Carrie Tyler began her nursing career in 1989 when she became a student nurse at the Whittington Hospital in North London. She enjoyed working there, and it was there that she discovered her passion for emergency medicine for older people, and became ward sister in 1999.

In 2002 Carrie joined Colchester Hospital University Foundation Trust as a ward sister on a busy, acute care of the elderly ward. Carrie has always had a passion for improving the quality of care and service delivery while maintaining safety. She was the lead for the Nutrition benchmark and part of introducing a nutrition course to the hospital.

In 2007, Carrie was a co-inventor of the Tiptree Box – a distraction toolkit designed specifically for patients with delirium in the acute setting. This won a Health Enterprise East Innovation award, and in 2010 was chosen as a High Impact Action for Nursing and Midwifery – the essential collection in the Staying Safe Preventing Falls section. It was noted that if patients were provided with a café style table to sit at with food and drink to access in this area, anxiety levels and wandering decreased. The Tiptree box contained items that appeared to help settle ill-being by providing psychological security, such as keys, purses, money and family photographs.

In 2008 Carrie was elected as a staff governor when Colchester became a foundation Trust, and was able to use her knowledge and experience to work well with the public governors. She served 3 years as a Governor and stood down to train to be a Royal College of Nursing Representative, as she felt this would enable her to continue to be pro-active in supporting staff and patients, and maintain standards in nursing.

In 2010 Carrie began working as a Falls Prevention Nurse, and set the service up for in-patients at Colchester hospital.

Carrie is enjoying working at Broomfield Hospital in Chelmsford as a Falls Clinical Nurse Specialist since 2015, and has started the falls prevention service for adult in-patients.

The Serene Side Room is an observation and evidence based approach to reduce falls within the patient group who are experiencing dementia and/or delirium lead by Carrie and her team. This approach is aimed to achieve well-being for this group of patients by use of lighting changes, noise reduction, aromatherapy and meaningful activities. The approach also encompasses the human factor element of healthcare delivery, and how this can affect decision making and culture.