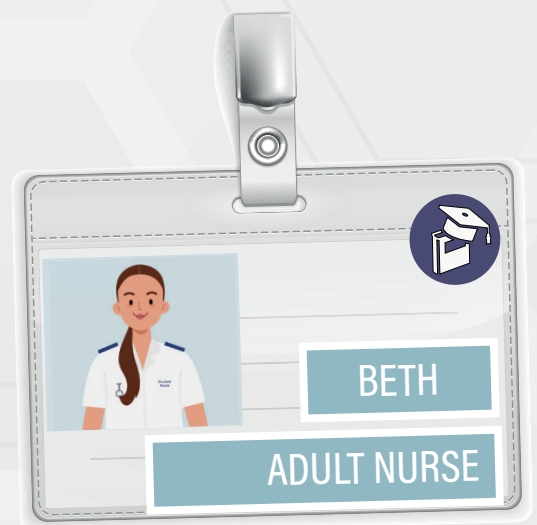
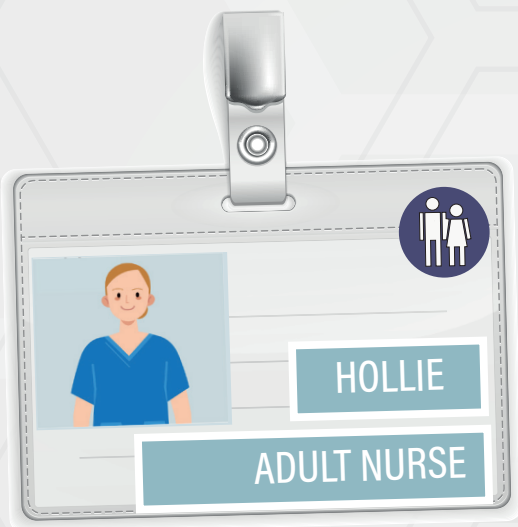


HEADSTART INTO HEALTHCARE

ACTIVITY WORKBOOK



HEALTH CAREERS AND ABOUT THIS WORKBOOK

Careers in the healthcare sector are wide and varied. There are lots of opportunities to work with patients, professionals and policy-makers. For most career routes, you will need to undertake specific courses or training before you can become fully qualified to work in that role. Courses or training might need to be undertaken at college or university, but it may also be possible to train on-the-job as part of an apprenticeship or trainee programme.

About this workbook

We've included a number of healthcare career options in this workbook (including cardiac physiology, nursing, mental health services and pharmacy). Throughout the workbook you can find out more about these options through reading the content and working through the activities.



HOLLIE

ADULT NURSE



VICKY

VETERAN SERVICES
MANAGER



LAURA

CARDIAC PHYSIOLOGIST



BETH

ADULT NURSE



PRINCE

MENTAL HEALTH
NURSE



SHEHAN

CARDIAC
PHYSIOLOGIST



MICHAEL

MENTAL HEALTH
PHARMACIST



WHAT DOES A CARDIAC PHYSIOLOGIST DO?

Typically, a **Cardiac Physiologist** like Laura carries out the following as part of her job:

- monitors blood pressure and heartbeat rate to decide if it is safe for a patient to undergo tests
- carries out procedures such as electrocardiograms (ECG), which is a way of checking if the patient's heart is beating normally, by placing stickers on the patient and recording their heart beat on a graph
- assists with cardiac catheterisation. This involves passing a long rubber straw, or catheter through blood vessels or heart chambers and injecting them with dye to show up on an x-ray
- uses specialised and complex equipment, such as cardiac ultrasound scanners and pacemaker programmers
- carries out exercise tolerance tests on patients, using ECG equipment to monitor heart rate whilst on a treadmill or exercise bike
- advises if it is safe for patients to continue with the test during exercise tolerance testing
- assists with pacemaker implantation
- carries out regular check-ups for patients with pacemakers
- she has responsibility for long-term monitoring of patients with heart valve disease or replacement valves
- analyses and interprets data and supplies physiological reports to the cardiologist or surgeon who has to make decisions about treatment
- runs chest pain clinics
- works as part of a team with cardiographers, doctors and nurses



KEYWORDS & DEFINITIONS

Physiology – the branch of biology that deals with the normal functions of living organisms and their parts.

Electrocardiography – a recording of heart rate, and the normal conduction of electricity through the heart.

Pacemaker – a small device placed in the chest or abdomen to help control abnormal heart rhythms. It uses electrical pulses to prompt the heart to beat at a normal rate. Pacemakers are used to treat problems with the rate or rhythm of the heartbeat.



QUIZ

Are you interested in becoming a Cardiac Physiologist? Have a go at our quiz to test your knowledge.

Circle the correct option, check your answers at the bottom of the page.

1 Which hospital department might a Cardiac physiologist work in?

- A ENT department
- B Cardiology department
- C Oncology department

2 What does ECG stand for?

- A Electrocardiography
- B Endocardiograph
- C Entracardiograph

3 What is this a definition of 'a therapeutic device to help the heart pump more blood'?

- A Heart valve
- B Intra-aortic balloon pump
- C Pacemaker

4 How many known sufferers of cardiac arrhythmia are believed to be in the UK?

- A Over 1.2 million
- B 600,000
- C Over 3 million

5 Can you name one person you would most likely work with as part of a team?

- A Cardiographer
- B Chiropodist
- C Optician

6 What qualification do you need to become a cardiac physiologist?

- A BTEC
- B GCSE
- C Degree

7 What is cardiac catheterisation?

- A Passing a rubber straw, or catheter through blood vessels or heart chambers and injecting them with dye to show up on an x-ray
- B Scanning a patient through an MRA scanner
- C Injecting medicine into a vein

8 What is this a definition of 'a test that uses sound waves to produce live images of the heart'?

- A Cardiophotograph
- B Radiograph
- C Echocardiograph

9 What is cardiac arrhythmia?

- A A condition that cause the heart to beat irregular, too slowly, or too quickly
- B A healthy heart rate
- C An acute heart attack

10 What kind of clinics would a cardiac physiologist be most likely to run?

- A Chest pain clinics
- B Dietary clinic
- C Physiotherapy clinic

How did you score?

8 or more - you know lots about this subject.

4 to 7 you've got a good understanding of this subject.

3 or less why not take a look at some of the additional resources on this website. 



A cardiac physiologist is typically based in a hospital cardiology department but may also work in primary care.

QUIZ ANSWERS: 1. B. Cardiology department - 2. A. Electrocardiography - 3. B. Intra-aortic balloon pump - 4. A. Over 1.2 million - 5. A. Cardiographer - 6. C. A degree - 7. A. Passing a rod, or catheter through blood vessels or heart chambers and injecting them with dye to show up on an x-ray - 8. C. Echocardiograph - 9. A. A condition that cause the heart to beat irregular, too slowly, or too quickly - 10. A. Chest pain clinics.



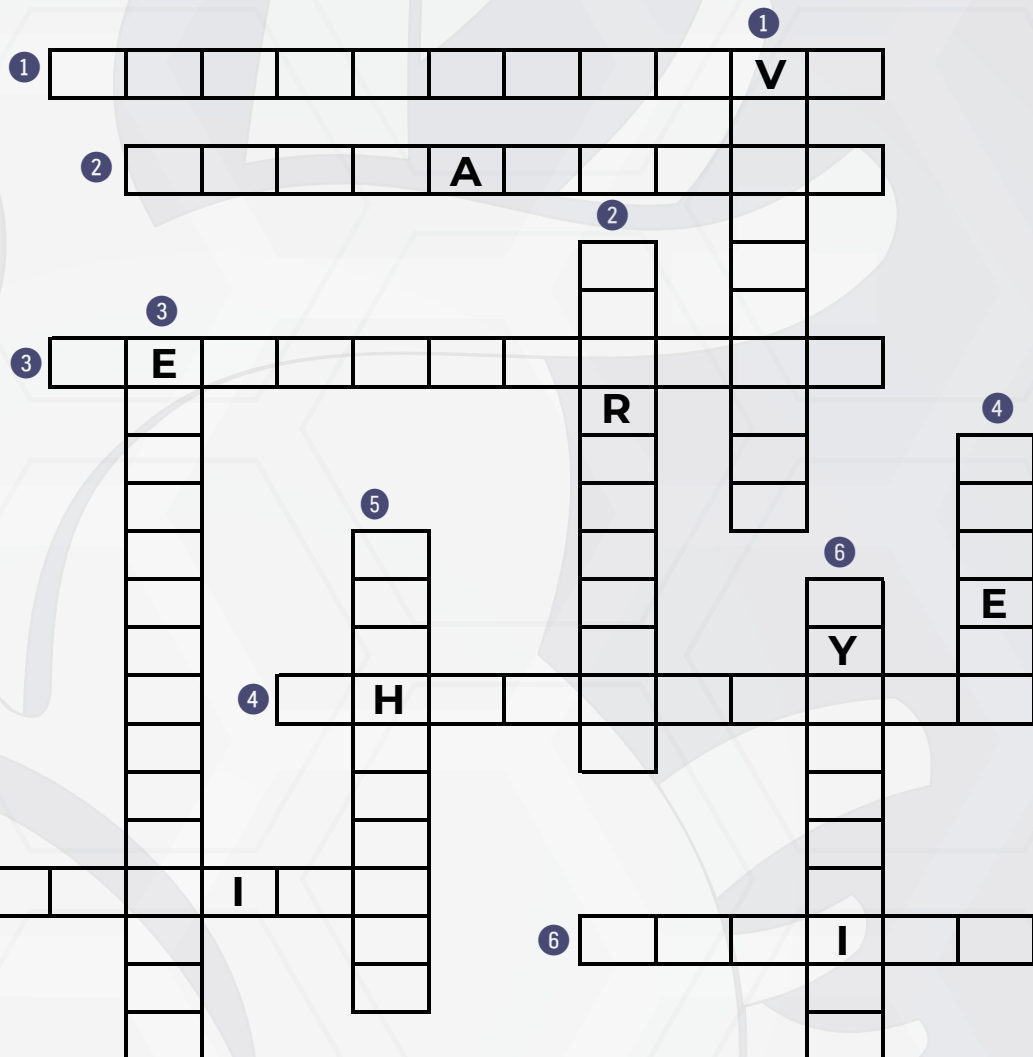
DO YOU KNOW YOUR CARDIAC PHYSIOLOGY TERMS? TRY OUR CROSSWORD PUZZLE TO TEST YOUR SKILL.

Across:

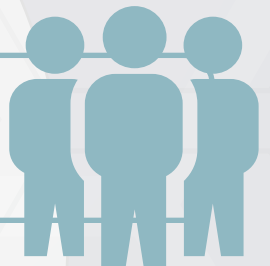
- 1 Smallflap in the heart that stops the blood flowing the wrong way from the atria to the ventricle in the left side of the heart.
- 2 Special sound waves used to examine organs inside the body.
- 3 Death of part of the heart muscle due to loss of blood supply.
- 4 Branch of biology that deals with functions of living organisms.
- 5 Upper cavity of the heart that passes blood to the ventricles.
- 6 Severe chest pain caused by inadequate supply of blood to the heart.

Down:

- 1 Main pumping chamber of the heart.
- 2 Type of balloon pump used in heart to pump more blood.
- 3 Test using sound waves to produce live images of the heart.
- 4 Tube that conveys blood from the heart to the body.
- 5 Condition that causes irregular heart beat.
- 6 Medical term for the heart muscle.



It is believed that over 1.2 million people in the UK are known sufferers of cardiac arrhythmia (a condition that cause the heart to beat irregular, too slowly, or too quickly).



You need a degree to become a cardiac physiologist.

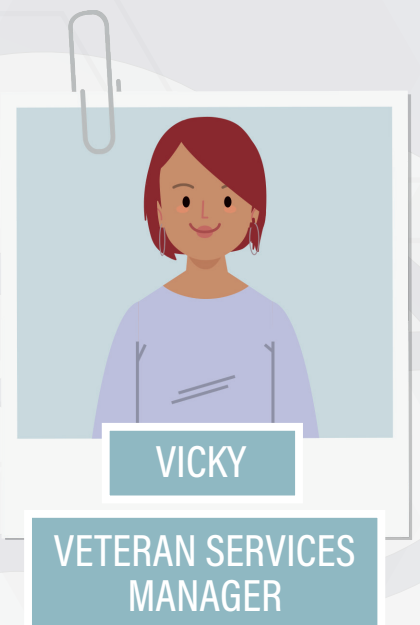
ANSWERS: ACROSS 1 Mitral valve, 2 Ultrasound, 3 Heart attack, 4 Physiology, 5 Atrium, 6 Angina. DOWN 1 Ventricles, 2 Intra aortic, 3 Echocardiograph, 4 Artery, 5 Arrhythmia, 6 Myocardium.



WHAT DOES A MENTAL HEALTH PROFESSIONAL DO?

Typically, a **Mental Health Professional** like Vicky carries out the following as part of her job:

- manages medical and nursing care for people who have a range of mental health issues
- builds effective, supportive relationships with people
- promotes and supports a person's recovery
- enables patients to have more control over their condition
- helps patients to take medication correctly
- advises about relevant therapies or social activities
- identifies whether someone may be at risk of harming themselves or others
- keeps updated regarding legal aspects of her practice
- works as part of a team which includes general practitioners, psychologists, social workers, psychiatrists, occupational therapists



KEYWORDS & DEFINITIONS

Mental health - a person's condition with regard to their psychological and emotional well-being

Psychologist - an expert who specialises in scientific study of the human mind and its functions, especially those affecting behaviour

Depression - a mood disorder that causes a persistent feeling of sadness and loss of interest. It affects how people feel, think, and behave and can lead to a variety of emotional and physical problems

Psychiatrist - a medical practitioner specialising in the diagnosis and treatment of mental illness



More than **300,000 nurses work in the NHS in England**, covering a wide variety of roles including children's care, adults, older people, learning disability, mental health and cancer. The government has committed to grow this number by 50,000 over the next five years to help address a current shortfall which meant that, as of March, 36,000 nursing jobs were being advertised by NHS employers across the country.



QUIZ

Are you interested in becoming a Mental Health Nurse? Have a go at our quiz to test your knowledge. Circle the correct option, check your answers at the bottom of the page.

- 1 Can you name one setting where a Mental health nurse would be most likely to work?
 - A Psychiatric ward
 - B Anaesthetics
 - C Accident and Emergency department
- 2 Approximately how many Mental health nurses work in the NHS?
 - A 200
 - B 35,000
 - C 1 million
- 3 What is this a definition of: 'a person's condition with regard to their psychological and emotional well-being'?
 - A Motivation
 - B Mental health
 - C Anxiety
- 4 Name one member of a team that a Mental Health Nurse would be most likely to work with?
 - A Psychiatrist
 - B Dentist
 - C Physiotherapist
- 5 What qualification would you need to become a Mental Health Nurse?
 - A BTEC
 - B GCSE
 - C Degree
- 6 How many training places are there in UK universities?
 - A Over 5,000
 - B Over 3,000
 - C Over 1,000
- 7 Who is this a definition of: 'an expert who specialises in scientific study of the human mind and its functions, especially those affecting behaviour'?
 - A Psychologist
 - B Health Worker
 - C Osteopath
- 8 And who is this a definition of: 'a medical practitioner specializing in the diagnosis and treatment of mental illness'?
 - A Cardiologist
 - B Psychiatrist
 - C Oncologist
- 9 What risk do Mental health nurses have to be most aware of?
 - A Patients at risk of harming themselves or others
 - B Patients missing an appointment
 - C Patients having an unhealthy diet
- 10 Can Mental health nurses assist with patients taking medication correctly?
 - A Never
 - B Yes
 - C Only with a doctor present

How did you score?

8 or more - you know lots about this subject.

4 to 7 you've got a good understanding of this subject.

3 or less why not take a look at some of the additional resources on this website. 



There are an estimated **35,000** Mental health nurses in the NHS.

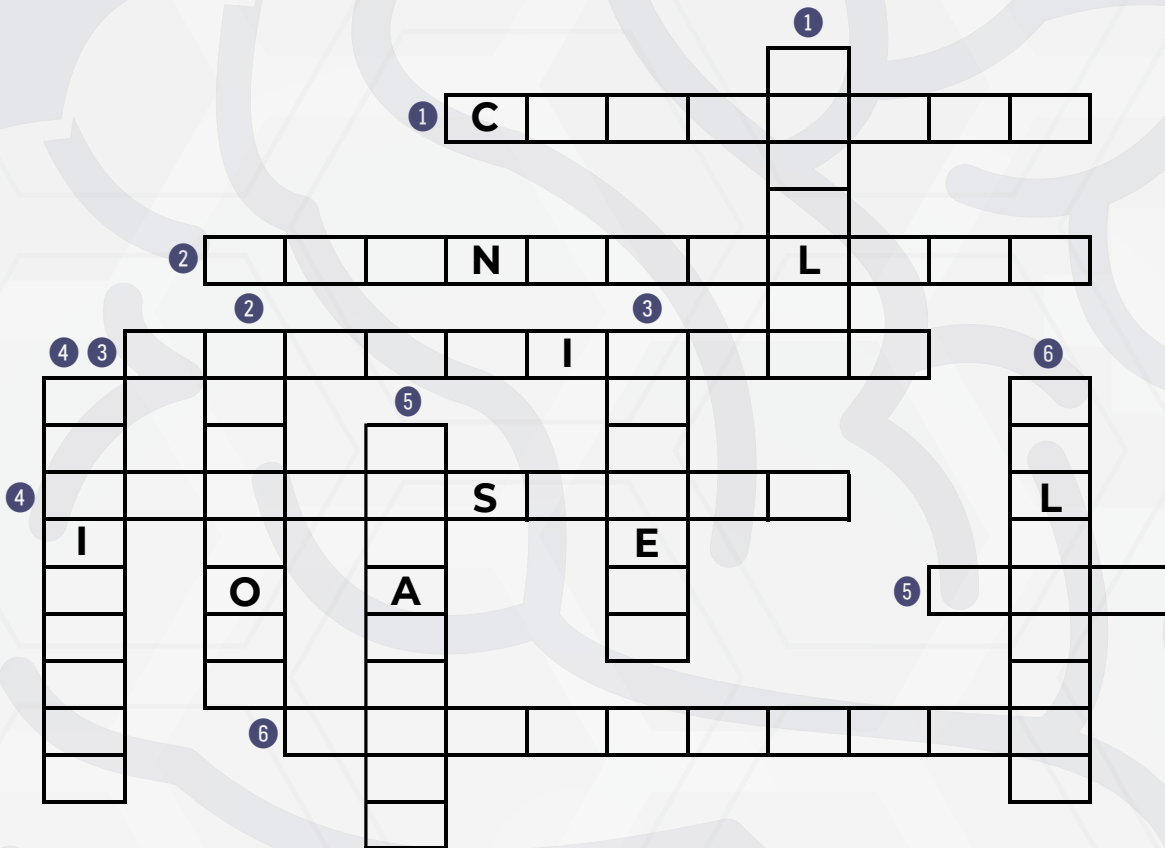


Mental Health nurses can be based in the community (perhaps in a GP Practice, a prison or a patients' home).

QUIZ ANSWERS: 1. A. Psychiatric ward OR C. Accident and Emergency 2. B. 35,000 3. B. Mental health 4. A. Psychiatrist 5. C. A degree 6. B. Over 3,000 7. A. Psychologist 8. B. Psychiatrist 9. A. Patients at risk of harming themselves or others 10. B. Yes.



DO YOU KNOW YOUR MENTAL HEALTH TERMS? TRY OUR CROSSWORD PUZZLE TO TEST YOUR SKILL.



Across:

- 1 Hormone often referred to as the stress hormone.
- 2 Form of talking therapy to help patients with mental health issues.
- 3 Study and treatment of mental illness.
- 4 Mood disorder that causes feelings of sadness.
- 5 Abbreviation for a type of intervention to improve mental health.
- 6 Key characteristic of a mental health nurse.

Down:

- 1 Psychiatric illness with manic and depressive episodes.
- 2 Physical or mental features indicating a medical problem.
- 3 A feeling of worry or unease.
- 4 Psychological and physical inability to stop doing something.
- 5 The way a person acts.
- 6 The state of being healthy and happy.

You need to train and study at degree level (either through a full-time university course or a nursing degree apprenticeship). There are over 3,000 training places in UK universities.

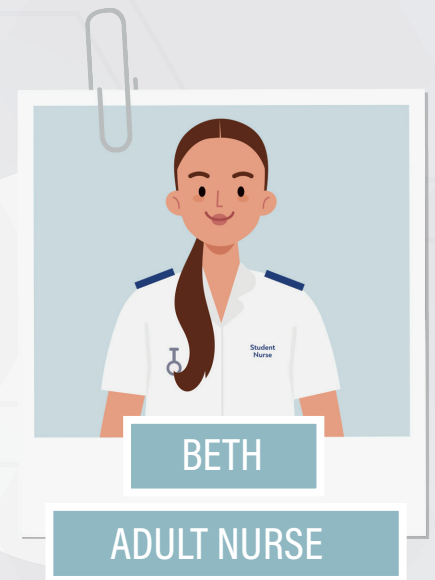




WHAT DOES AN ADULT NURSE DO?

Typically, an **Adult Nurse** like Beth carries out the following as part of her job:

- works with adults at all life stages who may suffer from one or more long or short-term physical health conditions
- works with patients with conditions such as heart disease, pneumonia, arthritis, diabetes, cancer or who have suffered injuries
- supports patients to care for themselves by, for example, encouraging them to making healthy choices in relation to their health condition
- writes patient care plans and maintains patient records
- checks and administers drugs and injections
- sets up intravenous infusions and blood transfusions
- supports treatment, recovery, and well-being
- demonstrates excellent communication and interpersonal skills to reassure or advise patients and their relatives or carers
- observes patients, records their conditions, and assesses their needs
- plans and delivers the most appropriate care for patients
- assists with tests and evaluates results
- carries out routine investigations
- responds quickly to emergencies



KEYWORDS & DEFINITIONS

Pharmacist – a person professionally qualified to prepare and dispense medicinal drugs

Occupational therapist – a specialist who uses particular activities as an aid to recuperation from physical or mental illness

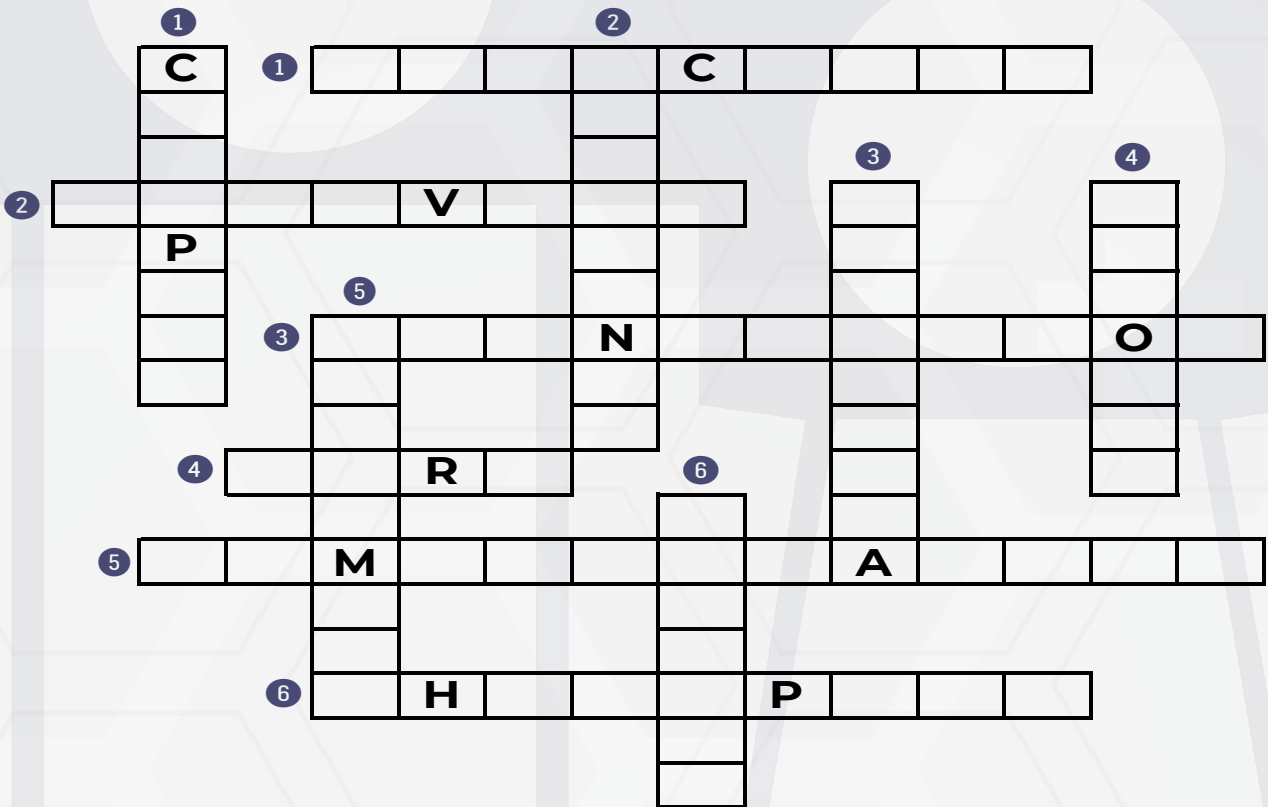
Pneumonia – lung inflammation caused by bacterial or viral infection

Psychiatrist – a medical practitioner specialising in the diagnosis and treatment of mental illness

Intravenous infusion – the direct injection of medication into a vein through an intravenous line, needle, or catheter.



DO YOU KNOW YOUR ADULT NURSING TERMS? TRY OUR CROSSWORD PUZZLE TO TEST YOUR SKILL.



Across:

- 1 A way of putting a drug into a patient using a needle.
- 2 Return to a normal state of health.
- 3 The act of transferring blood or other fluids into a patient.
- 4 Provision of what is needed for health and wellbeing.
- 5 Key skill needed from an adult nurse.
- 6 Member of a multidisciplinary team.

Down:

- 1 Outline of type of nursing needed for each patient.
- 2 Dangerous situation needing immediate action.
- 3 Lung inflammation caused by an infection.
- 4 Written accounts maintained for patients.
- 5 Medical care given to a patient for illness or injury.
- 6 A disorder that produces specific symptoms.



The NHS is one of the top ten employers in the world, offering around 350 roles, employing more than 1.3 million people, and caring for around one million patients every day.



**Adult nurses
make up the
majority of NHS
workforce.**



QUIZ

Are you interested in becoming an Adult Nurse?
Have a go at our quiz to test your knowledge.
Circle the correct option, check your answers at the bottom of the page.

- 1 Name one patient condition that an Adult nurse might work with?
 - A Paediatric meningitis
 - B Gingivitis
 - C Cancer
- 2 How many Adult nurses does the NHS have in its workforce?
 - A Over 220,000
 - B Over 176,000
 - C Over 390,000
- 3 What is this a definition of 'lung inflammation caused by bacterial or viral infection'?
 - A Pneumonia
 - B Colic
 - C Gastroenteritis
- 4 Name one person you would be most likely to work as part of a team with?
 - A Receptionist
 - B Healthcare assistant
 - C Paramedic
- 5 What qualification do you need to become an Adult nurse?
 - A Degree
 - B BTEC
 - C GCSE
- 6 Why do Adult nurses need excellent communication and interpersonal skills?
 - A To socialise
 - B To reassure or advise patients and their relatives or carers
 - C To be able to answer the telephone
- 7 Can Adult nurses check and administer drugs and injections?
 - A Yes
 - B No
 - C Only when accompanied by a doctor
- 8 Do Adult nurses prescribe drugs and medication?
 - A Yes, if they feel confident to do so
 - B Sometimes
 - C No
- 9 What type of adults would an Adult nurse look after?
 - A Adults of all ages who may suffer from one or more long or short-term physical health conditions
 - B Only adults with infections
 - C Geriatric patients
- 10 Which role makes up the majority of NHS workforce?
 - A Paediatric doctors
 - B Adult Nurses
 - C Occupational therapists

How did you score?

8 or more - you know lots about this subject.

4 to 7 you've got a good understanding of this subject.

3 or less why not take a look at some of the additional resources on this website. 



The NHS has more than 176,000 Adult nurses in their workforce (in acute or surgical settings). Even more nursing care is delivered outside of acute settings.



You need to train and study at a degree level either through a degree course at university or a nursing degree apprenticeship.



WHAT IS IT LIKE TO WORK IN A MULTIDISCIPLINARY TEAM ?

Typically, a **Multidisciplinary Team (MDT)** would consist of many staff members who complement each other's specialisations. Pharmacists, like Michael, usually work as part of large teams within hospitals and as part of community based teams.

Let's look at the team members he would typically work, liaise and interact with:

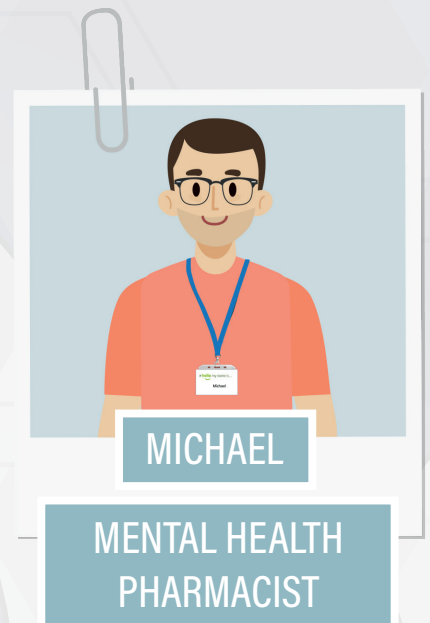
Within the hospital

- He would be interacting and liaising with clinicians, nursing staff, consultants, specialists, pharmacists, Inpatient and Outpatient teams, ward assistants.

Community based teams

- GP, Health Worker, Practice Nurse, Reception staff.

These different disciplines that he works amongst would come together to: Consult, explore, diagnose, make decisions, prescribe and provide care for the patient.



General Practitioner
a doctor based in the community who treats patients with minor or chronic illnesses and refers those with serious conditions to a hospital.



Nursery Nurse
an expert in childcare providing play and looking after the general wellbeing of the child.



Admissions department
the department responsible for accepting patients into the hospital.



Paediatrician
a medical practitioner specialising in children and their diseases.



Specialist
a person highly trained in a particular branch of medicine.



Laboratory team
undertake tests on blood and other samples for scientific experiments and research.



Consultant
a hospital doctor of senior rank within a specific field.



Pharmacist
a person who is professionally qualified to prepare and dispense medicinal drugs.



Charge Nurse
a nurse in charge of a ward in a hospital



Paediatric Nurse
a nurse specialising in the care of sick children.



Social Worker
provides social support and assesses eligibility for social care services.



Health worker
a person whose job it is to improve the health of people in the community.



A MULTIDISCIPLINARY TEAM SCENARIO

With a pen see how many lines you could end up drawing on the above scenario where you might see members of the team interacting back and forth. Can you add some more professions who could also be inserted in this scenario?



It has been found that MDT working increases the chances of a positive outcome for patients.



QUIZ

Are you interested in working as part of a Multidisciplinary Team? Have a go at our quiz to test your knowledge.

Circle the correct option, check your answers at the bottom of the page.

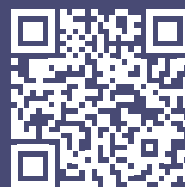
- 1 What does a paediatrician specialise in?
 - A Treatment of elderly
 - B Treatment of children
 - C Treatment of adults
- 2 What percentage of doctors were found to agree that MDT's should discuss patients with a progressive disease?
 - A 50%
 - B 90%
 - C 75%
- 3 What word means the treatment of the whole patient?
 - A Holistic
 - B Rounded
 - C Universal
- 4 Do MDT's always have to fully agree with each other to treat a patient?
 - A Yes, they can't start any treatment without full agreement
 - B No, they might have to try multiple approaches
 - C Yes, the whole team has to be persuaded
- 5 What word means the interaction between two to the advantage of both?
 - A Joint
 - B Symbiosis
 - C Mutual
- 6 Who is this describing - a person highly trained in a particular branch of medicine?
 - A Leader
 - B Assistant
 - C Specialist
- 7 What percentage of MDT members agreed that the team should consider all clinically appropriate treatment options?
 - A 90%
 - B 30%
 - C 75%
- 8 What is the definition of 'collaboration'?
 - A Working together to produce something
 - B Collective ideas
 - C Simultaneous thinking
- 9 Which of these is more important within an MDT?
 - A Friendship
 - B Finances
 - C Communication
- 10 What is one of the main advantages of an MDT?
 - A Combined expertise
 - B More economically efficient
 - C Improves time management

How did you score?

8 or more - you know lots about this subject.

4 to 7 you've got a good understanding of this subject.

3 or less why not take a look at some of the careers available in the NHS here



KEYWORDS & DEFINITIONS

Multidisciplinary - combining or involving several disciplines or professional specialisations.

Chronic - persisting for a long time or constantly recurring.

Symbiosis - interaction between two different groups typically to the advantage of both.

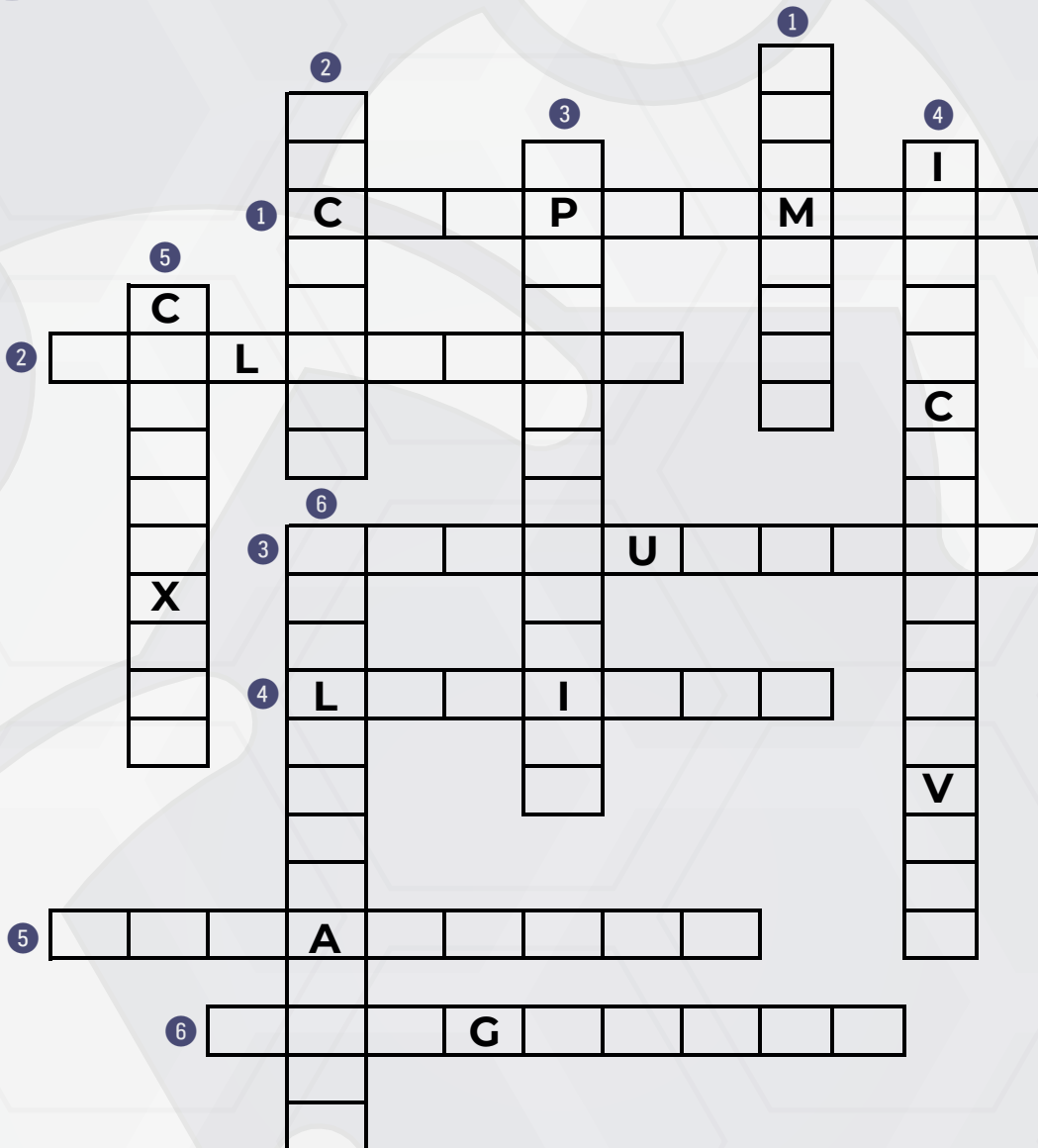
Stressor - something that causes a state of strain or tension.

Holistic - the treatment of the whole patient rather than just the symptoms of a disease.

QUIZ ANSWERS: 1.A. Treatment of children - 2.C. 75% - 3. A. Holistic - 4.B. No, they might have to try multiple approaches - 5.B. Symbiosis - 6.C. Specialist - 7. A. 90% - 8.A. Working together to produce something - 9.C. Communication - 10. A. Combined expertise.



CHECK YOUR UNDERSTANDING OF MULTIDISCIPLINARY TEAMS BY TAKING OUR CROSSWORD PUZZLE.



Across:

- 1 Contributing factor that improves the quality of something.
- 2 Type of care for the whole of the patient not just individual symptoms.
- 3 Provider of expert medical advice.
- 4 Communication allowing close working relationships.
- 5 Medical care given to a patient.
- 6 Identification of an illness.

Down:

- 1 Combined action of a group.
- 2 A conclusion made on action to be taken.
- 3 Area of expertise.
- 4 Linking together of multiple professions.
- 5 State of being complicated.
- 6 Working together to produce something.



GRADUATES TRANSFERRING TO THE NHS.

Typically a **Graduate Cardiac Physiologist**, like Shehan, would carry out the following roles as part of his or her job when they transferred from University to the workplace:

- Responsible for fitting ambulatory monitors, ECG monitors, blood pressure monitors and oxygen saturation monitors. The main equipment for a Band 5 Cardiac Physiologist is a 12-lead ECG.
- Involved in the analysis of the recordings of implantable loop recorders.
- Undertakes patient exercise tests using the treadmill or exercise bike under the supervision of a doctor or a highly specialist physiologist. Paediatric exercise testing would be undertaken with a paediatrician.
- Undertakes stress echo testing, either done on an exercise bike, on a treadmill or with medication.
- Assists with the exercise component of respiratory CPET (Cardiopulmonary Exercise Testing).



GRADUATE CARDIAC PHYSIOLOGY ROUTES for career progression:

On the invasive side there is the route of **cardiac devices and angiography**. On the non-invasive side there is the route of **EP (Electrophysiology)** which is mostly done at tertiary centres. This requires further specialism. There is also the route of **Echocardiography (ultrasound of the heart)** to perform and report diagnostic testing to help the management of patients.



An accredited BSc degree in Healthcare Science is required to become a Cardiac Physiologist.



KEYWORDS & DEFINITIONS

Ambulatory - relating to walking.

Paediatric - relating to the branch of medicine dealing with children and their diseases.

Tertiary Centre - specialist institution for medical treatment.

Multidisciplinary - combining several disciplines or specialisations in an approach to a topic.

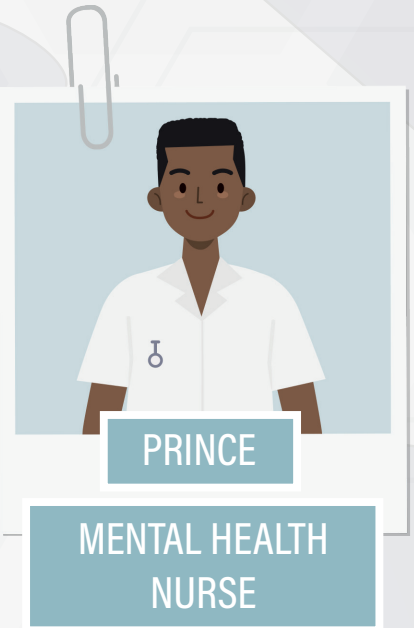
Practitioner - a person actively engaged in a profession, especially medicine.



GRADUATES TRANSFERRING TO THE NHS.

Typically a **Graduate Mental Health Nurse**, like Prince, carries out the following roles as part of his or her job when they transferred from University to the workplace:

- Responsible to Charge Nurse.
- Responsible for assessing, planning, and implementing patient care.
- Maintains a safe environment in the department with particular reference to infection control and the safety and welfare of patients, visitors and other staff members.
- Provides 1:1 specialist care to individual patients when required.
- Maintains care records and other relevant documentation.
- Maintains patient confidentiality.
- Carries out best practice, ensuring compliance with evidence-based practice and research.
- Communicates effectively with the multidisciplinary team, patients and their carers.
- Maintains skills, knowledge and competencies.

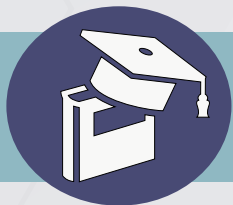


GRADUATE MENTAL HEALTH NURSE ROUTES for career progression:

Becoming a **specialist nurse** is one route for career progression, either working with a specific client group (e.g. children) or with a specific area (e.g. alcohol or substance misuse). And there are opportunities to progress further into posts such as **advanced nurse practitioner, nurse manager** or **nurse consultant**. There are also opportunities to move into educational roles. For these positions, you're likely to need further qualifications, perhaps a Masters Degree, plus relevant experience.



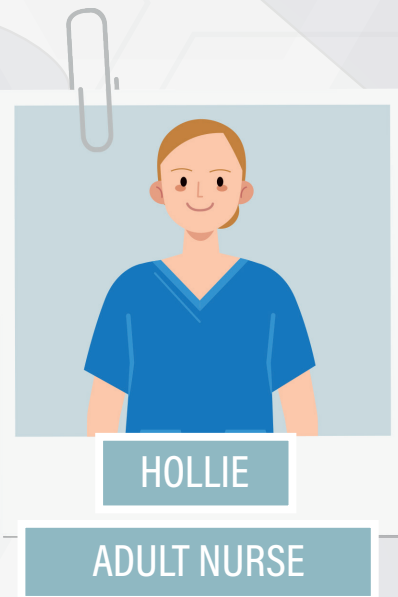
There are typically over 3,000 training places for Mental Health Nurses in universities across the country.



GRADUATES TRANSFERRING TO THE NHS.

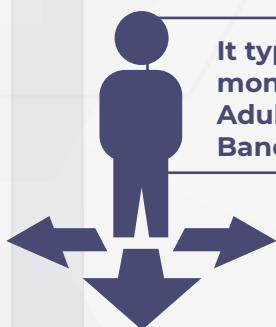
Typically a **Graduate Adult Nurse**, like **Hollie**, carries out the following roles as part of his or her job when they transferred from University to the workplace:

- Assesses, plans, implements and evaluates the patient's condition and care with support from the nurse in charge.
- Maintains the privacy and dignity of all patients.
- Works without direct supervision once key learning outcomes have been completed.
- Maintains a safe environment when caring for patients.
- Monitors all patient care and treatment, maintaining high standards and quality at all times.
- Documents incidents and escalate these to nurse in charge.
- Prioritises nursing care, recognises deterioration in a patient's condition and alerts senior staff immediately.
- Maintains accurate and legible written records of care.
- Uses effective communication with all levels of staff including the multidisciplinary team, patients and relatives.
- Participates in the health education and explanation of treatment to patients and relatives.
- Attends all mandatory training.



GRADUATE ADULT NURSE ROUTES for career progression:

The most common career progression for Adult Nurses to move into a Band 6 role is by becoming a **Charge Nurse**, demonstrating the ability to take on more senior duties. It typically takes around 18 months on average to move from Band 5 to Band 6.



It typically takes around 18 months on average for an Adult Nurse to move from Band 5 to Band 6.



QUIZ

Have a go at our quiz to test your knowledge of graduate career routes available in the NHS.

Circle the correct option, check your answers at the bottom of the page.

- 1 What is Echocardiography?
 - A Ultrasound of the heart
 - B Measuring blood pressure
 - C Valve replacement
- 2 What additional qualification might a Mental Health Nurse need to progress?
 - A Healthcare diploma
 - B Masters degree plus experience
 - C A-Level Science
- 3 What Band is the level at which a new graduate would enter the workforce?
 - A Band 3
 - B Band 4
 - C Band 5
- 4 What word does this describe 'combining or involving several disciplines or specialisations in an approach to a topic'?
 - A Multidisciplinary
 - B Multifunctional
 - C Multitude
- 5 Who would an Adult Nurse escalate incidents to?
 - A Nurse in Charge
 - B Specialist
 - C Consultant
- 6 What part of respiratory CPET testing could a Band 5 Cardiac Physiologist undertake?
 - A The exercise component
 - B The data analysis
 - C Equipment management
- 7 How many months on average does it take for an Adult Nurse to progress from Band 5 to Band 6?
 - A 6 months
 - B 12 months
 - C 18 months
- 8 Who is a Mental Health Nurse responsible to?
 - A Charge Nurse
 - B Health Worker
 - C Specialist
- 9 How many training places are there for Mental Health nurses in universities across the country?
 - A Over 1,000
 - B Over 3,000
 - C Over 5,000
- 10 Patient exercise tests undertaken by a graduate Cardiac Physiologist are under the supervision of who?
 - A A doctor or highly specialist physiologist
 - B A nurse
 - C An analyst

How did you score?

8 or more - you know lots about this subject.

4 to 7 you've got a good understanding of this subject.

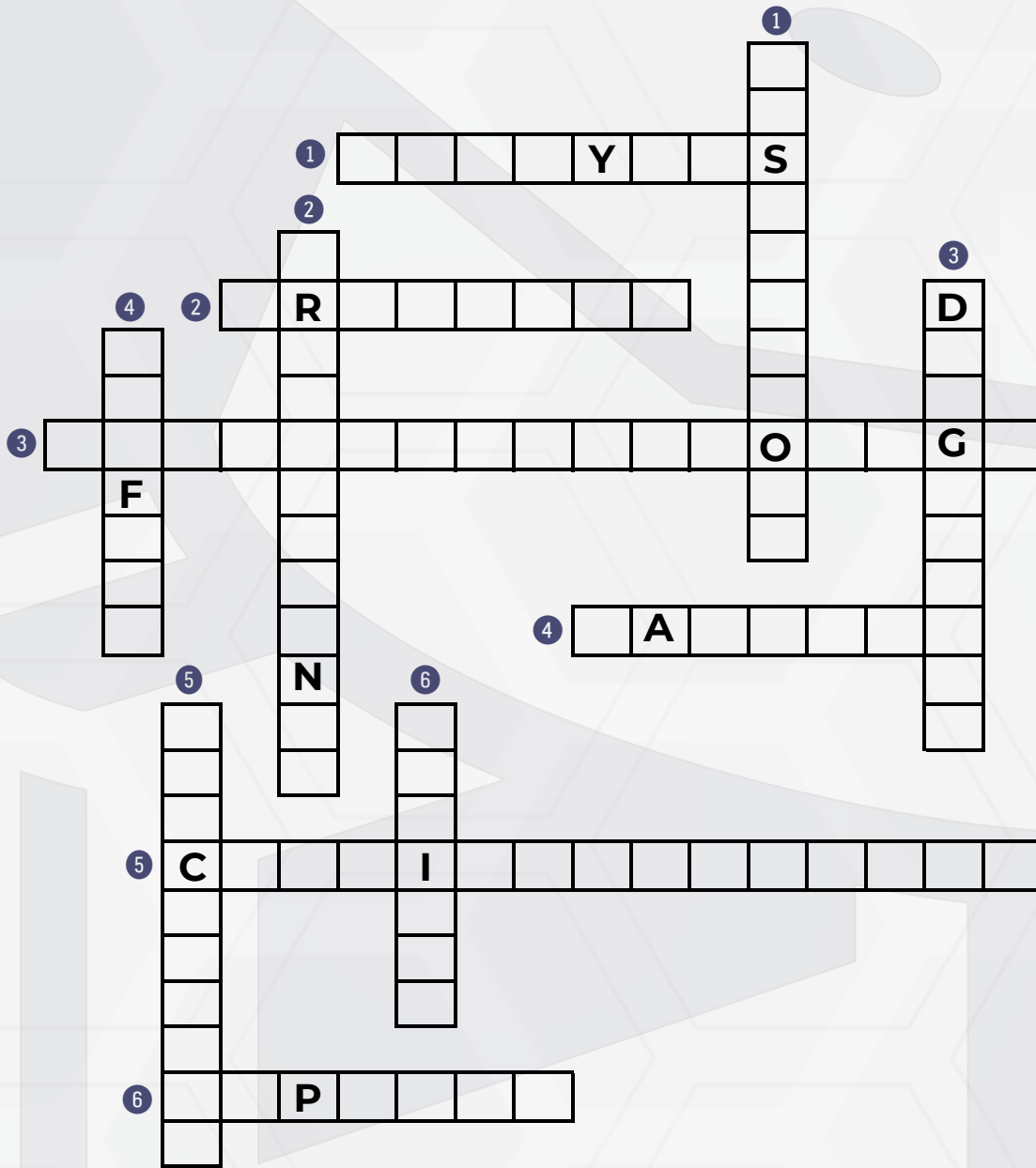
3 or less why not take a look at some of the career roles in the NHS here



QUIZ ANSWERS: 1.A. Ultrasound of the heart - 2.B. Masters degree plus experience - 3.C. Band 5 - 4.A. Multidisciplinary - 5.A. Nurse in Charge - 6.A. The exercise component - 7.C. 18 months - 8.A. Charge Nurse - 9.B. Over 3,000 - 10.A. A doctor or highly specialist physiologist.



CHECK YOUR UNDERSTANDING OF GRADUATE CAREERS IN THE NHS BY TAKING OUR CROSSWORD PUZZLE.

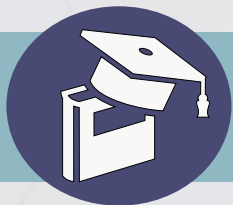


Across:

- 1 Detailed examination.
- 2 A person who has successfully completed a course of study.
- 3 Branch of physiology dealing with electrical phenomena.
- 4 Person receiving treatment.
- 5 Privacy.
- 6 Give assistance to.

Down:

- 1 Related to breathing.
- 2 Person engaged in medicine.
- 3 Distinctive symptom.
- 4 The health and happiness of a person.
- 5 Person highly trained in a aspect of medicine.
- 6 Device used for checking and recording.



STUDENTS IN HEALTHCARE CARDIAC PHYSIOLOGY BSC

To become a Cardiac Physiologist like Laura, you can complete a Cardiac Physiology Bsc, which look like this:

- Duration of the course is 36 months full time with mandatory work placements, 10 weeks of clinical placement in Year 1, 15 weeks Specialist clinical placement in Year 2, and 25 weeks clinical placement in Year 3.
- Clinical training is provided by experienced cardiac professionals.
- Focus is mainly on diagnosis and assessment of heart disease.
- Analytical problem solving and caring is developed in order to provide excellent patient care and support.
- Year 1 consists of an overview and broad understanding of Healthcare Science and introduction to the theory and practice of cardiovascular and respiratory studies.
- Students also learn about professional working and developing independent and critical thinking skills.
- Year 2 consists of learning about a range of non-invasive cardiac diagnostic assessments including ECG interpretation, ambulatory monitoring and exercise tolerance testing.
- Students also study pathophysiology of cardiac and respiratory diseases.
- Year 3 consists of learning about invasive cardiac diagnostics, treatment and management.
- Students also conduct a research project in one particular area of cardiology.
- Throughout the course students gain general skills such as critical thinking, problem solving, independent learning, scientific enquiry, professional working and reflective practice.



CAREERS IN CARDIAC PHYSIOLOGY

There are great opportunities for a career in this field of healthcare as demand for **cardiac physiologists** outweighs the number of practising registered professionals. Opportunities can be found in the **private sector** and in **GP surgeries**. There are also opportunities to work on the equipment side of the industry.



100%

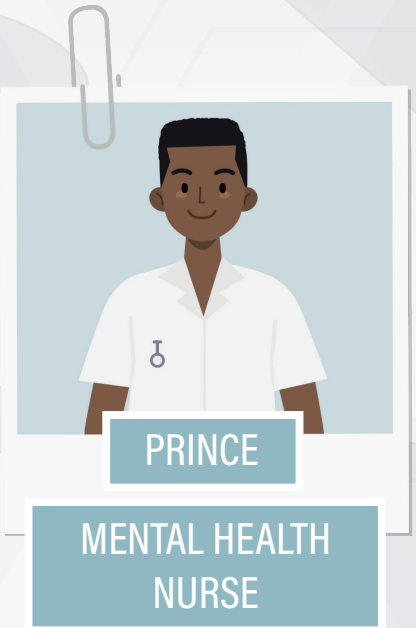
In 2019 100% of Cardiac Physiology students went on to work and /or study within 6 months of graduation.



STUDENTS IN HEALTHCARE NURSING (MENTAL HEALTH BSC)

To become a Mental Health Nurse like Prince, you can complete a Nursing (Mental Health) Bsc, which look like this:

- Duration of the course is 36 months full time with mandatory work placements. In each year students undertake 50% theory and 50% practice.
- Students gain experience of working in a variety of mental health settings and demonstrate the application of theory to practice within an environment of clinical specialisms. They will promote psychological, physical and social interventions for patients.
- Students will develop self-awareness and problem-solving skills.
- Year 1 consists of shared learning with other students, incorporating biology, sociology, psychology, spirituality, communication, study skills and personal skills.
- Year 2 consists of developing the skills of therapeutic engagement with service users, including ethical and legal frameworks.
- Year 3 focusses on developing intervention strategies and more complex mental health needs, including pharmacology and risk management.
- Students will undertake a dissertation and there is opportunity for preparation for registered nursing practice. Also, there is opportunity to study on an international module.



CAREERS IN MENTAL HEALTH NURSING

Career-wise students can pursue opportunities on a structured career pathway in the NHS, **social services, voluntary sector** and **private sector**, with opportunities in research, management, clinical specialisms and teaching.



KEYWORDS & DEFINITIONS

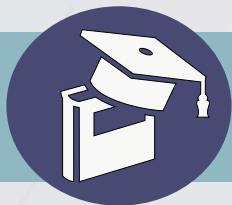
Critical thinking - evaluation of an issue in order to form a judgement.

Reflective practice - the ability to reflect on one's actions so as to engage in a process of continuous learning.

Psychological - the mental and emotional state of a person.

Innovator - a person who introduces new methods and ideas.

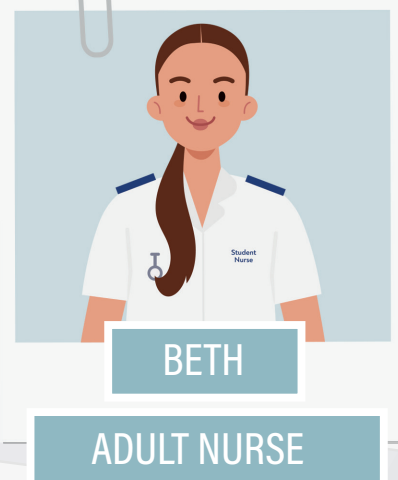
Advocate - a person who publicly supports or recommends a particular cause or policy.



STUDENTS IN HEALTHCARE NURSING (ADULT BSC)

To become an Adult Nurse like Beth, you can complete a Nursing (Adult) Bsc, which look like this:

- Duration of the course is 36 months full time with mandatory work placements, 50% in a range of clinical placements. Final practice placement is for a minimum of 12 weeks to prepare for transition to a qualified practitioner.
- Students will develop the qualities that define an Adult Nurse, i.e. people who want to make a difference, a problem-solver, decision maker, innovator and advocate for patients.
- Year 1 consists of shared and inter-professional learning with other students, exploring core issues, anatomy, physiology and introduction to specific aspects of adult nursing.
- Year 2 includes the study of nursing the acutely ill and nursing of long-term conditions. Students explore health promotion and health education, safeguarding, legal and ethical concepts and develop skills for evaluating the research evidence.
- Year 3 involves study of the assessment and management of pain.
- Students will develop critical thinking, decision-making and leadership skills to support the transition to qualified nurse.
- Students will undertake a dissertation and there is opportunity for preparation for registered nursing practice. Also, there is opportunity to study on an international module.



CAREERS IN ADULT NURSING

Career opportunities can be found in the NHS, private sector, hospital or community settings with **progression opportunities** to **department manager, clinical nurse specialist or consultant nurse**. Other opportunities could include **nursing management** or becoming a registered **nurse tutor**. Further academic study could be undertaken in nursing research undertaking a PhD.



98%

In 2019 98% of Adult nurse students were in professional or managerial jobs six months after graduating.



QUIZ

Have a go at our quiz to test your knowledge of career routes available in the NHS.
Circle the correct option, check your answers at the bottom of the page.

- 1 What is this a definition of 'protecting from harm with an appropriate measure'?
 - A Preserving
 - B Safeguarding
 - C Observing
- 2 Who is the employer of the vast majority of cardiac physiologists?
 - A NHS
 - B Private sector
 - C BUPA
- 3 Are there opportunities for International study for an Adult Nurse student?
 - A No
 - B Yes
 - C Not yet, but plans are in place to make this an option in future
- 4 What is the duration of the BSc course for a Cardiac Physiologist?
 - A 24 months
 - B 48 months
 - C 36 months
- 5 Each year, what percentage of theory and practice are undertaken by a Mental Health Nurse?
 - A 50% of each
 - B 25% theory and 75% practice
 - C 70% practice and 25% theory
- 6 What term does this describe 'the evaluation of an issue in order to form a judgement'?
 - A Presumptive thinking
 - B Mental thinking
 - C Critical thinking
- 7 Do students of Mental Health Nursing undertake a dissertation in Year 3?
 - A Yes
 - B No
 - C Optional
- 8 An Adult Nurse students' final practice placement is for a minimum of how many weeks?
 - A 18
 - B 12
 - C 15
- 9 What is this a definition of 'a person who introduces new methods and ideas'?
 - A Inspirator
 - B Introducer
 - C Innovator
- 10 What student would assist in ambulatory monitoring?
 - A Cardiac Physiology student
 - B Mental Health Nurse student
 - C Adult Nurse Student

How did you score?

8 or more - you know lots about this subject.

4 to 7 you've got a good understanding of this subject.

3 or less why not take a look at some of the career roles in the NHS here

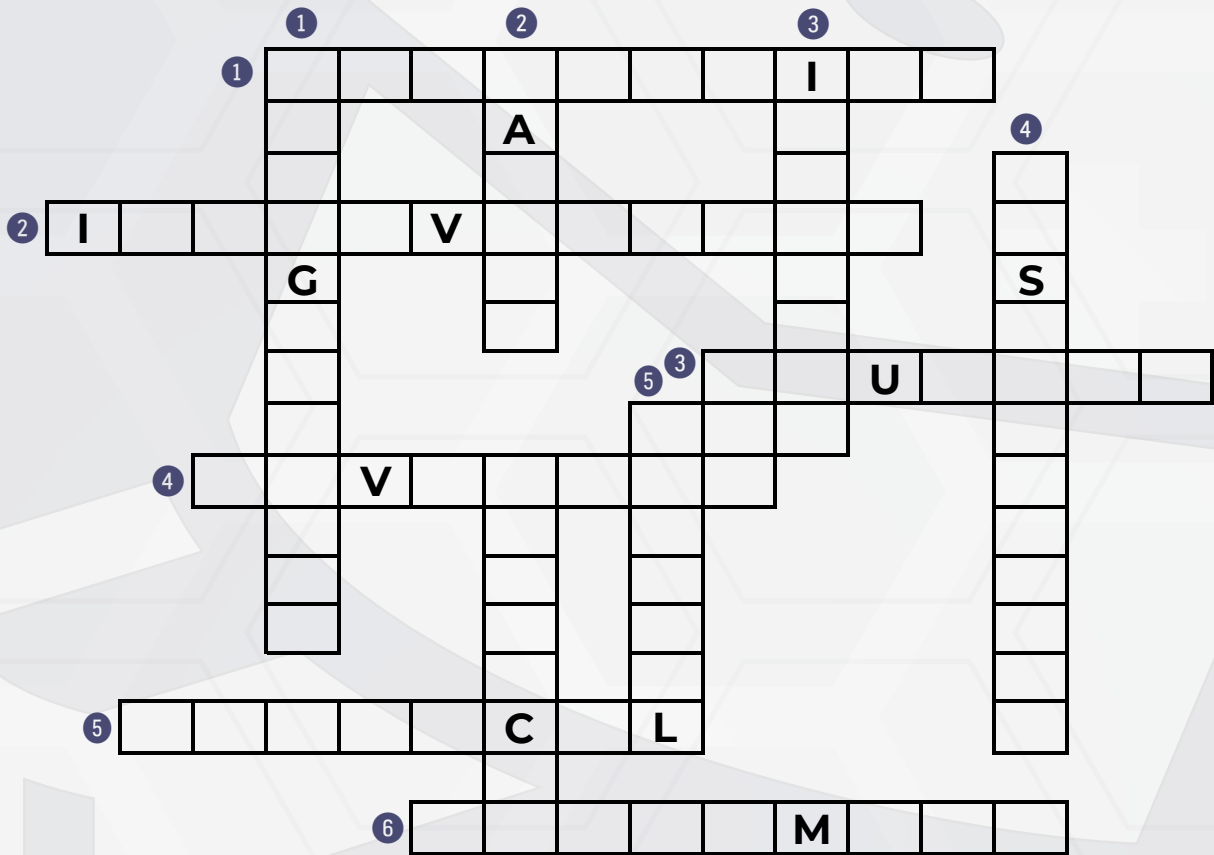


Spirituality is one of the skills of Mental Health nursing.

QUIZ ANSWERS: 1.B. Safeguarding - 2.A. NHS - 3.B. Yes - 4.C. 36 months - 5.A. 50% of each - 6.C. Critical thinking - 7.A. Yes - 8.B. 12 - 9.C. Innovator - 10.A. Cardiac Physiology student.



CHECK YOUR UNDERSTANDING OF CAREER ROUTES AVAILABLE IN THE NHS BY TAKING OUR CROSSWORD PUZZLE.



Across:

- 1 Specific field of work concentrated on.
- 2 Action taken to improve a medical disorder.
- 3 A person learning a particular profession.
- 4 A person who supports another's cause.
- 5 Extremely ill.
- 6 Temporary workplace experience.

Down:

- 1 Protecting from harm with measures.
- 2 Profession.
- 3 Introduce a new idea.
- 4 A long essay on a subject.
- 5 Relating to moral principles.
- 6 Relating to the treatment of patients.

The NHS employs the majority of cardiac physiologists.



ANSWERS: ACROSS 1 Specialism, 2 Intervention, 3 Student, 4 Advocate, 5 Critical, 6 Placement.
DOWN 1 Safeguarding, 2 Career, 3 Innovate, 4 Dissertation, 5 Ethical, 6 Clinical.



Headstart into Healthcare, delivered by the University of Leeds, aims to promote nursing and other specialist health subjects to prospective students. It is funded by the Office for Students (OfS).

You can find out more about the Headstart into Healthcare project here: <https://www.healthsciences.leeds.ac.uk/headstart/>