin Healthcare...

Button primary

Primary button - mobile

Button primary default

Button :active

Button secondary disabled

Primary button - desktop

Button primary default

Button primary :active

Button primary :focus, :hover



Button primary disabled

Button secondary

Secondary button - mobile

Button secondary default

Button secondary :active

Button secondary disabled

Secondary button - desktop

Button secondary default

Button secondary :active

Button secondary :focus :hover



Button secondary disabled

Button reverse

Secondary button - mobile

Button reverse default

Button reverse :active

Button reverse disabled

Secondary button - desktop

Button reverse default

Button reverse :active

Button reverse :focus, :hover



Button reverse disabled

Care cards

Non-urgent care card (blue) - mobile

Speak to a GP if:

- you're not sure it's chickenpox
- the skin around the blisters is red, hot or painful (signs of infection)
- your child is [dehydrated](#)
- you're concerned about your child or they get worse

Tell the receptionist you think it's chickenpox before going in. They may recommend a special appointment time if other patients are at risk.

Urgent care card (red) - mobile

Ask for an urgent GP appointment if:

- you're an adult and have chickenpox
- you're pregnant and haven't had chickenpox before and you've been near someone with it
- you have a weakened immune system and you've been near someone with chickenpox
- you think your newborn baby has chickenpox

In these situations, your GP can prescribe medicine to prevent complications. You need to take it within 24 hours of the spots coming out.

Immediate care card (red and black) - mobile

Call 999 if you have sudden chest pain that:

- spreads to your arms, back, neck or jaw
- makes your chest feel tight or heavy
- also started with shortness of breath, sweating and feeling or being sick

You could be having a heart attack. Call 999 immediately as you need immediate treatment in hospital.

Non-urgent care card (blue) - desktop

Speak to a GP if:

- you're not sure it's chickenpox
- the skin around the blisters is red, hot or painful (signs of infection)
- your child is [dehydrated](#)
- you're concerned about your child or they get worse

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Urgent care card (red) - desktop

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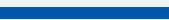
Immediate care card (red and black) - desktop

Call 999 if you have sudden chest pain that:

- spreads to your arms, back, neck or jaw
- makes your chest feel tight or heavy
- also started with shortness of breath, sweating and feeling or being sick

You could be having a heart attack. Call 999 immediately as you need immediate treatment in hospital.

Checkboxes



Checkboxes - mobile

Fieldset

Hint text.

<input type="checkbox"/>	Label
<input checked="" type="checkbox"/>	Label
<input type="checkbox"/>	Label

Checkboxes - desktop

Fieldset

Hint text.

<input type="checkbox"/>	Label
<input checked="" type="checkbox"/>	Label
<input type="checkbox"/>	Label

Contents list

Contents list - mobile

- Current item
- [Link](#)
- [Link](#)
- Link :hover
- [Link](#)

Contents list - desktop

- Current item
- [Link](#)
- [Link](#)
- Link :hover
- [Link](#)

Date input

Date input - mobile

What is your date of birth?

For example, 31 3 1980

Day

Month

Year

Date input - desktop

What is your date of birth?

For example, 31 3 1980

Day

Month

Year

Details

Details - mobile

▶ [Where can I find my NHS number?](#)

▶ Where can I find my NHS number?



▶ [Where can I find my NHS number?](#)

Details - desktop

▶ [Where can I find my NHS number?](#)

▶ Where can I find my NHS number?



▶ [Where can I find my NHS number?](#)

Do and Don't lists

Do and Don't lists / Do - Mobile

Do

- ✔ Cover blisters that are likely to burst with a soft plaster or dressing
- ✔ Wash your hands before touching a burst blister
- ✔ Allow the fluid in a burst blister to drain before covering it with a plaster or dressing

Do and Don't lists / Don't - Mobile

Don't

- ✘ Don't bust a blister yourself
- ✘ Don't peel the skin off a burst blister
- ✘ Don't pick at the edges of the remaining skin
- ✘ Don't wear the shoes or use the equipment that caused your blister until it heals

Do and Don't lists / Do - Desktop

Do

- ✔ Cover blisters that are likely to burst with a soft plaster or dressing
- ✔ Wash your hands before touching a burst blister
- ✔ Allow the fluid in a burst blister to drain before covering it with a plaster or dressing

Do and Don't lists / Don't - Desktop

Don't

- ✘ Don't burst a blister yourself
- ✘ Don't peel the skin off a burst blister
- ✘ Don't pick at the edges of the remaining skin
- ✘ Don't wear the shoes or use the equipment that caused your blister until it heals

Error message

Error message - mobile

Error message about full name goes here

Error message - desktop

Error message about full name goes here

Error summary

Error summary - mobile

There is a problem

Optional description of the errors and how to correct them

[Link to error with explanation](#)

Link to error with explanation

Error summary - desktop

There is a problem

Optional description of the errors and how to correct them

[Link to error with explanation](#)

[Link to error with explanation](#)

Opening times

Opening times

Day of the week	Opening hours
Monday	9am to 6pm
Tuesday	9am to 6pm
Wednesday	9am to 6pm
Thursday	9am to 6pm
Friday	9am to 6pm
Saturday	9am to 6pm
Sunday	Closed

Opening times

Opening times

Day of the week	Opening hours
Monday	9am to 6pm
Tuesday	9am to 6pm
Wednesday	9am to 6pm
Thursday	9am to 6pm
Friday	9am to 6pm
Saturday	9am to 1pm
Sunday	Closed

Fieldset

Fieldset - mobile

What is your address?

Fieldset - desktop

What is your address?

Fieldset as heading - mobile

What is your address?

Fieldset as heading - desktop

What is your address?

Forums

Forum - mobile

Praxis Group Enrolment

[Adam Refoufi](#)

Wednesday 5th June 2019 15:21

Hi All,

Please enroll as soon as possible.

Thank you!

[Edit](#) [Delete](#)

Reply

Re: Praxis Group Enrolment

[James Butler](#)

Wednesday 5th June 2019 16:21

Done!

[Edit](#) [Delete](#)

Reply

Re: Praxis Group Enrolment

[James Butler](#)

Wednesday 5th June 2019 16:21

Done!

[Edit](#) [Delete](#)

Reply

Forum - desktop

Praxis Group Enrolment

[Adam Refoufi](#)

Wednesday 5th June 2019 15:21

Hi All,

Please enroll as soon as possible. Its very important to enroll asap.

Thank you!

[Edit](#) [Delete](#)

Reply

Re: Praxis Group Enrolment

[James Butler](#)

Wednesday 5th June 2019 16:21

Done! Took me less than 2 minutes with the awesome application form.

[Edit](#) [Delete](#)

Reply

Re: Praxis Group Enrolment

[James Butler](#)

Wednesday 5th June 2019 16:21

Done! Took me less than 2 minutes with the awesome application form.

[Edit](#) [Delete](#)

Reply

Footer

Footer - mobile

[NHS sites](#)
[About us](#)
[Contact us](#)
[Sitemap](#)
[Our policies](#)

© Crown copyright

Footer - desktop

[NHS sites](#)[About us](#)[Contact us](#)[Sitemap](#)[Our policies](#)

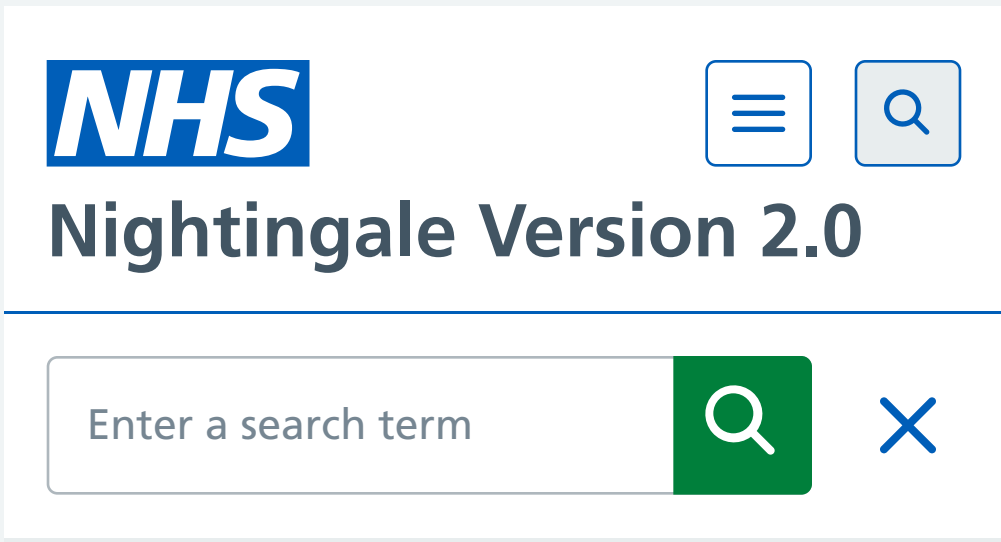
© Crown copyright

Header Organisation Logo Full

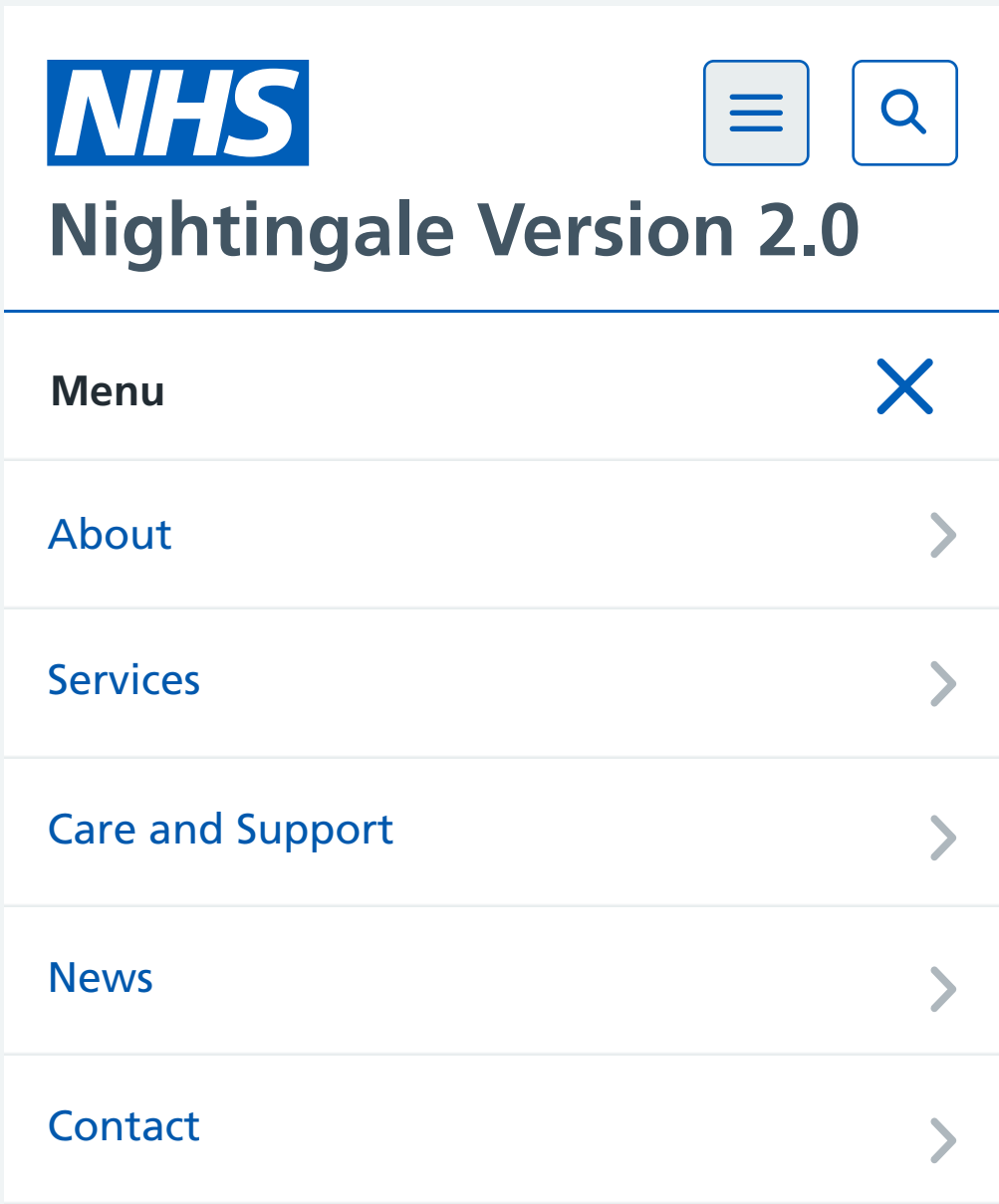
Header - mobile



Header (with search open) - mobile



Header (with menu open) - mobile



Header - desktop



Header Programme

Header Programme - mobile



Header Programme - desktop



Hint text

Hint text - mobile

This is a 10 digit number, like 485 777 3456.

You can find it on any letter the NHS has sent you, on a prescription or by logging in to a GP practice online service.

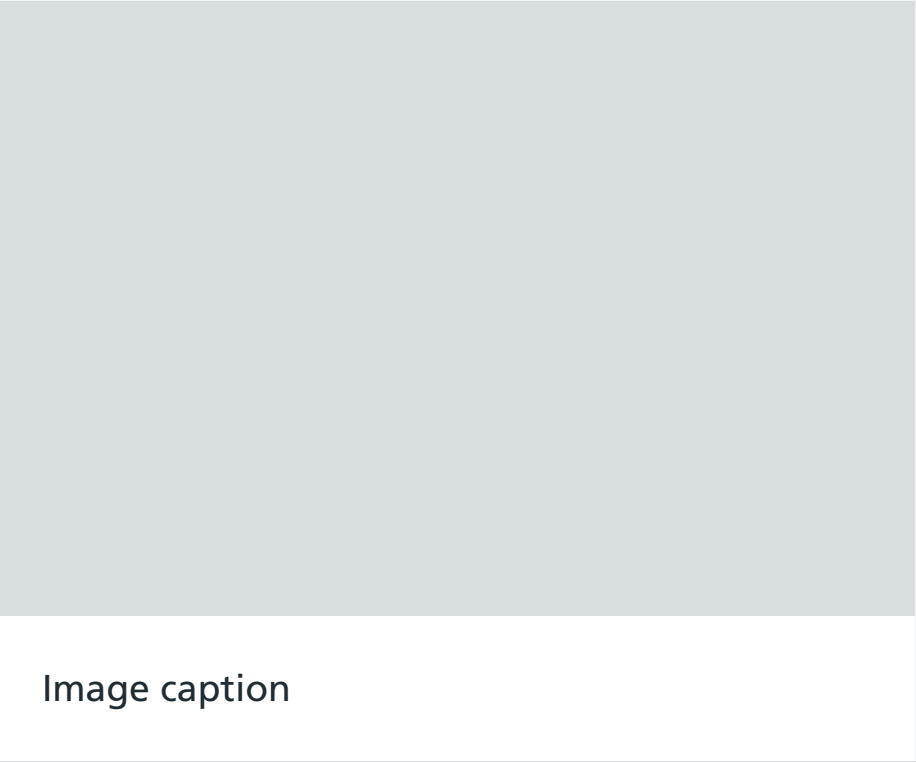
Hint text - desktop

This is a 10 digit number, like 485 777 3456.

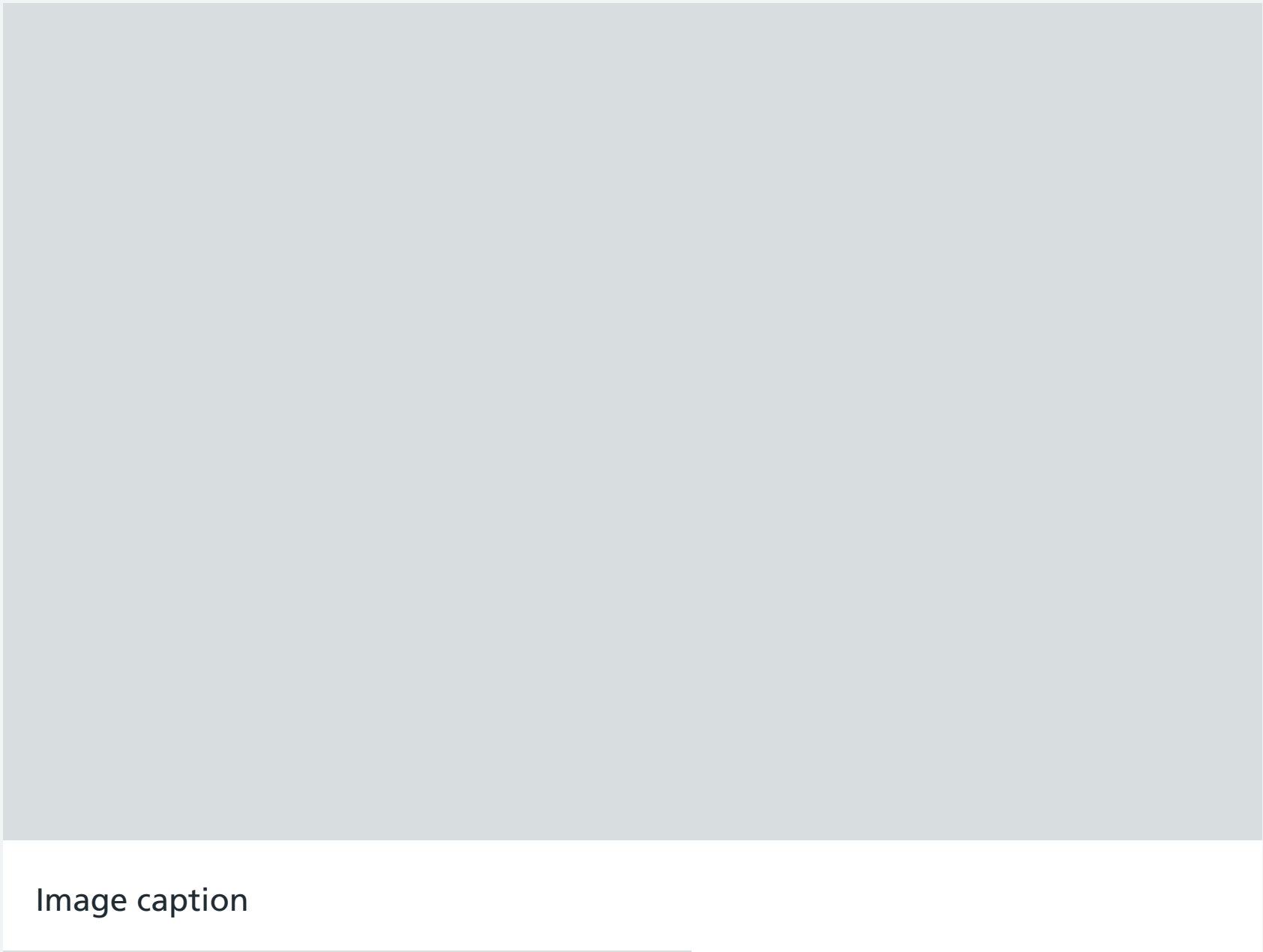
You can find it on any letter the NHS has sent you, on a prescription or by logging in to a GP practice online service.

Images

Images - mobile

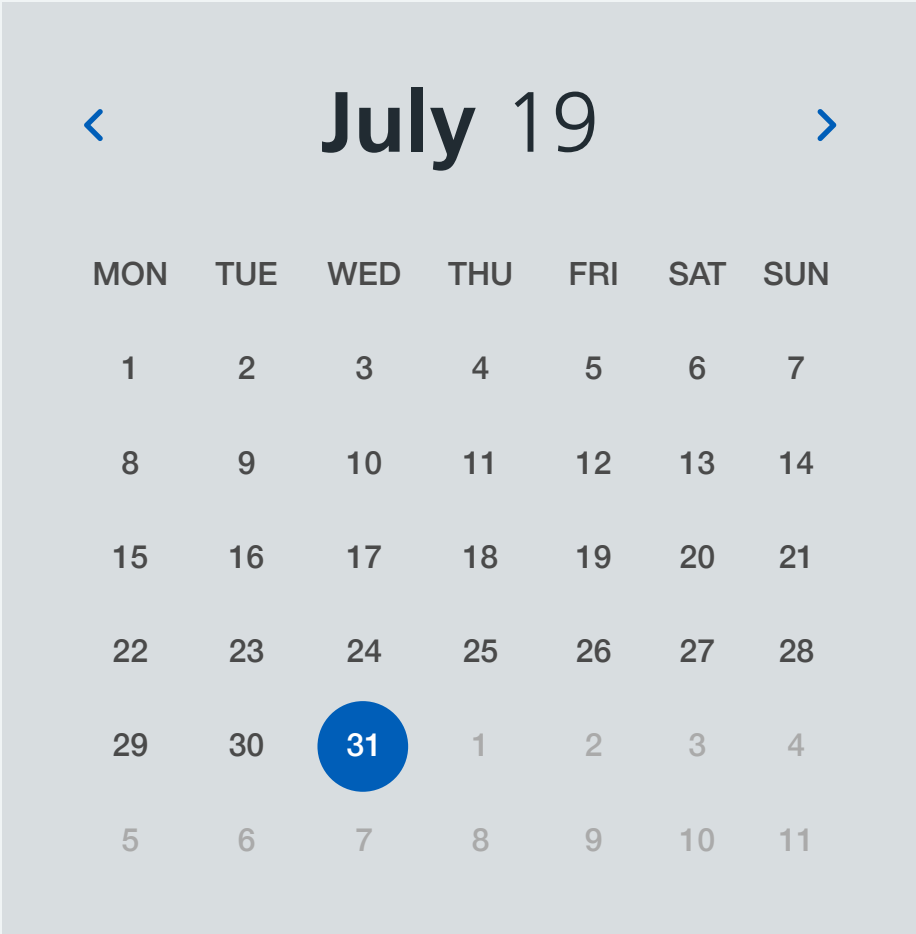


Images - desktop

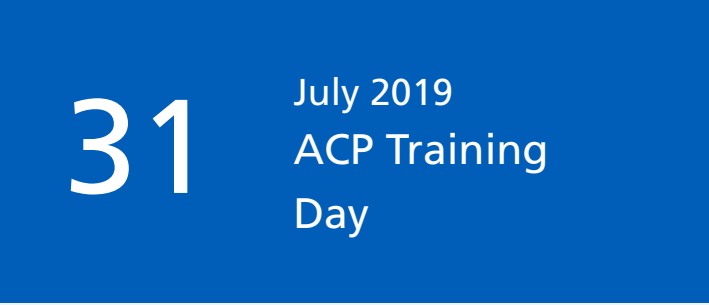
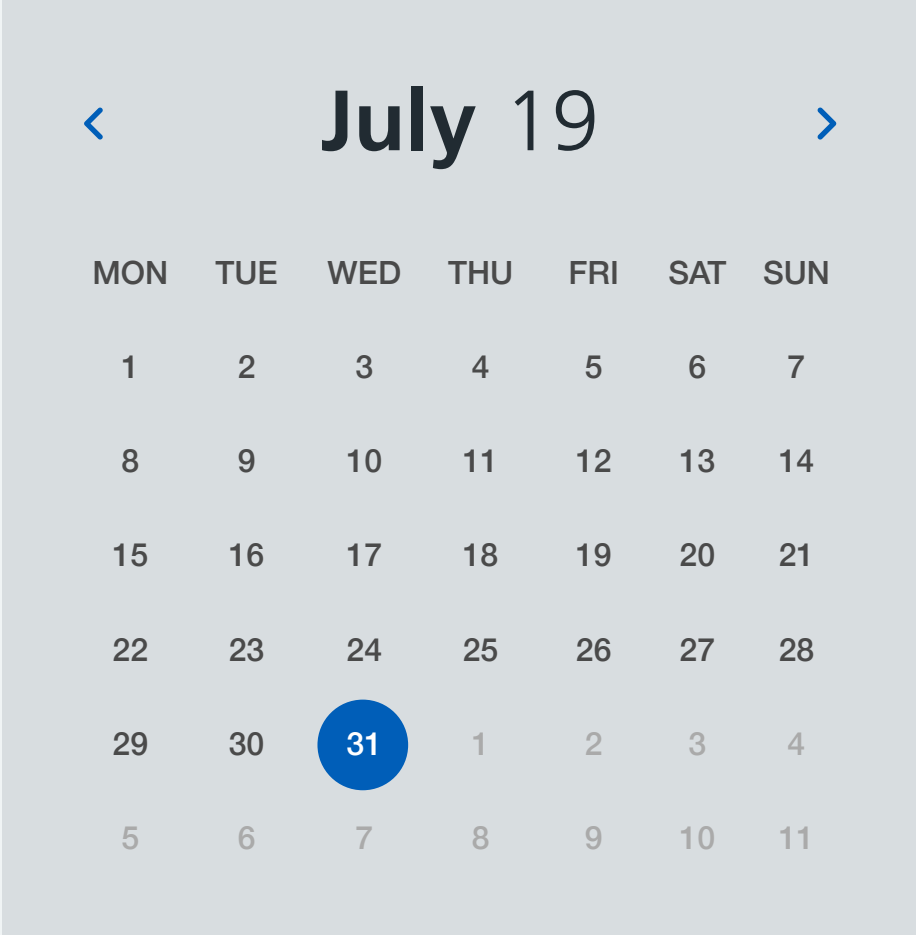


Calendars

Calendars - mobile



Calendars - desktop



Inset text

Inset text - mobile

If you drive, you must tell the [DVLA](#) about your vertigo. Visit the GOV.UK website for more information on [driving with vertigo](#).

Inset text - desktop

If you drive, you must tell the [DVLA](#) about your vertigo. Visit the GOV.UK website for more information on [driving with vertigo](#).

Pagination

Pagination - mobile

← Previous
[Treatments](#)

Next →
[Symptoms](#)

Pagination - desktop

← Previous
[Treatments](#)

Next →
[Symptoms](#)

Radios

Radios - mobile

Have you changed your name?

This includes changing your last name or spelling your name differently.

☐ Yes

☒ No

Radios - desktop

Have you changed your name?

This includes changing your last name or spelling your name differently.

☐ Yes

☒ No

Review date

Review date - mobile

Page last reviewed: 12 February 2017

Next review due: 1 February 2020

Review date - desktop

Page last reviewed: 12 February 2017

Next review due: 1 February 2020

Select text

Select - mobile

Label text goes here

NHS.UK frontend option 1 ▲▼

Select - desktop

Label text goes here

NHS.UK frontend option 1 ▲▼

Skip link

Skip link

[Skip to main content](#)

Skip to main content



Table

Table - mobile

Skin symptoms	Possible cause
Blisters on lips or around the mouth	cold sores
Itchy, dry, cracked, sore	eczema
Itchy blisters	shingles, chickenpox

Table - desktop

Skin symptoms	Possible cause
Blisters on lips or around the mouth	9am to 6pm
Itchy, dry, cracked, sore	9am to 6pm
Itchy blisters	9am to 6pm

Text input

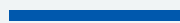
Text input - mobile

Label text goes here

Text input - desktop

Label text goes here

Textarea



Textarea - mobile

Label text goes here

Hint text goes here.

Textarea - desktop

Label text goes here

Hint text goes here.

Warning callout

Warning callout - mobile

School, nursery or work

Stay away from school, nursery or work until all the spots have crusted over. This is usually 5 days after the spots first appeared.

Warning callout - Desktop

School, nursery or work

Stay away from school, nursery or work until all the spots have crusted over. This is usually 5 days after the spots first appeared.