

My experiences on the STP... and beyond!

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1st impressions

NSHCS/ TPD's

- Lots of buzzwords
- 'Future of the NHS'
- Very exciting

Hospital

- There's a Job to do
- Enough people to innovate
- Incredible pressures on day-to-day workings

How I found the STP

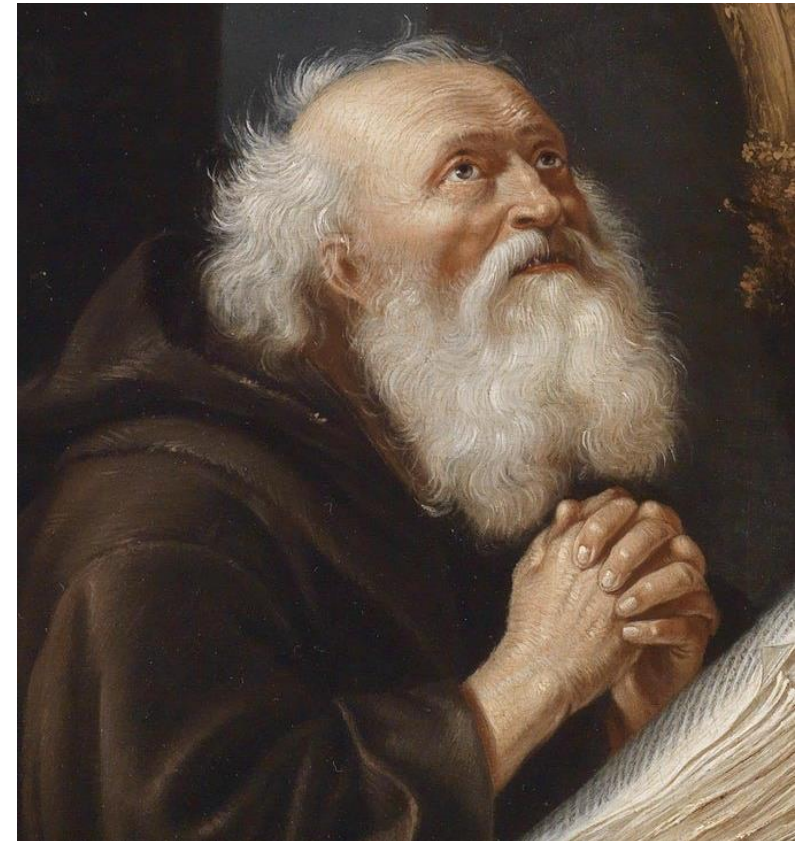
1st Year

2nd Year

3rd Year



- Get stuck into your specialism
- Huge amounts of clinical work to cover
- MSc work starts to build up
- Start your Research Project



It can be a tough balancing act

1. Learning clinical work
2. Keeping on top of Online Portfolio/
MSc work
3. Having a life!

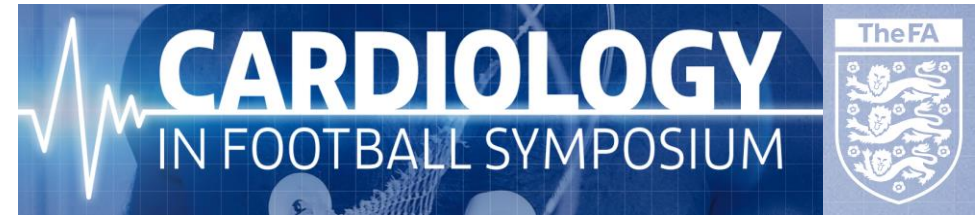


Top tips I'd tell myself again!

- Organise yourself!
 - Plan, plan, plan!
 - Work things out 3 months in advance with your mentor/ supervisor
 - Take time to reflect – what have I done? What's left?
- Use your local knowledge and expertise
 - Will help with ideas for evidence
 - Contacts for an elective
- Use training networks (and become involved!)
- Think of a research interest early
 - Speak to researchers/ consultants in your department to become involved and help plan a project.

Things I'm glad I did!

- Be proactive
 - Actively seek training/ seminars you would be interested (but don't be surprised to be told no!)
- Say yes more/ offer to do things!
 - Mentored 1st year rotational students
 - Promoted the department with Healthcare science week
 - STEM ambassador
- Make the most of your elective
 - You would love to have this opportunity again later down the line



1st impressions – to new outlooks

Hospital



'Scientist' thinking

- Job to do
- Enough people to innovate
- Incredible pressures on day-to-day workings

- New ways of working
- Innovation in service delivery
- Leading change to advance patient care

What has the STP ever done for me?

- Gained my professional accreditation whilst still training on the STP
- Promotion to senior level within a year post-qualification
- Training Mentor to new staff
- Regional representative to the Professional Body
- Running and chairing regional training meeting

Advanced Practice Roles

Currently training and performing Advanced Practice roles

- Training in Scientist-led services
- Work within Structural Intervention Team – Innovative and new procedures
- Training to independently run Scientist-led valve clinics



Looking forward...

- Carry on growing in my role
 - Continual learning with new advancements
 - Working towards more specialist accreditations
 - Leading scientist-led services
- HSST?
- Also options to move into industry/ research?



The bottom line is skills learnt over the course of the STP and beyond make you very employable!

Take home messages

- Get organised early!
- Collaborate and reflect
- The more you put in, the more you'll get out!
- Enjoy yourself!