Luminate Careers in healthcare

Careers within healthcare have come in to prominence over recent times and with the 72nd anniversary of the NHS it's good to celebrate all the different roles within healthcare.

To find out more about the different healthcare roles you could watch some real-life career stories:

<u>icould</u> and <u>Careers Box</u> have lots of different videos, some of which are below, but click on the links above to view many more different stories.









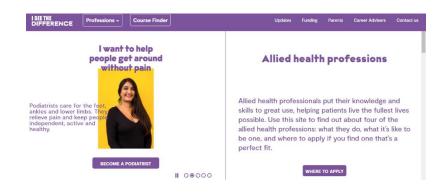




Explore the many career stories here https://www.youtube.com/user/NHSCareers

Learn more about courses, bursaries, grants and different health care professions at I See the Difference.

There are also some great webinars where you can learn more about healthcare careers such as Podiatry, Therapeutic radiography, Orthoptics, Prosthetics and Orthotics.





The Step in to the NHS website gives you an insight into hundreds of careers within the NHS. You can find <u>video</u> <u>stories</u> and learn more about <u>apprenticeships</u> and career pathways.

If you think that you may be interested in working within healthcare but you aren't sure what area would suit you then try the career quiz on the NHS Careers website. What careers suit your interests?





If you are thinking about becoming a Doctor this video is a great insight into everything you need to know!

Thinking about going to University? This website from <u>UCAS</u> can give you lots more information on the different courses available as well as entry requirements. What entry requirements do you need for the course you are interested in?



It's really useful when thinking about healthcare to get some form of work experience, whether that's in a hospital or in a caring environment – it will really help with future applications. At the moment there are lots of really good virtual experiences and courses to help you find out more about healthcare roles.







You can also try to get work experience at the University Hospitals of Derby & Burton. Have a look at the different programmes, including HOSPEX.

To find out more about different roles within healthcare you could also check out these websites:

National Careers Service

CareerPilot

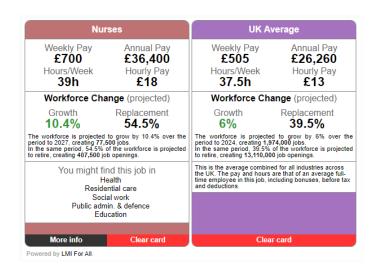
Prospects

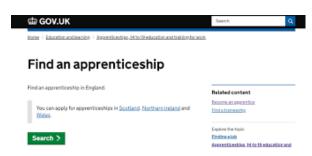
Find out lots more information such as:

- Salary
- How to become
- What tasks do you do?

- Where are the vacancies?
- Progression opportunities
- Related roles

Use <u>Labour Market information</u> and the Careerometer to compare different job roles within Healthcare. What does the information say about the role you are interested in?





Search for apprenticeship vacancies here https://www.gov.uk/apply-apprenticeship

<u>Joined Up Careers</u> also has information about local vacancies.



Tasks

| Can you name three different Healthcare careers? | 1. 2. 3. |
|--|----------------|
| Name three skills and qualities you will need to pursue a career within Healthcare | 1. 2. 3. |
| Can you give three different courses you might take to get into Health career? | 1. 2. 3. |

Day in the life of.....

A Registered General Nurse

Becoming a registered nurse entails completing a 3-year programme at a chosen university, previously a Diploma level, this is now a degree course with the option to advance to a masters.

A general registered nurse is somebody who has chosen to specialise in the care of adults, in a general setting, whether that be in an acute, or primary care setting. So, a hospital or maybe out in the community, or within a GP practice. There is also the option to become a paediatric nurse, specialising in the care of children, or a mental health nurse. The paths for all 3 nursing types, all begin the same, with people branching off into their chosen area during the 2nd year of learning.

Being a Registered Nurse, you are a professional person, answerable to the Nursing and Midwifery Council (NMC) who set the standards expected of you, in a both personal and professional capacity. In other words, you need to behave yourself, both in and out of work.

Day to Day, nursing can be such a varied role depending on which, of many areas you have decided to base yourself within. Working as an acute hospital, ward nurse you begin your journey as a band 5 staff nurse, managed by an individual, or team of ward sisters or charge nurses. Now although you are supported by these senior members of the team, you are 100% accountable for your own actions and omissions. So, whatever you chose to do, or not do, you are responsible, you can't blame the boss because they told you to do something!

As a nurse, you are expected to work a variety of shift patterns so flexibility is an absolute must and stamina also, with the majority of shifts now being 12.5hrs day or night. At the beginning of a shift, day or night we have what we call a handover. This consists of the previous shifts, staff telling us who, what and why is on the ward and what their needs are. They will inform us of any outstanding jobs or any concerns. That's their day done and off they go. You will be allocated your patients and they are now 100% your responsibility.

1st job of the day, visualise your patients, introduce yourself and familiarise yourself with them. See them for yourself, so you can quickly recognise any changes, good or bad, later on during the shift. Check what their vitals are doing, Blood pressure, Pulse and temperature. We are very lucky now and a computer actually calculates a person's risk of deterioration, though nothing can actually compete with your own assessment. Computers don't always get it right. Any concerns with a patient, a quick call to the Dr for advice will hopefully sort this. Check for outstanding medications; are the patients due any medications? Do they need any medications? Are they in pain? Check the medical notes, have the Drs left any specific instructions in regards to a particular patient. Communicate, with the patient, do they have any concerns? Are they fully aware of what is happening with their care? Poor communication is normally the biggest cause of patient dissatisfaction. Once you have completed these tasks, the remainder of the shift is a case of go with the flow. Complete tasks as they arise and continue to monitor your patients.

The most important skills, to have to become a nurse are communication, empathy and anon judgemental approach. You will meet people from all walks of life, making decisions regarding their treatment that will not always agree with your opinions and lifestyles unusual to your own. You need to be adaptable and flexible as no 2 days are ever the same. Most importantly you need to be able to recognise and work within the boundaries set by the NMC to, do good and cause no harm to the lives you are responsible for.

Nursing is amazing!!