



Health at Work Network

Adam Grundy

East Midlands Board representative (maternity cover)

Adam has worked in a variety of NHS roles since 2006. After qualifying as a Registered Adult Nurse in 2011 Adam worked in Neurosurgery and Community Nursing roles before joining the Occupational Health team at NUH in 2015.

Adam worked for several years as an OH clinic nurse before completing a Specialist Community Public Health qualification in 2019 moving into the Lead Nurse role at NUH in 2020 and now currently leads the OH service at Sherwood Forest Hospitals.

Over the last 18 months Adam has developed a keen interest in Health Inequalities leading on the Workforce pillar of the Organisations Health Inequalities work. Adam has specifically taken a proactive approach to understanding the positive impact Occupational Health can have on improving Health Inequalities for employees with the aim of improving wider health outcomes.