

Personal perspectives from an HSST trainee

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Who am I?

Started in Neurophysiology in 1986.

Trained in London – Bridging course, HNC, ECNE.

Worked in London, Birmingham, West Country.

Specialist centres and DGH.

Department manager and lead since 1991.

MSc Epilepsy 2011.

Strengths – Service and staff development.

Caveat

These are MY experiences

Different people = different experiences

- HSST (in service - 2016)
- Neurophysiology, Cohort 3 (1st Neurophysiology intake)
- Why? – to break through the glass ceiling



What has gone well?

“A” modules complete – despite reservations, I learned a lot and felt challenged by the content.

“B” modules – Just one to go. The advanced communication skills and teaching modules were my highlights.

Established 1 day a week study time early on – essential.

Support of senior management and clinicians in the Trust.

Getting out of the box – opportunity to look beyond my own specialism.

Seeing the broader picture.

Challenges along the way?

Getting my brain back into study mode.

Volume of work in years 1 and 2 (B modules overlapping A modules).

Lack of “One Voice” Communication from MAHSE/NSHCS Focus towards.

Struggle to get Specialism specific B modules up and running.

Coping with serious workforce issues alongside studies.

After 3 years, still trying to get the medical profession to accept HSST is a reality!

How has my supervisor helped?

Important part of a good support mechanism.

Knows my strengths and weaknesses – I can be honest with them.

Advice with appropriate development opportunities.

Helping me to know when to say NO.

Keeping me on track with regular progress meetings.

What have I learnt from HSST?

Even when I think I know, there's always an opportunity to learn more if I am prepared to engage.

My opinion is as valid as anyone else's.

Looking outside the "Neurophysiology" box for innovative solutions.

If I want to achieve my vision, be prepared to muck in to be part of the solution.

Breaking through the glass ceiling is possible – I am now joint Lead Clinician alongside my medical counterpart.

What advice would I give myself/ others?

Have the confidence to secure your study day – you'll need it!

Remember you're an individual and this is a bespoke course, tailor it to what you and your department need.

Challenge yourself to improve and develop - be prepared to step out of your comfort zone.

When things don't go right, regroup and be proactive in looking for resolution.

Use your support structure to keep your focus.

It IS hard work, but enjoy it!