

# My HSST experience

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# How I got here....



- Final six months
- More 'acting up'
- Completed HSST and gained CCT
- Consultant CS post

# Make a plan

*Rough* idea of what and when.

Set key milestones – MAHSE deadlines, Royal College Exams, key placements.

Meet regularly.

# Hints & tips

Record / reflect regularly – it's all 'evidence.'

Competencies – know where to focus your efforts early on.

“Done is better than perfect.”\*

\* Dr Kirsty Dodgson, Consultant Clinical Scientist,  
Manchester Foundation Trust

# Hints & tips

Work on your time management & prioritisation.

Ask for secondments & placements.

Dive in and enjoy it!





# What's important

Where do I fit into the NHS & patient pathways?

What value can I add?

How can I best use my skills?

# What's important

Be open minded – look for opportunities, collaborations, networks

Reflect frequently

Take time out



# Thank you

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