S4C

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**Erthygl i'r Wasg** **Press Article**

# Yr iaith Gymraeg yn sbarduno nyrs i helpu ei chleifion

Mae’r gallu i siarad Cymraeg wedi bod yn angenrheidiol yng ngwaith myfyrwraig o Gastell Nedd sydd yn astudio Nyrsio Anabledd Dysgu.

Yn ôl Megan Ware, mae cyfathrebu gyda phobl gydag anabledd dysgu sy’n siarad Cymraeg fel eu hiaith gyntaf, yn helpu hi i greu perthynas dda gyda’r claf ac yn gwneud iddyn nhw deimlo yn fwy cyffyrddus gyda hi.

“Weithiau, yn achos pobl gydag anableddau dysgu, dydyn nhw ddim yn deall pam bod pobl ddim yn siarad gyda nhw yn eu hiaith gyntaf,” meddai Megan. “Mae’r gallu i siarad Cymraeg wedi bod o help mawr i mi gyda sawl claf sy’n siarad Cymraeg fel eu hiaith gyntaf. Mae’r cleifion yn teimlo’n fwy cartrefol ac yn trystio fi.”

Gan fod Megan, 23, yn gweithio gyda chleifion fwyaf bregus ein cymuned, mae dod i nabod ei chleifion yn dda yn rhan bwysig o’i gwaith.

Yn y rhaglen hon - yr olaf yn y gyfres **Nyrsys** ar S4C - cawn ddysgu am bwysigrwydd hawliau a rhoi mynediad yr un fath a phawb arall i bobl gydag anabledd dysgu.

Gwelwn Megan, sydd hanner ffordd trwy ei hyfforddiant Nyrsio Anabledd Dysgu ym Mhrifysgol De Cymru, yn gweithio gyda theulu sydd ag efeilliaid gydag awtistiaeth ac anabledd dysgu.

“Dw i’n gweithio rhan fwyaf o’r amser allan yn y gymuned - rwy’n mynd mas i dai pobl a helpu sicrhau bod y teclynnau cyfathrebu ganddyn nhw. Mae hanes o *institutionalisation* gydag anabledd dysgu felly mae’n bwysig ein bod ni’n trio cadw pobl yn y gymuned ac yn sicrhau eu bod nhw yn gallu gwneud y pethau pob dydd.”

Mae Megan yn amlwg wrth ei bodd gyda nyrsio ond mae elfennau heriol i’w gwaith hefyd.

“Weithiau rwy’n wynebu ymddygiad heriol a dyna pam mae mor bwysig imi adeiladu perthynas cryf gyda’r claf o’r dechrau. Unwaith ti’n cael tryst y person a ti’n adeiladu bond, mae pethau’n dod yn haws,” meddai Megan. “Ond mae’n heriol ac yn gallu bod yn broses hir.”

“Ac yn ogystal â gweithio gyda’r plentyn, dwi’n gweithio gyda'u brodyr a’u chwiorydd oherwydd maen nhw yn cael eu heffeithio hefyd. Mae’n waith cymdeithasol mewn ffordd - dydy e ddim fel nyrsio cyffredin. Er erbyn diwedd y cwrs bydda i’n nyrs cofrestredig i bobl gydag anabledd dysgu.”

Hefyd yn y rhaglen hon, cawn glywed gan Gwawr Roberts o brifysgol Glyndŵr Wrecsam, sydd ar leoliad yn Hosbis Tŷ’r Eos, Wrecsam yn edrych ar ôl cleifion sydd angen gofal lliniarol a diwedd bywyd.

Os ydych chi wedi methu unrhyw un o’r rhaglenni yn y gyfres **Nyrsys**, ewch i S4C Clic neu BBC iPlayer i ddarganfod mwy am waith nyrsys yn ysbytai a chymunedau ar draws Cymru.

**Nyrsys**
**Nos Fercher 19 Chwefror 9.30, S4C**
**Isdeitlau Saesneg**
**Ar gael ar alw ar S4C Clic s4c.cymru/clic, BBC iPlayer a llwyfannau eraill**
**Cynhyrchiad Wildflame ar gyfer S4C**

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# How speaking Welsh helps nurse to bond with patients

The ability to speak Welsh has been essential to the work of a student nurse from Neath who is studying Learning Disability Nursing.

Megan Ware said that being able to communicate with people with learning disabilities who speak Welsh as their first language helps her to form a good relationship with the patient and makes them feel more comfortable with her.

“Sometimes in the case of people with learning disabilities, the don’t understand why people don’t speak to them in their first language,” said Megan. “The ability to speak Welsh has been such a big help to me with several of my first language Welsh patients. The patient feels more at home with me and trusts me.”

Because Megan, 23, works with some of the most vulnerable people in our communities, getting to know a patient is a very important part of her work.

In this final episode in the S4C series, **Nyrsys**, we learn about the importance of the rights of those with learning disabilities and of providing them with access to the same opportunities as everybody else.

We see Megan, who is half-way through her Learning Disability Nursing course at the University of South Wales, working with a family which has twins with autism and learning disabilities.

“I spend most of my time working in the community – I go out to people’s houses and ensure that they have all the communication tools,” said Megan. “There is a history of institutionalisation with learning disabilities so it’s important that we try to keep people in the community and ensure that they can do all the everyday things.”

Megan obviously loves nursing but there are challenging elements to her work.

“Sometimes I face challenging behaviour and that is why it is so important for me to build a strong relationship with the patient from the beginning. Once you have the trust of that person and you build that bond, things become easier,” said Megan. “But it is challenging, and it can be a long process.”

“Also, when I’m working with a child, I have to work with their brothers and sisters because they are affected too. It is like social work in a way – I’m not your average nurse! But at the end of the course I will be a registered nurse for people with learning disabilities.”

In this programme, we also meet Gwawr Roberts from Glyndŵr University in Wrexham, who is on a placement at Tŷ Eos Hospice looking after patients in need of palliative and end of life care.

If you have missed any of the programmes in the **Nyrsys** series, you can catch up on S4C Clic or BBC iPlayer to discover more about the work of nurses in hospitals and communities throughout Wales.

**Nyrsys**
**Wednesday 19 February 9.30, S4C**
**English subtitles**
**Available on demand on S4C Clic s4c.cymru/clic, BBC iPlayer and other platforms**
**A Wildflame production for S4C**