



University for the Common Good



EXPLORING CAREERS IN HEALTH

Thursday 25th February 2016
CENTRE *for* HEALTH SCIENCE, INVERNESS
EVENT INFORMATION

The aim of the “Exploring Careers in Health Event” on Thursday 25th Feb is to raise awareness of potentially all types of Healthcare Career options for 4th year School Pupils.

The event will give pupils the opportunity to participate in interactive health related workshops and meet with health professional groups throughout the day.

This leaflet gives you a brief summary of each Healthcare Professional group who will be participating in the event. The information provided will assist in your choice of workshops.

Programme 25th February 2016

Time	Activity	Venue
09:30 – 10:00	Registration	Street
10:00	Welcome & Introduction	Auditorium
10:45	Workshop Session 1	Seminar Rooms
11:30	Workshop Session 2	Seminar Rooms
12:15	Exhibition, Networking Facilitators Lunch	Multipurpose Room Seminar Room 1
13:15	Workshop Session 3	Seminar Rooms
14:00	Workshop Session 4	Seminar Rooms
14:45 – 15:15	Plenary & Questions	Auditorium
15:15 – 15:30	Evaluation & Close	Auditorium

Useful Websites

Skills Development Scotland
www.myworldofwork.co.uk

	ALLIED HEALTH PROFESSIONS
1.	SPEECH AND LANGUAGE THERAPIST
	www. www.rcslt.org and www.thecommunicationtrust.org.uk
	<p>During this interactive session, students will be introduced to the role of the speech and language therapist (SLT), which is to assess and treat speech, language and communication problems in people of all ages to enable them to communicate to the best of their ability. SLTs also work with people who have eating and swallowing problems, so this session has been partnered with Dietetics.</p> <p>Using specialised skills you will work directly with the client and provide support to them and their carers. As a speech and language therapist you will also work closely with teachers and health professionals including doctors, nurses and psychologists.</p> <p>SLTs assist children and adults who have the following types of problems:</p> <ul style="list-style-type: none"> • difficulty producing and using speech • difficulty with feeding, chewing or swallowing • a voice problem • difficulty understanding language • difficulty using language • a stammer <p>SLTs will also work with people who suffer the following problems: Stroke, learning disability, physical disability, neurological disorders such as Parkinson’s disease, cancer of the mouth and throat, head injury, hearing loss and deafness, cleft palate, dementia, and psychiatric disorders.</p>
2.	DIAGNOSTIC RADIOGRAPHY
	<p>Students will have the opportunity to participate in an interactive session with a diagnostic radiographer. This will include examining x-rays of real (anonymous) patients and understanding the role of the diagnostic radiographer, who produce images that are used to diagnose injury or disease, such as:</p> <ul style="list-style-type: none"> ▪ X-ray - looks through tissues to examine bones, cavities and foreign objects ▪ Fluoroscopy - images the digestive system providing a live motion x-ray ▪ CT (computed tomography) - creates a 3D image which can be split into individual slices ▪ MRI (magnetic resonance imaging) - builds a 2D or 3D map of different tissue types within the body. ▪ Ultrasound - well known for its use in obstetrics and gynaecology. Also used to check circulation and examine the heart. ▪ Angiography - used to investigate blood vessels
3.	PHYSIOTHERAPY
	<p>Students will have the opportunity to participate in an interactive session with physiotherapists Linda Halcrow and Anna Cudmore. Physiotherapists help and treat people of all ages with physical problems caused by illness, accident or ageing.</p> <p>Physiotherapy is a healthcare profession which sees human movement as central to the health and well-being of individuals. Physiotherapists identify and maximise movement potential through health promotion, preventive healthcare, treatment and rehabilitation.</p> <p>The core skills used by physiotherapists include manual therapy, therapeutic exercise and the application of electro-physical modalities. Physiotherapists also have an appreciation of psychological, cultural and social factors which influence their clients.</p> <p>The following are just a few of the areas physiotherapists work:</p> <ul style="list-style-type: none"> • Outpatients <ul style="list-style-type: none"> ▪ intensive care ▪ women’s health ▪ care of the elderly ▪ orthopaedics

	<ul style="list-style-type: none"> ▪ stroke patients ▪ paediatrics ▪ terminally ill ▪ occupational health ▪ learning disability ▪ mental illness
4.	ORTHOPTICS & OPTOMETRY
	www.
	<p>Orthoptics relate to the eyes and this interactive session will involve students in the field of Orthoptics and the role of the Orthoptist.</p> <p>Orthoptists investigate, diagnose and treat defects of binocular vision and abnormalities of eye movement. The work involves seeing patients of all ages from infants to the elderly.</p> <p>Orthoptists form part of the eye care team and generally work closely together with ophthalmologists and optometrists</p> <p>The professional role of the orthoptist includes examining patients with eye problems especially those related to ocular motility, binocular vision, amblyopia (lazy eye) or strabismus (squint). Orthoptists diagnose these problems and determine appropriate management. They also perform visual screening of children in the pre-school setting.</p> <p>As Orthoptists form part of a multidisciplinary team they are also involved in the management of conditions such as:</p> <ul style="list-style-type: none"> • glaucoma • cataract • stroke • retinal disease • neurological disorders <p>Being an Orthoptist requires an interest in working with people, especially children and very good communication skills.</p> <p>Optometry</p> <p>Previously known as ophthalmic opticians, optometrists are primary health care specialists trained to examine the eyes to detect defects in vision, signs of injury, ocular diseases or abnormality and problems with general health. Optometrists make a diagnosis, offer advice and when necessary prescribe, fit and supply contact lenses or glasses.</p> <p>Optometrists study at university for at least three years and participate in a full year of training and supervision, called the pre-registration year, before qualifying. Once qualified, they have the opportunity to develop their interests in specialist aspects of practice such as contact lenses, eye treatment, low vision, children's vision and sports vision.</p> <p>Registered optometrists can undertake further postgraduate qualifications in specialist areas including; contact lenses, glaucoma, binocular vision, low vision, independent prescribing. Optometrists with a qualification in independent prescribing can clinically assess a patient, establish a diagnosis, determine the clinical management required and prescribe where necessary.</p> <p>Optometrists can choose from different career paths, including; Community Optometrist, Hospital optometrist or Research/Academic Optometrist.</p>
5.	BSc/BSc (Hons) Nursing Studies: LEARNING DISABILITIES
	http://www.gcu.ac.uk/hls/nursing/
	<p>Learning Disability nursing is a highly rewarding, skilled and dynamic career. It involves supporting people who live with a learning disability to maximise their wellbeing. Learning disabilities nurses will develop a range of diverse nursing skills and deliver person centred, compassionate, safe and</p>

	<p>effective care for people who live with a learning disability.</p> <p>Once you've qualified as a learning disability nurse opportunities include employment in a wide range of healthcare settings within the United Kingdom and internationally. Alternatively you'll also have the skills to pursue higher academic study as part of your future career development.</p> <p>During the workshop you can find out what assessments are used to assess people's needs and have an opportunity to practice using these assessments. These include; assessing a person's adaptive behaviour functioning, their mental state and their overall health needs.</p>
6.	NURSING
	<p>Stirling University offers a 3 year BSc Nursing programme based at the Highland Campus in Inverness. The programme involves 50% practice learning and 50% theory. This workshop enables you to decide whether nursing is really as it is portrayed in the media by giving you the opportunity to:</p> <ul style="list-style-type: none"> - participate in some of the essential skills relevant to Mental Health and Adult Nursing in a simulated ward environment. This includes undertaking a mini mental state patient examination, taking blood pressure, pulse and participating in basic life support. - meet staff and current nursing students - find out in what way the subjects you are taking apply to nursing - what career opportunities are available for nurses today both at home and abroad. <p>By successfully completing this degree programme, you will gain two qualifications: a BSc in Nursing and Professional Registration which allows you to practice nursing worldwide enabling you to make a difference to nursing care and to the profession in the future.</p>
7.	MIDWIFERY
	<p>Midwives have a unique opportunity to be involved with women, their babies and families at a significant time in their lives.</p> <p>Being a midwife is more than just delivering babies. A Midwife is usually the first and main contact for the expectant mother during her pregnancy, and throughout labour and the early postnatal period. She is responsible for providing care and supporting women to make informed choices about the services and options available to them.</p> <p>Midwives are involved in promoting health and helping to support women to achieve the best health outcomes for themselves and their babies.</p> <p>This interactive session facilitated by Midwives will give an insight into some of the skills relevant to midwifery practice. It will give pupils an opportunity to discuss how to access Midwifery Education Courses in Scotland and help them understand how Midwives make a vital and unique contribution to the wellbeing of women and families during one of life's most important events.</p>
8.	Health/Life Sciences and other Health related Careers in Science & Technology - NHS SCIENTISTS
	<p>Healthcare Science Workshop: Healthcare scientists are behind many of the diagnostic and treatment decisions that affect the lives of hundreds of thousands of people in Scotland each year. While healthcare scientists represent only around 5 per cent of the total workforce in NHS Scotland,</p>

	<p>almost 80 per cent of patient diagnoses can be attributed to their work. Healthcare scientists represent a key expert resource of NHS Scotland in terms of the safe, accurate and effective deployment of science and technology used to diagnose and treat patients.</p> <p>Here are examples of what you can learn about on the day:- Clinical Physiology – Measuring How Your Body Functions (or not!) Students will have the opportunity to participate in an interactive session with Clinical Physiologists from the following disciplines: Cardiac Physiology – including ECGs (measuring electrical activity of the heart) and echocardiography (ultrasound imaging of the heart) Respiratory Physiology – including spirometry (measuring lung function) Neurophysiology – including the measurement of electrical activity in the brain and limbs Gastro-intestinal (GI) Physiology. – including assessment of digestive tract function</p> <p>This will include hands on practical sessions as well as a helping you to understand the role of the clinical physiologist in the modern healthcare setting.</p> <p>Audiology – information available for How to become an audiologist? Audiology is a challenging and expanding field of clinical science and technology, involving the study of hearing and balance. As a healthcare profession, Audiology also involves assessment, management and therapeutic rehabilitation of people with hearing and balance problems and associated disorders. This includes patients of all ages from newborns and children through to working adults and the elderly. Audiologists work in the NHS and employment opportunities are also available in the private sector.</p>
9.	<p>PHARMACY & PHARMACEUTICAL CAREERS</p>
	<p>This interactive session will involve pharmacists and pharmacy technicians and pre-registration trainee pharmacists and pre-registration trainee pharmacy technicians currently in training. Pharmacists are the country's main experts in medicines and pharmacy is one of the fastest growing areas of healthcare. A career in pharmacy offers you:</p> <ul style="list-style-type: none"> • The pursuit of an interest in science • An opportunity to join the NHS healthcare team • A choice of working environments • A competitive salary • Opportunities to develop and further your career <p>Pharmacist: The pharmacist is an expert in medicines. A pharmacist can be involved in any aspect of the preparation and use of medicines, from the discovery of their active ingredients to their use by patients. Pharmacists also monitor the effects of medicines, both for patient care and for research purposes; and are an important member of the health care team both in the hospital and in the community. Career opportunities are developing fast and pharmacists today can be found in many different settings including high street pharmacies, hospital wards, GPs' surgeries, walk-in centres, industry and universities. To work as a pharmacist it is necessary to complete a Master's degree in pharmacy, which takes four years of training. To enable you to practice you then require to undertake a pre-registration year, which allows you to register with the General Pharmaceutical Council</p> <p>Pharmacy Technicians: Pharmacy technicians work mainly in one of two areas, hospital pharmacy and community pharmacy although opportunities also exist in other areas i.e. GP practices, prison service and industry. Pharmacy technicians are part of the pharmacy team and work under the supervision of a pharmacist. This is now a registered profession with the General Pharmaceutical Council (GPhC). They are involved in the supply of medicines and products to patients. The opportunities for specialisation and increased responsibility extend with experience. There are a number of management, administration and specialist roles undertaken by pharmacy technicians. On the job training is provided and a nationally recognised qualification is achieved (SVQ Pharmacy Services level 3).</p> <p>In addition to pharmacist and pharmacy technician roles there are also opportunities in community and</p>

	hospital settings for careers as dispensers or pharmacy assistants. The main route into this work is by finding a job with an employer and undertaking a training programme which will lead to a vocational qualification e.g. SVQ Pharmacy Services level 2.
10.	MEDICINE & MEDICAL CAREERS
	Students interested in a career in Medicine will have the opportunity to speak with a group of final year medical students currently in clinical practice in Raigmore Hospital. There will be opportunity to discuss in small groups both the applications process for medicine and what it is like to be a medical student.
11.	BSc (Hons) PSYCHOLOGY
	https://www.uhi.ac.uk/en/courses/bsc-hons-psychology
	<p>Are you fascinated by the science of the human mind? Do you wonder what leads us to behave in certain ways? If so, then Psychology could be the path for you!</p> <p>This interactive session will provide you with some insight into the fascinating subject area concerned with the scientific study of the human mind and behaviour.</p> <p>Psychologists work in many different areas of society and are concerned with; helping support the police and prison system; helping people overcome depression, stress and phobias; speeding up recovery from brain injury; assisting athletes in performing better and much, much more.</p> <p>The University of the Highlands and Islands offers a BSc Psychology degree, which enables not only a pathway to becoming a psychologist, but also the knowledge and skills that you can apply to a wide range of careers.</p> <p>This workshop will provide you with a better understanding of the relevance of psychology to everyday life and by taking part in simple psychological experiments, you will be introduced to the methods, which help us to learn more about human behaviour.</p>
12.	OCCUPATIONAL THERAPY
	www.cot.co.uk
	<p>About this session: Pupils will have the opportunity to participate in an interactive session with an Occupational Therapist.</p> <p>The aim of occupational therapy (OT) is to maximise the individual's potential to participate in daily activities by minimising the impact of disease and disability through the use of purposeful activity. Occupational therapists work in wide variety of settings with individuals who have disabilities, either mental, physical or both. The occupational therapist (OT) is dual trained in physical and mental health. The occupational therapist will assess how the individual's physical and mental health as well as the environment impact on participation in daily activities.</p> <p>OT is available in many different clinical areas providing a service to both inpatients and outpatients.</p> <p>What does an OT do?</p> <ul style="list-style-type: none"> ▪ Assess individual's abilities and potential within the context of their family, physical and psychosocial environment. ▪ Enable individuals to maintain a balance and maximise their participation in daily activities including self-care, school/work related skills and leisure time.

	<ul style="list-style-type: none"> ▪ Problem solve barriers to participation in daily activities ▪ Use activity as a therapeutic tool ▪ Adapt the environment to maximise the individual's ability to engage in all activities of daily life.
13.	CLINICAL SKILLS
	<p>About this session: Students will have the opportunity to participate in an interactive session by using medical equipment such as simulated anatomical models such as catheterisation, insertion of Naso – Gastric Tubes and adult life -like simulators who breath and talk to experience what is used in training of clinical skills for all healthcare practitioners.</p> <p>Clinical skills education focuses on providing a safe and supportive environment for healthcare practitioners to practise their clinical skills in a simulated environment. As with other areas of life, rehearsal leads to improved confidence and ability.</p>
14.	DIGITAL DESIGN STUDIO (DDS)
	<p>The DDS is part of Glasgow School of Art and is an internationally recognised research and teaching centre specialising in imaginative and novel uses of advanced 3D digital visualisation and interaction technologies; just like those used in the film <i>Avatar</i>. The DDS are working in partnership with NHS Education for Scotland (NES) to develop a virtual but realistic training environment of the head and neck region to create digitally enhanced teaching material for dentistry and oral surgery as well as shoulder anatomy and surgery. This workshop will demonstrate very high quality training and simulation material in 3D that can be used for all health disciplines and will show pupils how healthcare teaching and training can be delivered in future using very modern technology. This workshop will appeal to those with an interest in any health profession as well as those with a particular interest in technology.</p>
15.	MOVING AND HANDLING (Health & Safety NHS Highland)
	<p>About this session: Students will have the opportunity to participate in interactive sessions with the NHS Highland Moving and Handling team. Staff in all healthcare professions may have to assist patients to move if they have difficulty moving or positioning themselves. The Moving and Handling team provide training and advice to staff on how to safely move patients, often with the use of innovative equipment to avoid staff having to take all of a patient's weight. The training supports the reduction of injuries, safer handling and the promotion of independence for patients. Moving and Handling staff usually have a first degree as a health care professional which sees human movement as integral to the holistic approach of health and well-being of individuals. Correct and appropriate moving and handling can influence patient recovery increasing confidence, mobility and early discharge. There will be demonstration of some of the equipment used to care for patients and the opportunity to participate.</p>

Please return to your teacher **NO** later than

February 2016

Dear Pupil,

We look forward to welcoming you to the "Exploring Careers in Health Day"

All attending pupils will have the opportunity to attend 4 workshops these will be allocated on a 1st come basis. It will be the aim to ensure at least everyone's 1st & 2nd choice is met, however all workshops will prove useful in extending students' knowledge about health careers.

Please put in order your preference for workshops with 1 being your 1st choice.

Name _____

School _____

Workshop	Workshop Title	Order of Preference (1-14)
1	Allied Health Professions: Speech & Language Therapist	
2	Allied Health Professions: Diagnostic Radiography	
3	Allied Health Professions: Physiotherapy	
4	Allied Health Profession: Orthoptics and Optometry	
5	Learning Disabilities Nursing	
6	Nursing	
7	Midwifery	
8	Health Care Sciences	
9	Pharmacy & Pharmaceutical Careers	
10	Medicine and Medical Careers	
11	Psychology	
12	Occupational Therapy	
13	Clinical Skills	
14	Digital Design	
15	Moving and Handling	

All Students during lunch will have the opportunity to visit stands relating to the day and ask further questions.

All Students will be able to store bags & coats on the day – however they should limit what they bring to **packed lunch, water & pen/pencil**.

Exploring Careers in Health – 25th February 2016 Pupil Information Sheet

Pupil's Name: _____

School: _____

Date of Birth: _____

Emergency Contact Information

<u>Emergency Contact</u>	
Name: _____	
Telephone No:	
Home: _____	<div style="border: 1px solid black; padding: 10px; margin: 0 auto; width: 80%;">Please complete the telephone numbers you will be available on between 10 – 4pm on the 25th February 2016</div>
Work: _____	
Mobile: _____	
Relationship to Pupil: _____	

Description of any Medical Condition:

Action to be taken in case of emergency:

I agree that the medical information contained in this form may be shared with Professionals involved in the Exploring Careers in Health.

Parent/Guardian (Printed) _____

Signed: _____ Date: _____

Following the event this information will be shredded – unless pupil has required medical attention, it will then be kept on file by Highland Council Education Department