

STH WORK EXPERIENCE NEWSLETTER

Winter 2020 Edition
Issue 1

Welcome to the first issue of the
STH work experience newsletter
aimed at school aged students

Did You Know

At the peak of the first wave of Covid19 in April, RHH & NGH cared for just under 300 patients, 15 in Critical Care

In 2019/20 (Apr-Mar) there were 158,161 attendees to Accident & Emergency

STH employs 18,000 staff, 6,500 of which are doctors and nurses

Number of Y10-13 work experience on placement from Apr 2019-Mar 2020 was 281



Work Experience 2021

Due to the Covid19 virus, we are still unable to offer our usual face to face work experience placements for Years 10-13, in order to protect you, our patients and our staff. There is as yet no indication of when placements will resume, however we are working hard on providing virtual resources for students. We know that this may not have the impact that shadowing our amazing staff offers, but we will try our best to provide quality alternatives in the interim. We will let you know as soon as face to face work experience restarts.

In this issue:- Work Experience 2021, Virtual Resources, Get to know what a Physiotherapist does, featured hospital, have your say

STH work experience during covid19: what have we done so far?

- ✚ Communicated with schools/colleges to find out what would be useful to their students
- ✚ Developed a virtual resource for students with the help of STH staff from various professional areas
- ✚ Launched the new Work Experience Newsletter
- ✚ Worked with regional school engagement organisations to provide informational career video, Q & A panel, facilitate virtual careers event
- ✚ Survey out to schools/colleges to determine level of interest in STH potentially providing live virtual interactive sessions



Pamela Williams:
Pamela.williams19@nhs.net

Administrator: Abby Nicholson
sth.workexperienceyears10-13@nhs.net

Tel: 0114 226 6657

Rivermead Training Centre,
NGH, S5 7AU

Virtual Resources [Click here](#)

Listen to the experiences and advice from some of our staff on various professions. Engage with virtual work experience platforms. Watch videos on a number of roles, whether you are interested in Medicine, Nursing, Midwifery, Dentistry, Allied Health Professionals (AHP), Apprenticeships, including Trainee Nursing Associates or non-clinical careers. Discover links to other non-STH virtual resources.



Forward

STH is exploring ways in which to deliver live virtual interactive sessions for students to speak to our staff of varying professions.

Featured Hospital



Northern General

Many people visiting, or working in the hospital today, have little knowledge of its humble beginnings. The Northern General Hospital, Sheffield began life over 130 years ago and has a fascinating history having started life as the Fir Vale Workhouse in the days prior to free medical care for all. The Workhouse also included the Smilter Lane/Herries Rd Headquarters and Scattered Children's Homes.

Over the years many changes have taken place in all our hospitals. Even as late as 1967 when the two hospitals that had originated from the Workhouse, the Fir Vale Infirmary and the City General Hospital were renamed the Northern General Hospital, many of the older generation were still afraid of entering its doors. Looking back to the days of the workhouse and all that it entailed it is easy to understand why these fears remained so strongly and so long in people's memories. [Sheffield Hospitals History Group](#)

Today the Northern General is the largest hospital campus within Sheffield Teaching Hospitals NHS Foundation Trust spanning 100 acres. The hospital has over 1100 beds and employs more than 6,000 staff.

A Day in the Life of a Physiotherapist



Under the Microscope

In many parts of the NHS, physiotherapy is a 7-day service. On Saturday and Sunday, the number of physiotherapists covering 13 medical wards at the Northern General Hospital is less than during the week, so we have to prioritise our caseload very strictly. Today my shift is 8.30am until 4.30pm.

First on the list is a man who is struggling to breathe and needing a lot of oxygen. Respiratory physiotherapy is a vital part of our role, as we can help to reduce breathlessness and clear

sputum from the patient's chest using breathing exercises, manual techniques and sometimes equipment to help the patient to cough effectively.

Once I've seen all the urgent respiratory cases, the next priority is patients who are getting ready for discharge from hospital. I see a lady who was admitted following a fall; she's hurt her shoulder but fortunately nothing is broken. My task is to assess whether she can safely return home. She is steady on her feet with her stick, able to wash, dress and make her own meals, so I let the nurses know that she can be safely discharged.

Onto another ward to see a man who has also fallen and broken several bones. He's got his arm in a sling and is in a lot of pain, so I can't fully assess him today. Until his pain is better controlled, we can't send him home, so I report back to the doctor that he will need more painkillers and is not ready for discharge just yet.

Most patients are keen to return home but some are worried about how they will manage, so it's very rewarding to be able to support their safe discharge and put extra help in place where it's needed, for example a home visit from a community physiotherapist.

"Have Your Say"

What would you like included in our March 2021 spring issue?
Email: pamela.williams19@nhs.net

