Nursing, Midwifery & Healthcare Support Worker roles at Cambridge University Hospitals

This booklet aims to provide information about a few of the clinical patient facing roles we cover here at Cambridge University Hospitals NHS Foundation Trust.

Nursing

If you want to work in an environment that’s interesting, rewarding and challenging, a career in healthcare will give you plenty of scope to do exactly that.

Nurses often begin their careers in support roles, such as being a healthcare support worker. This can provide valuable experience and enables you to know for sure that a career in nursing is for you.

Entry routes to becoming a registered nurse are equally flexible. You could apply direct to university, apply for a nursing degree apprenticeship.

Whatever route works best for you, and whatever type of nurse you become, the opportunities for development, job satisfaction and flexible working are great, whilst giving you the opportunity to make a real difference, helping people during their times of greatest need.

Nurses work as part of a team and provide care for adults and children with physical or mental ill health. The job can vary from helping someone learn basic daily tasks to administering life-saving drugs. Whichever area of nursing you work in, you’ll be assessing, diagnosing, planning and evaluating treatment.
Adult Nursing

Adult nurses treat and care for adults of all ages with all types of health conditions. They manage numerous priorities and use clinical, technical, caring, counselling, managing, teaching and all aspects of interpersonal skills to improve the quality of patients’ lives, sometimes in difficult situations.

Your work as an adult nurse will involve:
• being part of a busy, multidisciplinary team that includes doctors, radiographers, physiotherapists and many others
• using your critical thinking skills, clinical knowledge
• initiative and high levels of observation
• working in a fast-changing, demanding environment
• assessing what is best for the patient and acting on your decision
• a willingness to take responsibility for people’s wellbeing

Paediatric Nursing

Children’s nurses treat and care for children and young people from birth to 18 years of age. Children and young people can present with a wide range of conditions, and children’s nurses deal with a range of situations including babies born prematurely, teenagers who have sustained accidents and injuries, mental health and long-term conditions and life-limiting illnesses.

Children’s nurses work in partnership with the child or young person, their parents and carers to plan and deliver care. They work with other professionals, such as GPs, physiotherapists, speech and language therapists and health visitors to ensure young people enter adulthood in good health. Health problems can affect a child’s development and it’s vital to work with the child’s family or carers so that he or she does not suffer additionally from the stress of being ill.

Your work as a children’s nurse will involve:
• being able to handle the challenges posed by caring for someone who is sick and may be too young to express what’s wrong
• an understanding that a child or young person’s health can rapidly take a turn for the worse
• sensitivity and the ability to communicate without words
• the confidence to work in partnership with the patient’s family or carers
• teaching the child’s parents or carers what may need to be done to carry on with treatment at home
Operating Department Practitioners (ODPs)

Operating department practitioners work with patients of all ages and are involved in each phase of a person’s operation.

You will have an important role in three of the phases of perioperative care (care provide before and after surgery):

The anaesthetic phase
You will:
• assist the patient prior to surgery and provide individualised care
• the ability to communicate and work effectively within a team
• undertake a role which will involve many clinical skills, such as the preparation of a wide range of specialist equipment and drugs. This includes; anaesthetic machines, intravenous equipment and devices to safely secure the patient's airway during anaesthesia

The surgical phase
You will play an important part of the surgery team and will:
• prepare all the necessary instruments and equipment for the operations, including microscopes, lasers and endoscopes
• provide the correct surgical instruments and materials to the surgeon
• be responsible for surgical instruments, equipment and swabs during the operation
• act as a link between the surgical team and other parts of the theatre and hospital
• anticipate the requirements of the surgical team and respond effectively

The recovery phase
You will:
• support the patient on their arrival into the recovery unit
• monitor a patient’s physiological parameters
• provide appropriate treatment until the patient has recovered from the effects of the anaesthesia and/or surgery
• assess the patient in order to ensure they can be discharged back to a ward
• evaluate the care given during each phase
Midwives

The care and expertise provided by midwives is invaluable to the thousands of women and their families who use their services in clinics, hospitals and at home while pregnant, throughout labour and during the period after a baby's birth.

As well as the satisfaction it brings, the role is demanding and carries a high level of responsibility. Midwives work in all healthcare settings in a variety of ways, providing women and their families with choices and continuity of care.

Becoming a midwife means undertaking professional education at degree level. Some midwives are qualified nurses who have chosen to change career direction and undertaken the necessary extra study. Others work their way up via a range of routes before going on to study for a registered midwifery degree. Some begin their midwifery career after a first career in an unrelated field.

There are few professions that offer so much in terms of job satisfaction and support, as well as giving you the chance to enhance people’s lives during their times of need.

**Midwives are experts and lead other healthcare professionals during normal childbirth.**

The responsibilities of midwives are diverse.

You will:
- provide full antenatal care, including preparation for parenthood, clinical examinations and screening,
- identify women with high-risk pregnancies, monitor women and support them during labour and the birthing process. You will also teach new and expectant mothers how to feed, care for and bathe their babies before handing over their
- on-going care to a health visitor between ten days and one month after the baby’s birth.
Healthcare Support Worker

As a healthcare support worker (HCSW), you will work under the guidance of a qualified healthcare professional, usually a nurse. Sometimes staff working in HCSW roles are known as nursing assistants, nursing auxiliaries or auxiliary nurses.

The work varies depending on where you're based. In a hospital for example, you may be:
- washing and dressing patients
- serving meals and helping to feed patients
- helping people to move around
- toileting
- making beds
- talking to patients and making them comfortable
- monitoring patients' conditions by taking temperatures, pulse, respirations and weight

Maternity Care Assistant

Maternity care assistants help midwives in caring for women and their babies through the vital stages of pregnancy, childbirth and the first few days of birth. In this role, you will:
- helping to care for mothers and babies
- making routine observations (temperature, pulse, blood pressure, breathing, etc)
- updating records and other admin tasks
- educating parents one-to-one or in groups
- taking blood samples for testing
- ordering stationery and equipment
- preparing equipment
- promoting breastfeeding
- reporting problems to a registered midwife or nurse

Theatre Support Worker

Theatre support workers are part of an operating department team who support the surgical team. An important part of the work of theatre support staff is reassuring patients, who may be anxious about going into the operating theatre. As a member of the theatre support staff, you may also:
- move patients on trolleys
- reassure family members
- prepare patients for anaesthetic
- set out instruments and equipment ready for surgery
- make sure the department has stocks of items needed
- clean and tidy theatre areas after surgery
- dispose of waste
Contacts and useful information:

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NHS Health Careers

The Health careers website provides further information regarding all careers within the NHS

http://www.healthcareers.nhs.uk/

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