

Mental health and well-being – managing your workload

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Managing your workload

- A demanding 3 year programme
- Need to balance multiple tasks:
 - Academic
 - Work based
 - Assessment

“I was really organised in my undergraduate degree course, but I quickly realized how vital this is in STP in order to keep on top of things”



Managing your workload

- Understand what you need to achieve.
- Familiarise yourself with the **curriculum library** for your speciality.
- Don't leave all the competencies to the end, submit evidence regularly.
- Appreciate the timescales and adhere to them.



Where to get help:

- Training officer is your first point of call
- University supervisors/tutors
- Other work-based trainers and trainees
- Local Lead Healthcare Scientist
- Local placement co-ordinator
- Human resources
- Occupational health



NHS Staff and Learners' Mental Wellbeing Commission

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- **Recommendation 13:**
- Every postgraduate trainee will already have access to clinical supervision and educational supervisors in the workplace. In addition, every trainee should have access to a person at a similar level of seniority within the placement organisation who can provide personal wellbeing support that is not linked to assessment or their education progression.

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- **Recommendation 14:**
- The Commissions heard from learners of a major impediment to seeking help being fear, including a lack of clarity on the boundaries of disclosure and confidentiality including relation to fitness to practise procedures to allay fears of detrimental impact of disclosure upon future career prospects.
- *Educational and clinical supervisors within NHS provider organisations should give clear guidance on their local support for postgraduate learners with mental distress.*

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Trainee Support

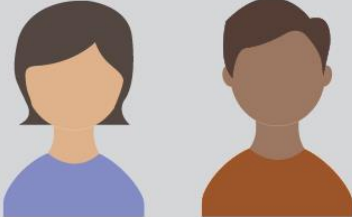
If things don't go quite to plan.....DON'T PANIC contact:

- NSHCS – email the School, nshcs@hee.nhs.uk the School will then email you or arrange to call you. Everything you discuss with the School is confidential.
- Exceptional Extenuating Circumstances <https://nshcs.hee.nhs.uk/knowledgebase/exceptional-extenuating-circumstances-application-form/>
- Trainee networks (local and national)
- Professional Bodies

Experiencing anxiety or stress?




Speak to your training officer/
Head of Department




Help is also available via your
Trust's occupational health
department

Occupational Health	→
Reception	→
←	Outpatients
←	X-Ray

Need more help, contact the School



0121 695 2529



nshcs@hee.nhs.uk



In which areas does the School provide support for the STP?

Recruitment to programmes

Pastoral support:

Health and well being
Conduct/capability
Training progression
Significant life events

Training management and clinical performance

Issues with training delivery/quality

Curriculum content

Extensions to training

Transfer of training

E-portfolio: OLAT and OneFile

Midterm review of progression

Objective Structured Final Assessment (OSFA)

Completion of training



What other sources of support are there?

HR support or legal matters

Contact local employer/HR department and liaise with training officer/line manager

Financial support

Contact local HEE office or regional commissioner if in Scotland, Wales or Northern Ireland

Counselling

Contact local employer/HR department and liaise with training officer/line manager.

Mental health

Access Occupational Health locally and/or counselling services available from the employer or your GP

Adjustments/changes to academic programmes

Liaise with relevant University Programme Director

Registration and regulation

Visit the Academy for Healthcare Science website www.ahcs.ac.uk and the Health and Care Professions Council www.hcpc-uk.co.uk

Trainee support

- Lots of people are able to help
- Lots of people are willing to help
- Don't leave it if you are worried
- Ask for help



Finally...

Despite the information in this presentation...
you should really enjoy your training, it is a
fantastic opportunity.

