

A career in the NHS

<https://www.healthcareers.nhs.uk/working-health/working-nhs/who-works-nhs>

<https://www.stepintothens.nhs.uk/careers>

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Skills you need

- ▶ Transferable skills
- ▶ Team working
- ▶ Working under pressure
- ▶ Dealing with the public
- ▶ Initiative
- ▶ Thinking on your feet
- ▶ Don't need spoon feeding: courage
- ▶ 01223 586616. Addenbrookes volunteering



Qualifications

- ▶ GCSE Maths, Science and English: nursing: 4/5 medicine: 8/9
- ▶ Health and Social Care
- ▶ Sociology
- ▶ Biology
- ▶ Chemistry
- ▶ Maths
- ▶ Psychology
- ▶ EPQ
- ▶ Health Care Assistant level 2 apprenticeship

- ▶ Experience and skills that you can demonstrate in interviews or justify in an application

NHS Careers: more than nurses and doctors

- ▶ <https://www.healthcareers.nhs.uk/explore-roles>
- ▶ Working with people
- ▶ Support services
- ▶ Psychology
- ▶ Pharmacy
- ▶ Play therapy
- ▶ Premises support
- ▶ Phlebotomy
- ▶ Radiology
- ▶ Ophthalmology

Medicine

<https://www.independent.co.uk/student/into-university/applying/how-to-become-a-doctor-medical-school-applying-application-medicine-interview-tips-a7073956.html>

► <https://www.medschools.ac.uk/studying-medicine/applications>

► Admissions tests, look what the university requires

UCAT : register May to September/testing July to October put result on UCAS application (25 schools)

BMAT : registration from end of June, test in September, registration opening beginning of September, testing end of October/beginning November. Results sent to university. Just once in a cycle.(7 schools)

► 4 places for medicine plus one other

► Type of course: given a body or a book, different universities have different teaching methods

► Problem solving approach where you work in a group with other students

► 15th October deadline

► Wait and be patient, offers can be a long time coming

► Ambitious/realistic

► There have been places available in clearing over the last few years

► Student finance is available. Funding rules are changing all the time.

► Bursaries are available through universities for specific students. Check the rules through the admissions office.

► <https://www.themedicportal.com/application-guide/ucas/>

Application process 2021

<https://www.themedicportal.com/blog/lockdown-wider-reading-for-aspiring-medics/>
<https://www.medschools.ac.uk/media/2701/msc-entry-requirements-for-uk-medical-schools-2021.pdf>

- ▶ Medicine 2022 Entry:
BMAT BioMedical Admissions Test
- ▶ <https://www.admissionstesting.org/for-test-takers/bmat/bmat-november/how-to-register/>
- ▶ 3rd November 2021 BMAT test date.
- ▶ UCAT
- ▶ <https://www.ucat.ac.uk/register/>
- ▶ Booking opens 2nd June
- ▶ Booking deadline 28th September
- ▶ Last test date 29th September

BMAT

- ▶ <http://www.admissionstesting.org/for-test-takers/bmat/preparing-for-bmat/>
- ▶ https://www.youtube.com/results?search_query=bmat+preparation
- ▶ University of Cambridge - Medics and Vets. ...
- ▶ University of Oxford. ...
- ▶ Imperial College London. ...
- ▶ University College London. ...
- ▶ University of Leeds. ...
- ▶ University of Lancaster...
- ▶ Brighton and Sussex Medical School. ...
- ▶ Royal Veterinary College - Vets only. ...
- ▶ Lee Kong Chian School of Medicine (Singapore)
- ▶ Leiden University...

UCAT

- ▶ <https://www.ucat.ac.uk/prepare/practice-tests/>
- ▶ <https://www.youtube.com/channel/UCottWqxLICDPJBFfKhvl8aQ> UCAT
- ▶ All the others

- ▶ Lots of free resources
- ▶ Plan
- ▶ Practice
- ▶ Revise

European Universities



- ▶ University of Pecs Hungary
- ▶ Accredited by the NHS
- ▶ <http://aok.pte.hu/en/hirek/hir/11014>



- ▶ <https://medconnecteurope.co.uk/brexit-should-it-stop-you-from-studying-medicine-in-europe/#:~:text=The%20biggest%20concern%20to%20students,part%20of%20the%20European%20Union.>

Adult Nursing degree

- ▶ CCC to ABB depending on the university
- ▶ Health and Social Care very acceptable, becoming preferred
- ▶ Biology required for some courses
- ▶ Foundation year available
- ▶ Practical and theory
- ▶ Degree apprenticeships becoming available
- ▶ Good basis for later specialisation: paediatrics, cardiology, midwifery
- ▶ Paediatric nursing more competitive BBB
- ▶ Mental Health nursing also available
- ▶ In Hospitals, GP surgery, community, abroad, military
- ▶ Progression routes to health visitor and nurse practitioner
- ▶ <https://digital.ucas.com/coursedisplay/courses/c82c9b0d-c5035daca20de?academicYearId=2021&courseOptionId=be5aebba1-db3f43ef0999> Anglia Ruskin CCC



Midwifery degree

- ▶ BBB to AAB
- ▶ Very competitive: older applicants
- ▶ Foundation year available
- ▶ January intake
- ▶ Work with women not babies
- ▶ In hospital and in the community
- ▶ Health and Social Care very acceptable, becoming a preferred subject



- ▶ <https://digital.ucas.com/coursedisplay/courses/c31a89b9-01ba-fd49044d4a5b?academicYearId=2021&courseOptionId=864d6363-9ef5-155cb4bdebae> Canterbury Christchurch BBB



Occupational Therapy degree

- ▶ Occupational therapy is the use of assessment and intervention to develop, recover, or maintain the meaningful activities, or occupations, of individuals, groups, or communities. It is an allied health profession performed by occupational therapists and Occupational Therapy Assistants
- ▶ Apprenticeships available from 2020
- ▶ Health and Social Care very acceptable
- ▶ Some universities require science including PE
- ▶ Other specialisms available eg: speech and language therapy,
- ▶ BCC to ABB



- ▶ <https://digital.ucas.com/coursedisplay/courses/b40a25c6-1bef-87b1-8b1d-4f602abc98fb?academicYearId=2021> University of Northampton BBC

Operating department practice degree

- ▶ Operating department practitioners (ODPs) are a vital part of the operating theatre team, with their role varying from day to day. Working alongside surgeons, anaesthetists, nurses and healthcare support workers, ODPs ensure that every operation is as safe and effective as possible.
- ▶ BBC- ABB
- ▶ Foundation year available
- ▶ Health and Social Care or science



<https://digital.ucas.com/coursedisplay/courses/038ad655-4e13-4ce5-9379-8266c670784e?academicYearId=2021> Coventry BBC

Physiotherapy degree

- ▶ Physiotherapy is the treatment of injury, disease and disorders through physical methods – such as exercise, massage, manipulation and other treatments – over medication and surgery.
- ▶ Lots of variations including sports therapy with rehabilitation
- ▶ Different types: sports, children, equine and canine
- ▶ Professional accreditation
- ▶ BBB to AAA or foundation year available
- ▶ Generally ask for a science including PE

<https://digital.ucas.com/coursedisplay/course/s/8665f25e-54c2-ed09-8d7d-477ba1d32d24?academicYearId=2021> sports therapy and rehabilitation Teeside CCD-BBC



<https://digital.ucas.com/coursedisplay/courses/1983591a-fd5f-399e-70d4-89b678af507b?academicYearId=2021> Manchester Metropolitan ABB

Paramedic degree

- ▶ Paramedics have a highly responsible role, often being the senior ambulance service healthcare professional in a range of emergency and non-emergency situations. You will be one of the first healthcare professionals to arrive at the scene.
- ▶ Mental health is a major cause of call outs
- ▶ Health and Social Care or science
- ▶ Progression routes into emergency services
- ▶ Career development
- ▶ Driving licence required for some
- ▶ BBC to ABB
- ▶ Foundation year Birmingham City CCD either HSC or science
- ▶ Disaster management and emergency planning degrees
- ▶ <https://digital.ucas.com/coursedisplay/courses/0360051b-e73e-4c85-a001-cc18d2fc8a54?academicYearId=2021> De Montford BBB



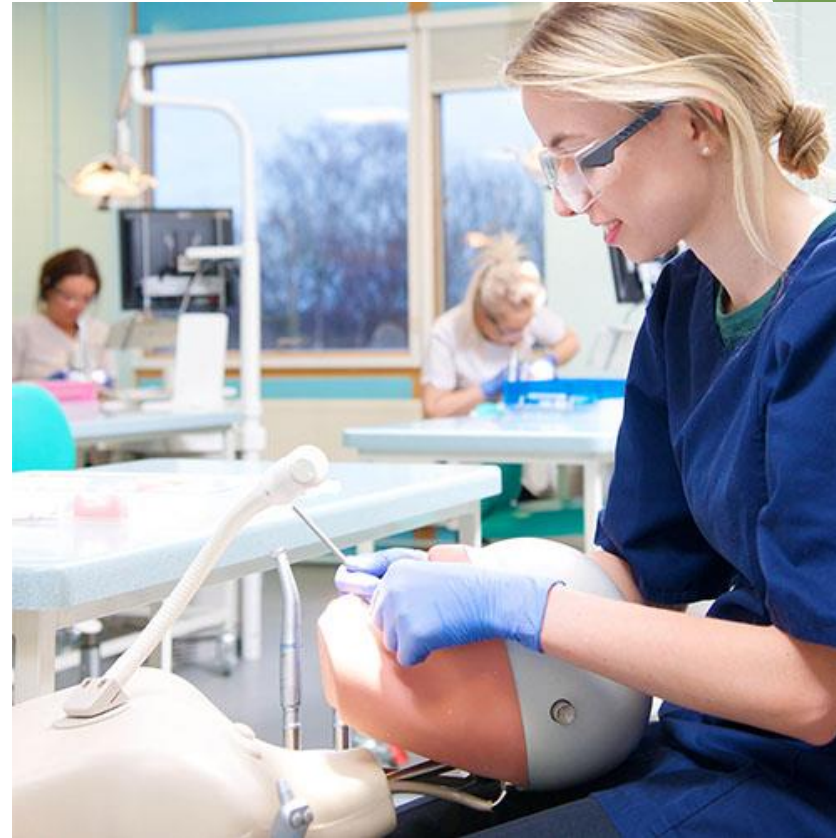
Dentistry degree

- ▶ AAA
- ▶ Biology
- ▶ GCSE grades
- ▶ Post graduate entry
- ▶ 5 year course
- ▶ Medicine and dentistry
- ▶ Some universities require UCAT/BMAT
- ▶ <https://www.ucas.com/ucas/after-gcses/find-career-ideas/explore-jobs/job-profile/dentist>
- ▶ <https://digital.ucas.com/coursedisplay/courses/9b10035d-3298-7238-d3cb-575389e7d009?academicYearId=2021> Birmingham AAA



Dental nursing

- ▶ Apprenticeships
- ▶ Progression route to orthodontic therapist



Health care courses Interviews

- ▶ Group discussions
- ▶ One to one discussions
- ▶ Understanding of the importance of person centred care
- ▶ Care Certificate
 - http://www.skillsforhealth.org.uk/images/projects/care_certificate/Care%20Certificate%20Standards.pdf
- ▶ http://www.skillsforhealth.org.uk/images/standards/care_certificate/workbooks/Standard%204%20-%20Equality%20and%20diversity.pdf
- ▶ Role plays OSCEs (objective structured clinical examinations)
- ▶ Older applicants can be highly competitive in midwifery and nursing degrees



7 Cs

- ▶ Care - individuals receiving care expect it to be right for them at the time of their stay with Priory, whether long or short term. The care we deliver must be to help improve the lives of the people we care for, support and educate.
- ▶ Compassion -compassion is how care is delivered through relationships based on empathy, respect and dignity and can also be defined as intelligent kindness. It is central to how people perceive the care they receive.
- ▶ Competence -competence means that all those in caring roles must have the ability to understand service users' health and social needs, and have the expertise, clinical and technical knowledge to deliver effective care and treatments based on research and evidence.
- ▶ Communication - communication is central to successful caring relationships and to effective team working and is the key to an efficient working environment with benefits for service users and staff alike. Listening is as important as what is said and done. Service users must be involved in decisions affecting their care and treatment, keeping 'no decision about me without me' in mind. (Liberating the NHS: No decision about me, without me; Department of Health, May 2012, London).
- ▶ Courage - courage enables us to do the right thing for the service users in our care, to speak up when we have concerns and to have personal strength and vision to innovate and to embrace new ways of working.
- ▶ Commitment - we need to build on the commitment set out in the Priory mission statement to take action to make the vision a reality for all and to meet challenges as they arise.
- ▶ Consistency - will ensure consistent delivery of care across our service.



Opportunities to develop skills

- ▶ Addenbrookes volunteers
- ▶ SWCHS Open days guides
- ▶ Science week
- ▶ Training sessions, visits and speakers (join my email list)
- ▶ Friends and family
- ▶ Uttlesford volunteers: Time Bank 18+
- ▶ Elderly care
- ▶ Dementia action alliance
- ▶ St Johns Ambulance
- ▶ Local residential care homes
- ▶ Local schools including SWCHS



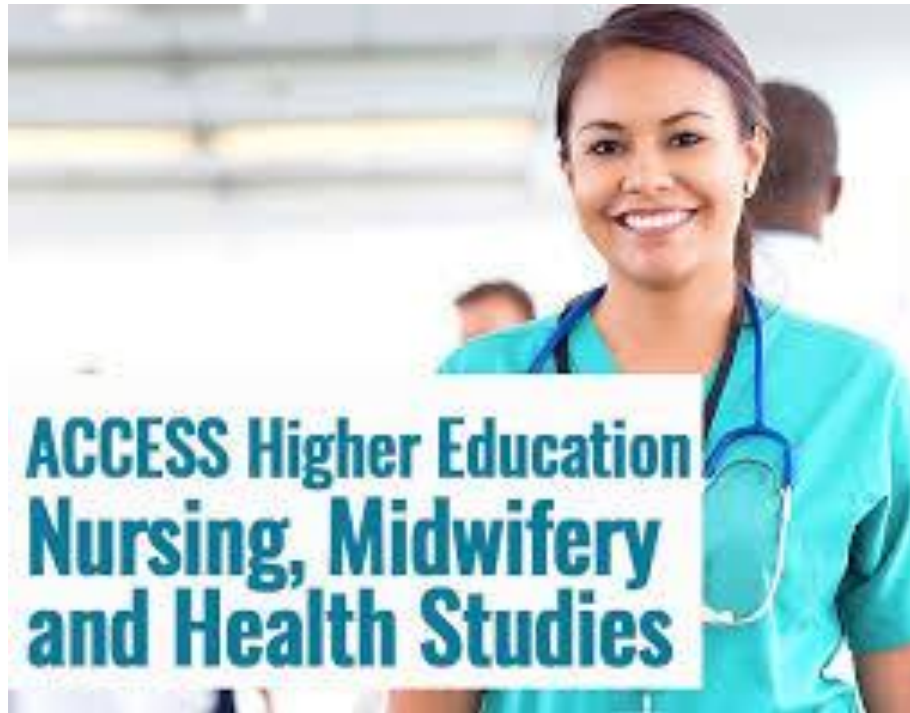
Applications and choices

- ▶ Wide range
- ▶ Testing and interviews
- ▶ Foundation years
- ▶ Clearing
- ▶ Nursing to midwifery, adults not babies
- ▶ Bradford route for medicine
- ▶ Assessment format
- ▶ Visit the university and city
- ▶ Phone and ask
- ▶ Waiting for an answer is stressful



Access courses

- ▶ <https://www.harlow-college.ac.uk/study-options/access-courses> nursing and medicine



Suffolk Nursing BSc

- ▶ <https://digital.ucas.com/coursedisplay/courses/86b06432-381e-452e-5e35-03f15128d777?academicYearId=2021&courseOptionId=c7e54a7a-c30c-4782-a04a-0df2756b1ad4>

- ▶ CCC



Medicine with a foundation year

<https://digital.ucas.com/coursedisplay/courses/aa4a3ef2-578b-4210-8104-3d5cac5d53e9?academicYearId=2021> Edge Hill BBB

Check the other requirements which may include place of permanent residence or school rating.

Keele

Nottingham

Lincoln

Bradford



Apprenticeships: how to apply

<https://www.ucas.com/alternatives/apprenticeships/apprenticeships-england/applying-apprenticeships-england>

- ▶ <https://www.anglia.ac.uk/study/degree-apprenticeships/nursing-bsc>
- ▶ <https://www.ucas.com/alternatives/apprenticeships/apprenticeships-england/what-apprenticeships-are-available/degree-apprenticeships>
- ▶ <https://www.careers.cuh.nhs.uk/apprenticeships/> Addenbrookes apprenticeships



NHS degree apprenticeships

- ▶ Registered Midwife Degree Apprenticeships following on maternity support workers
- ▶ <https://www.rcm.org.uk/promoting/learning-careers/apprenticeships/>
- ▶ Following a scoping exercise held last September by Health Education England, the University of Bedford (shortened programme), University of Greenwich and the University of West London have all opted to run Midwife Apprenticeship programmes from January 2020.
- ▶ <https://www.gre.ac.uk/articles/public-relations/new-midwifery-degree-apprenticeships>
- ▶ As of April 2019 are approximately six universities across England ready, and/or preparing to deliver the OT apprenticeship training collaboratively with partner organisations such as the NHS, social care organisations, and other small and medium employing organisations. These universities are:
 - ▶ Sheffield Hallam University
 - ▶ Coventry University
 - ▶ University of Brighton
 - ▶ Canterbury Christchurch University
 - ▶ University of East Anglia
 - ▶ University of Northampton.

Personal statement

<https://www.ucas.com/undergraduate/applying-university/how-write-ucas-undergraduate-personal-statement>

- ▶ “give an example of a situation where... when you...”
- ▶ Motivation
- ▶ Experience
- ▶ Skills
- ▶ Abilities
- ▶ Qualities

Preparing your personal statement

1. Preparation

- You can only write one personal statement, so don't mention a uni or college by name.
- Check uni and college websites to see what skills and qualities they'd like you to have.
- Make a list of things you want to include.
- Start drafting early.

2. What to include

- Why you're interested in the subject.
- Your enthusiasm for the subject.
- How your previous studies relate to the course(s).
- Relevant aspects of jobs, placements, work experience or volunteering.
- Activities or hobbies that show your interest in the subject.
- Any training or achievements that show your skills.
- Demonstrate you're a great candidate and you have skills and qualities they're looking for.

3. How to write it

- Introduction – start with an opening sentence that encourages the reader to read on.
- Structure what you want to include in an order that's most relevant to what the unis and colleges are looking for.
- Conclusion – reinforce your commitment, enthusiasm and skills suited to uni / college life.
- Check your grammar, spelling and punctuation.
- Leave time to get feedback and redraft.

4. Technical details

- Length – up to 4,000 characters or 47 lines of text (including spaces and blank lines).
- Make sure you don't copy – our software detects any similarities and this could jeopardise your application.

On line resources to support you

- ▶ <https://www.healthsciences.leeds.ac.uk/events/online-workshops/workshops> workshops at Leeds University
- ▶ <https://www.healthsciences.leeds.ac.uk/events/online-summer-schools-and-taster-weeks/> health sciences on line summer schools
- ▶ <https://www.rcgp.org.uk/training-exams/discover-general-practice/observe-gp.aspx> observe a GP on line
- ▶ <https://bsmsoutreach.thinkific.com/courses/VWE> virtual work experience
- ▶ <https://www.medschools.ac.uk/media/2331/relevant-experience-for-applying-to-medical-school.pdf> guidance on work experience for medical school
- ▶ <https://medicinehealth.leeds.ac.uk/medicine-undergraduate/doc/coronavirus-faqs> FAQs for medics
- ▶ <https://www.nuffieldfoundation.org/students-teachers/nuffield-research-placements> Nuffield research on line placements

On line resources to support you

- ▶ <https://icould.com/?s=Addenbrookes> job roles at Addenbrookes
- ▶ <https://www.skillsforcare.org.uk/Careers-in-care/Think-Care-Careers.aspx>
- ▶ Social care, skills quiz and job roles
- ▶ <https://www.healthcareers.nhs.uk/> explore NHS careers
- ▶ Explore some of the training videos available to Health and Social Care organisations. Choose a topic and watch examples of good practice, listen to the expert discussion.
- ▶ <https://www.scie.org.uk/search?sq=videos>
- ▶ There are documentaries on Netflix covering a range of topics.
<https://www.prevention.com/life/g25737172/netflix-health-documentaries/>
- ▶ The beginning of the NHS <https://www.youtube.com/watch?v=-ywP8wjfOx4>
- ▶ Nursing the Nation: the role of the district nurse
<https://www.youtube.com/watch?v=fdpDoy9qYpE>
- ▶ Eleanor Longden, hearing voices: <https://www.youtube.com/watch?v=syjEN3peCJw>
- ▶ Read how different countries are coping with the corona virus <https://www.who.int/>
- ▶ Inside Intensive Care <https://www.bbc.co.uk/iplayer/episodes/m000h64s/critical-inside-intensive-care>
- ▶

Webinars

These webinars are a fantastic opportunity for students to find out about the range of health careers available and they may even provide inspiration for Year 12 students who will be drafting their Personal Statements over the summer! If you would like to find out more please click on the link below, where you will also be able to book your place.

- ▶
- ▶ <https://iseethedifference.co.uk/join-us-for-our-free-webinar-series-careers-in-allied-health/>
- ▶
- ▶ The University of Hertfordshire is the largest provider of radiography education and the first to offer Paramedic degrees. For students, currently researching their options in the Allied Health Professions, we have a dedicated Health and Social Work area of our website, available to view here:
<https://www.herts.ac.uk/study/schools-of-study/health-and-social-work/course-subject-areas>.