

# Helen McGarrigle

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*GDG Member*

Helen **McGarrigle** trained as a registered nurse in Scotland before moving to Wales. She worked as a staff nurse, then as ward sister on a surgical ward for 10 years before she became Clinical Nurse Specialist in Breast Care, a role which she has continued for 22 years. During that time she has gained a Bachelor Degree and a Master Degree in Nursing, she also has a Post Graduate Certificate in Education.

She leads a team of 5 breast care nurses in the purpose built Breast Centre and has a special interest in neoadjuvant chemotherapy.

She is a Breast Cancer Care "Champion" for younger women with breast cancer and has recently been involved in writing guidelines for fertility for younger women with breast cancer.

Helen was the surgical breast care nurse representative in Macmillan's "Beyond Breast Cancer" project which aims to provide early breast cancer patients with a clear treatment follow up pathway and personalised care plan, and is now lead for embedding the pathway across South Wales.

Apart from her interest in breast care, Helen also feels strongly about involving patients in decisions about their care and for the last 5 years has been a clinical lead on the "MAGIC" study into shared decision making.