

Newly Qualified Nurse (NQN) System Rotations Programme – The Derbyshire Nurse

Rotation Profiles



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***Please note, this list is not exhaustive; we have other areas available to discuss.**

Team Profile

Clinical Team: Alton Ward

Base:

Clay Cross Community Hospital
Market Street
Clay Cross
Chesterfield
S45 9NZ

Working hours/shift patterns:

Early – 07:30-15:30
Late – 13:00-21:00
Long Day – 07:30 – 20:00
Night – 19:30 – 08:00



An overview of the service:

Rehabilitation and complex discharge planning.

Key duties of a Band 5 nurse:

- Administer medications.
- Dressing changes.
- Complete care plans.
- Work as part of MDT to ensure patients have safe discharge.

Competencies and learning opportunities:

Learning opportunities consist of working with social workers to gain an enhanced learning experience on how patients transition and the process to getting home. There is the opportunity for visits to the wound clinic, podiatry and working with the occupational therapists and physios on environmental visits. We encourage students to get involved with the daily tasks and running of the ward.

Useful preparation ahead of the rotation (reading etc):

- Mental capacity ACT
- DOLS
- Respect Forms

Contact information:

Tim Stevenson

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Phone: 01246 252916

Community Nursing

Team Profile

Clinical Team: Ashgate District Nursing Team

Base: Ashgate Surgery,

Working hours/shift patterns: 37.5hrs including weekends on a rota



An overview of the service: Community Nursing service

Key duties of a Band 5 nurse:

- To facilitate patient care in their own home environment, including residential settings.
- To assess, plan, implement and evaluate individualised patient care in the most efficient and clinically effective way, whilst maintaining the patient's privacy and dignity.
- As a Band 5, you will be expected to see a caseload of patients day to day.

Competencies and learning opportunities:

- You will be able to achieve all catheter competencies, both male and female catheters and supra pubic.
- Diabetes management and administration of insulin.
- Experience dealing with palliative care patients including the medications we use and administer subcutaneously and setting up of syringe driver.
- Experience seeing different types of wounds and achieving competencies for doppler assessment and lower limb assessment.
- There will also be the opportunity to gain competencies in phlebotomy.

Useful preparation ahead of the rotation (reading etc):

- QNI community standards
- Royal Marsden
- Activeheal academy online- will help to gain knowledge of the dressings and the wounds we use them on.

Contact information:

Tania Jackson (Community Nursing Sister)

Email: tania.jackson2@nhs.net

Phone: Ashgate bat phone number: 07584605508

Team Profile

Clinical Team: Avenue House Community Nursing Team

Base: Walton Hospital, Whitecotes Ln, Chesterfield S40 3HW

Working hours/shift patterns: We cover 08:00 – 17:00 period, Monday – Sunday



An overview of the service:

Community Nursing Team visiting housebound patients in their own home providing nursing care such as catheter care, insulin administration, medication administration, palliative care, complex wound care including ABPI/LLA and simple wound care.

Key duties of a Band 5 nurse:

Working autonomously to deliver:

- Catheter care
- Insulin administration
- Medication administration
- Palliative care
- Complex wound care including ABPI/LLA
- Simple wound care.

Competencies and learning opportunities:

- Catheter care
- Insulin administration
- Medication administration
- Palliative care including syringe drivers

- Complex wound care including ABPI/LLA and compression therapy

Useful preparation ahead of the rotation (reading etc):

QNI, National Wound care Strategy, DCHS EOL toolkit, palliative care guidelines, five-year forward view.

Contact information:

Lindsey Staniforth (Community Specialist Practitioner - District Nurse)

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Phone: 07788183743 or 07812674661 (Base)

Team Profile

Clinical Team: Bakewell/Baslow Community Nursing Team (Core)

Base: Newholme Hospital

Baslow Rd

Bakewell

Derbyshire

DE45 1AD

Working hours/shift patterns: 09:00-17:00



An overview of the service:

District nursing provides holistic assessment and nursing care in community settings including the home, for adults of all ages. This care is predominantly for housebound patients*, but it is recognised that clinical need or expertise will be utilised as appropriate on a case-by-case basis by exception. The service plays an essential role contributing to the care of adults with complex needs, including those with organic mental health problems e.g. dementia, and their carers.

The service works in conjunction with primary care and other services by providing the nursing care needed to support patients to optimise their health and wellbeing and to promote their independence and enable patients to live safely at home.

District nursing also supports patients and their carers at the end of life. Like all health workers in the community, district nurses have a role in promoting healthy lifestyles amongst the patients and carers they work with.

The service engages with patients through one or more of the following:

- Time limited episodes of care with a range of interventions
- Support for routine hospital discharge and immediate post hospital care
- Health condition management
- Specific interventions as requested through primary care

- Health promotion, prevention activities and initiating and supporting self-care.
(District Nursing Service Specification)

Key duties of a Band 5 nurse:

- Be responsible for the assessment, implementation of treatment and the development of programmes of care for designated patients and provide feedback / escalate discussion regarding meeting patient need through supervision/monitoring processes.
- Work in close liaison with the Community Nursing sister to take responsibility as a named nurse for patients on the caseload. In the absence of the Case Manager be delegated responsibility for caseload management, to ensure a continuity of care in accordance with the care programme, seek support from other specialist practitioners/operational managers as required.
- Identify need, order equipment and provide advice, support and demonstration to the patient/carer on the use of the equipment to ensure a personal duty of care and compliance with health and safety policies. To monitor and report to senior nurse effectiveness of equipment and aids in patients' homes to maximise the use of resources to enable care packages to be delivered.
- Maintain and record accurate health records in patients' homes and health care settings in line with Caldecott and Trust Policies and Procedures and communicate verbal information to relevant multi-disciplinary team members.
- Manage the placement of pre-registration nurse students and contribute to the learning environment for observers from other health disciplines and to new staff induction to provide a supportive workplace and a culture of continuous learning and evidence-based practice. To be involved in the education and training of junior staff and other staff employed within the care settings.
- Contribute to the completion of clinical audits e.g. pressure ulcers, falls, documentation. Contribute to Public Health and Health Promotion initiatives and under the direction of the senior nurse provide information to support well-being and independence for patients/relatives and carers/ To participate in clinical supervision/reflective practice and continuous learning in order to maintain and improve knowledge and skills and to share good practice with colleagues.
- Participate in routine screening for chronic disease management and record results for monitoring purposes to ensure compliance with the National Service Frameworks.
- Participate in flu immunisation sessions for the housebound to ensure national and local targets are achieved. Attend all operational meetings including team meetings.
- Develop, evaluate and share good working practice. Undertake training relevant to the Community Nursing service which has been agreed and identified via the appraisal process and act as a champion for designated service area as required. Have an awareness of what is influencing community nursing services locally and nationally.

- To provide nursing care to individuals making use of current evidence to inform the delivery and promote the development of clinically effective care. In collaboration with the Community Nursing Sister co-ordinate the assessment, planning implementation and evaluation of care programmes which reflect the individual needs of patients and carers.
- Maintain confidentiality at all times.

Competencies:

- Holistic patient assessments
- Continence Care and Catheter care (Male, Female, suprapubic)
- Complex wound care (Leg Ulcers – lower limb assessments and dopplers, surgical wounds, pressure ulcer management, Traumatic wounds, VAC therapy)
- End of Life Care/Symptom Management, Syringe Drivers, Palliative Care/ Bereavement support
- Medication Administration- IM, Sub Cut, enemas
- Central Venous Access Device Management and disconnection of chemotherapy

Learning Opportunities:

- Integrated working – MDT working
- Catheter Clinic
- Complex Wound Clinic
- Rapid Response Nursing Team

Useful preparation ahead of the rotation (reading etc):

District Nursing Service Specification

Contact information:

Sandra Mather

Email: sandra.mather@nhs.net

Team Profile

Clinical Team: Chatsworth / Grange District Nursing Team

Base: Ash Green Specialist Learning Disability Service, Ashgate Road, Ashgate, Chesterfield, S42 7JE

Working hours/shift patterns: 09:00 – 17:00, 7 days a week



An overview of the service:

The team provide community nursing care to people in their own homes. Patients are registered with either Chatsworth Road GP or Royal Primary Care – Grangewood.

Key duties of a Band 5 nurse:

- Long term conditions management including diabetes and administration of insulin.
- Catheter / bowel care
- End of life care for patients, carers and families, including administration of Just in Case medication and syringe driver if appropriate. Support for all involved and verification of death if appropriate.
- Wound care including post operative care to housebound patients, complex wounds and leg ulcers. Requires regular assessment and review, including compression bandaging and hosiery, and appropriate dressing choice.
- All care to be documented in patient records, daily handover is attended each lunch time and there may be a requirement to attend a variety of meetings.
- May be required to support more junior staff and students.

Competencies and learning opportunities:

- Wound care / leg ulcer care
- Medication administration
- Long term conditions management
- End of life care
- Catheter / bowel care
- Nursing assessments

Useful preparation ahead of the rotation (reading etc):

- DCHS Standard Operating Procedure: Wound Assessment SOP
- DCHS Staff Guide to Pressure Ulcer Prevention and Prevention and management of pressure ulcer policy.
- DCHS wound formulary.
- Wounds UK Best Practice Statements
- Band 5 competency document

Contact information:

Sian Sharp (District Nurse)

Email: Sian.sharp@nhs.net

Phone: 07825863601

Team phone: 07876 578289

Team Profile

Clinical Team: North Wingfield District Nursing Team

Base: Clay Cross Hospital

Working hours/shift patterns: 09:00 – 17:00, 08:00 – 16:00, 08.30 -16:30 Monday to Friday and one weekend in four.



An overview of the service:

This District Nursing team works with housebound people in their own homes and care homes. Providing complex nursing care and supporting families, we aim to deliver high quality care to individuals in the home environment and support carers and families.

The team works geographically, covering the areas of North Wingfield, Grassmoor, Wingerworth and Holmewood.

Key duties of a Band 5 nurse:

- To provide nursing care to patients and their families in the home, for example patients with long-term conditions, palliative care, wound management, continence care, mobility problems and providing health promotion/education to support self-care.
- To support in the absence of the Band 6/DN with caseload management.

Competencies and learning opportunities:

- Foundations in Care training.
- To become competent with compression bandaging, venepuncture, s/c and IM injections, catheter care male, female and supa pubic, syringe drivers and IT skills with SystemOne.
- To become competent with initial holistic assessment and care planning.
- To shadow other teams such as rapid response, wound clinic, community matron and OT/physio to understand how we all work together in community to keep patients at home.

Useful preparation ahead of the rotation (reading etc):

Look at the Trust way and become familiar with policy i.e. uniform, absence etc.

Contact information:

Amy Kate Bailey (likes to be called Kate - District Nurse/ Practice Educator)

Email: Amy.bailey1@nhs.net

Phone: 07827823271

Team Profile

Clinical Team: Eckington District Nursing Team

Base:

Eckington Health Centre
Gosber Road
Eckington
S21 4BZ

Working hours/shift patterns:

We cover 08:00 – 17:00 every day of the week: one person does 08:00 – 16:00 and rest do 09:00 – 17:00. At weekends, there are three members of staff on.



An overview of the service:

The community is a varied role with some aspects being routine and others not always knowing what you will see. We visit people in their own homes or care homes. This means we must adapt to the situation and maintain aseptic conditions as much as possible. You should remain professional and understand that it is their own home.

The care and treatment we deliver can vary, but mostly involves administration of medication, wound care, catheter care, palliative support and end of life care.

Key duties of a Band 5 nurse:

To deliver care to patients at home within their competencies, being professional and abiding by the NMC Codes of Conduct.

Once competent, the nurse will:

- Provide diabetic care and administer Insulin.

- Administer other medication like Hydroxocobalamin, Tinzaparin and just in case medication.
- Set up syringe drivers and deliver end of life care.
- Be able to assess and redress wounds.
- Complete catheter care and change all three types of catheters.
- Undertake other aspects of the role, like being involved in team handover, discussions, supporting junior colleagues.

Competencies and learning opportunities:

- Administration of medication
- End of life care
- Catheterisation
- Wound care and treatment
- Removal of sutures, clips
- Diabetic care
- How to care for someone away from a hospital, clinic environment.

Useful preparation ahead of the rotation (reading etc):

Read up about District Nursing, caring for someone in their own environment.

Contact information:

June Hopkinson (District Nurse)

Email: june.hopkinson2@nhs.net

Phone: 07817039335

Team Profile

Clinical Team: Hollybrook Community Nursing Team (Core)

Base: Coleman Street Health Centre
Coleman Street
Alvaston
Derby
DE24 8NH

Working hours/shift patterns: 09:00-17:00



An overview of the service: District nursing provides holistic assessment and nursing care in community settings including the home, for adults of all ages. This care is predominantly for housebound patients*, but it is recognised that clinical need or expertise will be utilised as appropriate on a case-by-case basis by exception. The service plays an essential role contributing to the care of adults with complex needs, including those with organic mental health problems e.g. dementia, and their carers. The service works in conjunction with primary care and other services by providing the nursing care needed to support patients to optimise their health and wellbeing and to promote their independence and enable patients to live safely at home. District nursing also supports patients and their carers at the end of life. Like all health workers in the community, district nurses have a role in promoting healthy lifestyles amongst the patients and carers they work with.

The service engages with patients through one or more of the following:

- Time limited episodes of care with a range of interventions
- Support for routine hospital discharge and immediate post hospital care
- Health condition management
- Specific interventions as requested through primary care

- Health promotion, prevention activities and initiating and supporting self-care.
(District Nursing Service Specification)

Key duties of a Band 5 nurse:

- Be responsible for the assessment, implementation of treatment and the development of programmes of care for designated patients and provide feedback / escalate discussion regarding meeting patient need through supervision/monitoring processes.
- Work in close liaison with the Community Nursing sister to take responsibility as a named nurse for patients on the caseload. In the absence of the Case Manager be delegated responsibility for caseload management, to ensure a continuity of care in accordance with the care programme, seek support from other specialist practitioners/operational managers as required.
- Identify need, order equipment and provide advice, support and demonstration to the patient/carer on the use of the equipment to ensure a personal duty of care and compliance with health and safety policies. To monitor and report to senior nurse effectiveness of equipment and aids in patients' homes to maximise the use of resources to enable care packages to be delivered.
- Maintain and record accurate health records in patients' homes and health care settings in line with Caldecott and Trust Policies and Procedures and communicate verbal information to relevant multi-disciplinary team members.
- Manage the placement of pre-registration nurse students and contribute to the learning environment for observers from other health disciplines and to new staff induction to provide a supportive workplace and a culture of continuous learning and evidence-based practice. To be involved in the education and training of junior staff and other staff employed within the care settings.
- Contribute to the completion of clinical audits e.g. pressure ulcers, falls, documentation. Contribute to Public Health and Health Promotion initiatives and under the direction of the senior nurse provide information to support well-being and independence for patients/relatives and carers/ To participate in clinical supervision/reflective practice and continuous learning in order to maintain and improve knowledge and skills and to share good practice with colleagues.
- Participate in routine screening for chronic disease management and record results for monitoring purposes to ensure compliance with the National Service Frameworks.
- Participate in flu immunisation sessions for the housebound to ensure national and local targets are achieved. Attend all operational meetings including team meetings.
- Develop, evaluate and share good working practice. Undertake training relevant to the Community Nursing service which has been agreed and identified via the appraisal process and act as a champion for designated service area as required. Have an awareness of what is influencing community nursing services locally and nationally.
- To provide nursing care to individuals making use of current evidence to inform the delivery and promote the development of

clinically effective care. In collaboration with the Community Nursing Sister co-ordinate the assessment, planning implementation and evaluation of care programmes which reflect the individual needs of patients and carers.

- Maintain confidentiality at all times.

Competencies:

- Holistic patient assessments
- Continence Care and Catheter care (Male, Female, suprapubic)
- Complex wound care (Leg Ulcers – lower limb assessments and dopplers, surgical wounds, pressure ulcer management, Traumatic wounds, VAC therapy)
- End of Life Care/Symptom Management, Syringe Drivers, Palliative Care/ Bereavement support
- Medication Administration- IM, Sub Cut, enemas
- Central Venous Access Device Management and disconnection of chemotherapy

Learning Opportunities:

- Integrated working – MDT working
- Self-Management Facilitator team
- Rapid Response Nursing Team

Useful preparation ahead of the rotation (reading etc):

District Nursing Service Specification

Contact information:

Bea Hill (District Nurse)

Email: bernadette.hill@nhs.net

Rapid Response

Team Profile

Clinical Team: Derbyshire Dales Rapid Response

Base: Newholme Hospital/Whitworth - Derbyshire Dales

Working hours/shift patterns: 08:00- 18:30 (Early 08:00-16:00, Late 10:30-18:30)



An overview of the service:

District nursing provides holistic assessment and nursing care in community settings including the home, for adults of all ages. This care is predominantly for housebound patients*, but it is recognised that clinical need or expertise will be utilised as appropriate on a case-by-case basis by exception. The service plays an essential role contributing to the care of adults with complex needs, including those with organic mental health problems e.g. dementia, and their carers.

The service works in conjunction with primary care and other services by providing the nursing care needed to support patients to optimise their health and wellbeing and to promote their independence and enable patients to live safely at home. District nursing also supports patients and their carers at the end of life. Like all health workers in the community, district nurses have a role in promoting healthy lifestyles amongst the patients and carers they work with.

The service engages with patients through one or more of the following:

- Time limited episodes of care with a range of interventions
- Support for routine hospital discharge and immediate post hospital care
- Health condition management
- Specific interventions as requested through primary care

- Health promotion, prevention activities and initiating and supporting self-care.

(District Nursing Service Specification)

The Rapid Response Community Nursing Team are also key partners in the delivery of the 2-hour urgent community response for patients such as end of life and blocked catheters (TP1's). Within the Derbyshire Dales, we have been visiting patients within 2 hours between 90% and 100% of the time which is something that the team are very proud of.

Key duties of a Band 5 nurse:

- Be responsible for the assessment, implementation of treatment and the development of programmes of care for designated patients and provide feedback / escalate discussion regarding meeting patient need through supervision/monitoring processes.
- Work in close liaison with the Community Nursing sister to take responsibility as a named nurse for patients on the caseload. In the absence of the Case Manager be delegated responsibility for caseload management, to ensure a continuity of care in accordance with the care programme, seek support from other specialist practitioners/operational managers as required.
- Identify need, order equipment and provide advice, support and demonstration to the patient/carer on the use of the equipment to ensure a personal duty of care and compliance with health and safety policies. To monitor and report to senior nurse effectiveness of equipment and aids in patients' homes to maximise the use of resources to enable care packages to be delivered.
- Maintain and record accurate health records in patients' homes and health care settings in line with Caldecott and Trust Policies and Procedures and communicate verbal information to relevant multi-disciplinary team members.
- Manage the placement of pre-registration nurse students and contribute to the learning environment for observers from other health disciplines and to new staff induction to provide a supportive workplace and a culture of continuous learning and evidence-based practice. To be involved in the education and training of junior staff and other staff employed within the care settings.
- Contribute to the completion of clinical audits e.g. pressure ulcers, falls, documentation. Contribute to Public Health and Health Promotion initiatives and under the direction of the senior nurse provide information to support well-being and independence for patients/relatives and carers/ To participate in clinical supervision/reflective practice and continuous learning in order to maintain and improve knowledge and skills and to share good practice with colleagues.
- Participate in routine screening for chronic disease management and record results for monitoring purposes to ensure compliance with the National Service Frameworks.
- Participate in flu immunisation sessions for the housebound to ensure national and local targets are achieved. Attend all operational meetings including team meetings.

- Develop, evaluate and share good working practice. Undertake training relevant to the Community Nursing service which has been agreed and identified via the appraisal process and act as a champion for designated service area as required. Have an awareness of what is influencing community nursing services locally and nationally.
- To provide nursing care to individuals making use of current evidence to inform the delivery and promote the development of clinically effective care. In collaboration with the Community Nursing Sister co-ordinate the assessment, planning implementation and evaluation of care programmes which reflect the individual needs of patients and carers.
- Maintain confidentiality at all times

Competencies:

- Holistic patient assessments
- Continence Care and Catheter care (Male, Female, suprapubic)
- Complex wound care (Leg Ulcers – lower limb assessments and dopplers, surgical wounds, pressure ulcer management, Traumatic wounds, VAC therapy)
- End of Life Care/Symptom Management, Syringe Drivers, Palliative Care/ Bereavement support
- Medication Administration- IM, Sub Cut, enemas
- Central Venous Access Device Management and disconnection of chemotherapy
- Management of drains

Learning Opportunities:

- Integrated working – MDT working
- Catheter Clinic
- Complex Wound Clinic
- Core nursing team
-

Useful preparation ahead of the rotation (reading etc):

- District Nursing Service Specification
- [B1406-community-health-services-two-hour-urgent-community-response-standard.pdf \(england.nhs.uk\)](https://www.england.nhs.uk/wp-content/uploads/2014/06/B1406-community-health-services-two-hour-urgent-community-response-standard.pdf)

Contact information:

Joanna Longley:

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Sian Cowley

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Team Profile

Clinical Team: Rapid Response: Chesterfield and North East Derbyshire

Base: The team cover the whole of North East Derbyshire and Chesterfield and have 3 bases – Clay Cross, Walton Hospital (Main triage service) and The Arc in Clowne.

Working hours/shift patterns: Our service covers the hours of 08:00 – 18:30 hrs, 7 days a week.



An overview of the service:

The nursing rapid response team visit patients in their own living environment to provide urgent nursing care in the community setting.

We see patients with a range of health needs including wound care, palliative and end of life care, medication administration who needs to be seen within 2 or 24hour of referral into our service. These patients are kept within the rapid response team for a maximum of 5 days or 3 visits.

We have a team of triage nurses who manage on average 200 requests per day; making vital decisions on responses in the community nursing service.

The service is fast paced and responsive in meeting the needs of the patients in our locality.

We work closely with our rapid response therapy team, the core nursing and therapy services and the PCN GP home visiting services within the community. We also cover community support beds within Derbyshire County

Council care homes in the locality, providing nursing and therapy care. In addition to these services we have a Community Response Team who provide personal care and reablement to patients in their own home, the Rapid Response team work very closely with this service too.

Key Duties:

- To respond to the needs of the patient in a timely manner.
- To provide a holistic assessment of the needs of the patient / significant others involved in providing care.
- To make onward referrals if indicated i.e. therapy, GP, continuing care, core teams etc
- To manage own time management and workload

Competencies and learning opportunities:

- Initial assessment of patients' needs
- NEWS, MUST, GULP, Waterlow competencies
- Formulating care plans
- Female, male, suprapubic catheter competencies
- Nephrostomies to include dressings and flushes
- Chest drain care
- Palliative and end of life care to include medication administration and syringe drivers
- Tissue viability and wound care to also include applying compression
- Pressure area care to include ordering of appropriate equipment
- Environmental risk assessments in the care setting
- Venepuncture / injections
- Bladder scanning
- Blood glucose monitoring and insulin administration
- Transcribing of medications

Useful preparation ahead of the rotation (reading etc):

- Syringe driver policy to include drug compatibilities
- Wound care formulary
- Wounds UK offer good wound care advice

Contact information:

Gemma Cooke (Integrated Community Manager)

Email: gemma-cooke@nhs.net

Phone: 07721 879763

Team Profile

Clinical Team: Rapid Response, Derby City

Base: Florence Nightingale Community Hospital

Working hours/shift patterns: Shifts are 08.00- 18.30 Monday – Sunday, usually with combinations of these hours from 7.5 hrs to 10 hours worked per shift. There is the opportunity for nurses to work weekends and shift times can be discussed with supervisors and assessors.



An overview of the service:

Rapid Response Team is located within Florence Nightingale Community Hospital. The team is made up of Band 6 nurses, registered nurses, Band 3 and 4 HCAs and TNAs. We also have support from the clinical lead and integrated team leaders. The Rapid team focus is putting the patient in the right place at the right time to receive the right level of care, the allocation of appropriate resources to meet the patient's need.

There is a restaurant at London Road Community Hospital where staff discount is provided – hot and cold meals are available. There is a kitchen area where the team is based where hot drinks can be made, and a microwave is available. There are a few corner shops within walking distance, but we advise bringing your own food or purchasing this from the hospital.

There is car parking at the hospital and a car pass will be arranged when on rotation with us.

Nurses are required to wear uniform in line with the dress code.

Key duties of a Band 5 nurse:

- All aspects of patient care including assessing, planning, implementing and evaluating care.
- Supporting colleagues with supervision and assessment.
- To work the DCHS way to providing safe care and improve quality.

Competencies and learning opportunities:

Learning opportunities include:

- Wound management of chronic and post-surgical wounds
- End of life care
- Complex care needs
- Catheterisation and catheter management
- Administration of medications
- Diabetic care and treatment
- Nursing assessment and care planning within the home environment.

NQNs will work alongside our staff to observe care delivered and then be enabled to take part in the care delivery over the time of the placement as agreed, dependent upon their competencies and confidence.

Further learning opportunities include:

- Spending time with the wider Multi-Disciplinary Team, such as clinical lead, SMF team D2A team, Tissue Viability, Wound Clinics and Specialist continence nurses.

Useful preparation ahead of the rotation (reading etc):

- DCHS values
- Reading and research around wounds, how they heal and the anatomy of skin.
- End of life care; how this is governed nationally and locally and what guidelines are used to inform practice such as the DCHS End of Life Toolkit for patients and staff. Read around diabetic care.
- Some understanding and knowledge of medications.
- Understanding of the nursing process.

Contact information:

Sarah Harley; Integrated team leader sarahharley1@nhs.net

Sally Hobbs; Integrated team manger s.hobbs@nhs.net

Clare Clarke; Clinical lead clare.clarke14@nhs.net

Luiza Moslin; Rapid Response Sister l.moslin@nhs.net

Practice Nursing

Team Profile

Clinical Team: Calow and Brimington Practice

Base: The Calow and Brimington Practice is across two sites:

Brimington Medical Centre
Foljambe Road
Brimington
Chesterfield
S43 1DD

Calow Surgery
12 Rose Avenue
Calow
Chesterfield
S44 5TH

Working hours/shift patterns:

Brimington opening hours: Monday -Friday 08.00 -18.30

Calow opening hours: Monday - Friday 08.00-12.30 and 14.00-18.00



The Calow and Brimington Practice

21st Century Care with Traditional Values

An overview of the service:

We aim to build on promoting health and wellbeing to become a centre of excellence in our patients' community for evidence-based health care. We will strive to create a nurturing learning environment in the workplace, to develop the teaching and training of our staff, students, and registrars. We aim to integrate further developments in technology to streamline our patients experience and improve access, control, and help deliver personalised healthcare for all.

The practice is made up of:

3 GP Partners: Dr Wenham, Dr Lucas, Dr Bingham

4 Salaried GPs: Dr Rodda, Dr Pugh, Dr Chalk, Dr Ross

3 PNs: Vicky Mather (Lead), Natalie Price, Sue Cooper

4 HCAs: Janet Cooper (Lead), Emma Carey, Kelly Thring, Claire Ward

Key duties of a Band 5 nurse:

- Chronic disease management (Asthma, Diabetes, COPD, CHD, Epilepsy)
- Cytology
- Pessary changes
- Child immunisations
- Contraception/family planning
- Adult immunisations
- Travel immunisations
- Ear syringing
- Wound care
- HRT

Competencies and learning opportunities:

As above. A wide range of transferrable skills are available to learn within general practice.

Useful preparation ahead of the rotation (reading etc):

- Research the practice
- Plan/book relevant training for the start of the rotation

Contact information:

Sarah Doyle (Practice Manager)

Email: sarah.doyle5@nhs.net

Phone: 01246 936315 (direct dial)

Team Profile

Clinical Team: DCHS Creswell and Langwith Surgery

Base: Welbeck Street, Creswell

Working hours/shift patterns: Monday to Friday 08:00 – 18:30



An overview of the service:

2 GP Practices with a patient population of 5500. We include a team of 7 GPs, 2 Practice Nurses, 2 Health Care Assistants, 1 Advanced Nurse Practitioner, Social Prescriber, Physiotherapy and Midwife. Langwith site also offers a complex wound clinic service.

Our services include:

- GP reviews
- Long Term condition management and diagnosis
- Immunisations
- Wound care
- Contraception clinics
- Minor Illness
- Palliative care
- INR clinics
- Cytology and screening.

Key duties of a Band 5 nurse:

- Phlebotomy and vaccinations
- Simple wound care
- Dopplers
- Observations and health checks.

Competencies and learning opportunities:

- Phlebotomy
- Chronic disease management
- Wound care
- Vaccinations
- Health promotion
- Protected time with clinicians to develop learning areas.
- Supervised practice opportunity for cytology or INR training for certification

Useful preparation ahead of the rotation (reading etc):

- An awareness of childhood and UK immunisation schedule, immunisation and vaccination core training.
- A basic understanding of diabetes, asthma and COPD, lifestyle counselling and motivational interviewing
- Awareness of Quality Always framework and its role in primary care.
- Initial training for INR, or cytology if interested in certification.

Contact information:

Practice Manager:	Rachael Carter	rachaelcarter1@nhs.net
Deputy Manager:	Jane Griffiths	jane.griffiths9@nhs.net
Lead Practice Nurse:	Emma Shortland	e.shortland@nhs.net

Welbeck Street, Creswell, S80 4HA.

Telephone: 01909 721206

Team Profile

Clinical Team: Ripley Medical Centre

Base: Derby Road, Ripley, DE5 3HR

Working hours/shift patterns:

The practice core hours are from 8am until 6.30pm and your shift pattern will be agreed with you in advance and will be within the core hours. Occasionally you may be asked to work Saturdays and this is usually to accommodate flu or other vaccination clinic. If you are full-time, there is an option to work 4 long days rather than 5 standard days. We aim to apply a flexible approach to meet the needs of the service as well as individual staff preference, whenever possible.



An overview of the service:

We are a DCHS GP Surgery with approximately 6000 patients (August 2023). We are a team of five GPs, one ACP, two Practice Nurses, a Nurse Associate and a HCA. We also usually have two or three Specialist Registrars with us, on rotation, at any one time.

We are a dynamic, inclusive and forward-thinking team who are dedicated about high quality patient care and equally dedicated to caring for each other within the team, treating our colleagues with respect, kindness and valuing each other's contribution.

We are keen to measure our quality service by measurement of both internal and external auditing, patient feedback, Quality Always, We Care and CQC. You will be encouraged to partake in your own audit whilst with us, which can be implemented as a quality improvement initiative.

Competencies and learning opportunities:

- An integrated team approach
- Opportunities to shadow the GPs and ACP
- Insight visits with attached staff e.g Midwife, Community Matron, Medicines Management
- Inclusivity with team meetings with encouragement to participate
- Working closely with the nursing team
- Baby immunisation – can be done independently after recognised training
- Flu injection clinics
- Assisting in Contraception Clinics
- Doppler measurements and leg ulcer assessment following appropriate training
- Wound care
- ECG recordings
- Aural Care
- Phlebotomy
- IM injections
- Home visits
- Diabetic clinic
- Well person checks
- Hypertension clinics
- Observation of prescribing practices
- Mentorship of student nurses

Further reading:

Please visit the practice website: <https://www.ripleymedicalcentre.co.uk>

Contact information:

Gail Bird (Practice Manager)

Email: gail.bird@nhs.net

Phone: [01773 303591](tel:01773303591)

Team Profile

Clinical Team: St Lawrence Road Surgery (SLRS)

Base: SLRS, 17-19 St Lawrence Road, North Wingfield, S42 5LH

Opening hours:

Monday: 08:00 – 18:30

Tuesday: 07.30 – 19:00

Wednesday: 07.30 – 18:30

Thursday: 08:00 – 18:30

Friday: 07.30 – 18:30

Working hours/shift patterns: Shifts and times are negotiable.



An overview of the service:

SLRS is based in North Wingfield, offering a range of primary care services to the residents of North Wingfield. We have approximately 3,400 patients. We are CQC Good and Green Quality Always (going for Gold accreditation in September 2023).

We have a fantastic team consisting of: A Practice Manager, her deputy manager, a secretary / care coordinator, accounts manager and 7 admin staff. The clinical team consist of 5 GPs, 2 ANPs (1 of whom is the clinical lead for the surgery), 2 Practice Nurses, 2 HCAs.

SLRS is part of DCHS primary care services and is one of four surgeries under DCHS. All of the surgeries work independent of each other but there is some collaborative working also.

Key duties of a Band 5 practice nurse:

- Long term condition reviews and management
- Cervical screening
- Immunisations and vaccinations
- Performing ECGS
- Phlebotomy
- Warfarin management and monitoring
- Dopplers
- Ear syringing
- Travel vaccinations
- Contraception management and reviews
- Maintenance of QOF
- Simple dressings, removal of sutures / clips etc
- Quality improvement projects
- Audit and research

Competencies and learning opportunities:

Our recent NQN has:

- Undertaken phlebotomy training and has been supported to gain confidence in performing this and now independently runs her own phlebotomy clinics.
- Done the ear syringing course and is able to do these proficiently and independently.
- Completed a new contraception initiator course and can now independently advise about contraception and complete reviews.
- Completed the new vaccinator course and is now able to independently administer children's immunisations, B12s, shingles, pneumovax, hormone injections. She was able to run COVID vaccine clinics independently.
- Completed an ECG booklet and is able to do these proficiently.
- Completed ELFH modules for : hypertension, CKD, dementia, sexual health and contraception. These have all helped her to gain the knowledge and confidence to complete some long-term condition reviews.
- Attended a women's health study day and a Menopause study day.

The NQN that come to our area will be given lots of time to spend with all the clinicians in primary care and the admin team to gain a better understanding of the role of the practice nurse within the team. There are opportunities to observe clinics: GP clinics, contraceptive implant clinics, minor surgery clinics, attend nursing home and head injury rehab unit ward rounds.

The NQN will be able to attend and participate in palliative care meetings and reviews, CST meetings, children's safeguarding meetings and PCN meetings, as well as our monthly QUEST afternoon where we do mandatory training, have outside speakers and staff meetings.

Any courses that are undertaken will be fully supported by the nursing team and the NQN will be able to consolidate learning and put skills into practice with the supervision of a practice nurse until they gain their confidence to do it independently. There would be no expectation that a NQN would be running clinics until they are confident enough to do so.

Useful preparation ahead of the rotation (reading etc):

It may be worth exploring what QOF is, the PCN networks, the FINGERTIPS public health profiles website may help understand our surgeries demographics and a wide range of GP level data.

Contact information:

Penny Olewicz (Clinical Lead and Advanced Nurse Practitioner)

Email: penny.olewicz@nhs.net

Michelle Farmer (Practice Manager)

Email: michelle.farmer@nhs.net

Urgent Treatment Centre (UTC)

Team Profile

Clinical Team: Urgent Treatment Centre (UTC)

Base: Buxton, Whitworth (North Units)

Working hours/shift patterns:

Our units are open 7 days a week, 8am to 8pm, every day.

We staff our unit from 07:30 until 20:15

We work a variety of shifts which would be negotiable on starting with our team.



An overview of the service:

Our UTCs are run by highly skilled paramedics and specialist nurses. GP cover is also provided to further broaden the level of clinical expertise. Buxton/Ilkeston UTC offers care to children and adults who attend with undifferentiated diagnosis which includes minor injury or minor illness presentations.

Key duties of a Band 5 nurse:

To assess, examine and treat patients under the indirect supervision of a senior UTC clinician.

Competencies and learning opportunities:

To work towards RCN Level 1.

Learning opportunities:

- IT Skills & the use of SystmOne
- Assessment skills of injury and illness
- Bandaging techniques
- Wound care skills
- Plastering skills
- Teamwork

- Communication skills

Useful preparation ahead of the rotation (reading etc):

- Visit the UTC.
- Revisit/Learn human anatomy and physiology.

Contact information:

Helen Davies

Email: h.davies5@nhs.net

Address: Buxton Hospital, London Road, Buxton, SK17 9NJ

Telephone: 01298 212208

Joanne Windle

Email: joanne.windle1@nhs.net

Address: Whitworth Hospital, 330 Bakewell Road, Matlock, DE4 2JD

Telephone: 01629 593003

Team Profile

Clinical Team: Urgent Treatment Centre (UTC)

Base: Ripley, Ilkeston (South Units)

Working hours/shift patterns:

Our unit is open 7 days a week, 8am to 8pm, every day.

We staff the unit from 07:30 until 20:15

We work a variety of shifts which would be negotiable on starting with our team.



An overview of the service:

Our UTCs are run by highly skilled paramedics and specialist nurses. GP cover is also provided to further broaden the level of clinical expertise. Ripley/Ilkeston UTC offers care to children and adults who attend with undifferentiated diagnosis which includes minor injury or minor illness presentations.

Key duties of a Band 5 nurse:

To assess, examine and treat patients under the indirect supervision of a senior UTC clinician.

Competencies:

To work towards RCN Level 1.

Learning opportunities:

- IT Skills & the use of SystmOne
- Assessment skills of injury and illness
- Bandaging techniques
- Wound care skills
- Plastering skills

- Teamwork
- Communication skills

Useful preparation ahead of the rotation (reading etc):

- Visit the UTC.
- Revisit/Learn human anatomy and physiology.

Contact information:

Debra Howl

Email: Debbie.howl@nhs.net

Ripley Hospital Sandham Lane Ripley Derbyshire DE5 3HE

Telephone: 01773 571470

Ilkeston Hospital Heanor Road, Ilkeston, DE7 8LN

Telephone: 0115 855 4097

Chesterfield Royal Hospital

Team Profile

Clinical Team: Emergency Department

Base: New Emergency Department building, Chesterfield Rd, Calow, Chesterfield S44 5BL

Working hours/shift patterns:

LD1: 07:00 – 19:00

LD2: 09:00 – 21:00

LD3: 10:00 – 22:00

Afternoon: 12:00 – 18:00

Twilight: 18:00 – 00:00

LN: 19:00 – 07:00

24 / 7 service



An overview of the service:

To provide comprehensive, caring and effective nursing care over the 24-hour service. Assist with the developments within the ED Nursing service. To assist with the general management of the Emergency Department absence of the band 6 Sister/Charge Nurse. Be responsible for maintaining professional standards as laid down by the Nursing and Midwifery Council.

Key duties of a Band 5 nurse:

KEY RESULT AREAS

- Clinical/Operational Management
- Human Resources Management
- Multidisciplinary Liaison
- Communication/information

- Environment
 - Quality Governance
 - Research/Audit/Education
 - Professional Development/Personal Performance
 - Exercise clinical Nursing skills to ensure highest level of nursing care,
 - Contribute to the organisation of multi-disciplinary, family centred care.
 - Assess, plan, prioritise, implement and evaluate nursing interventions to meet patient's needs, reassessing as appropriate.
 - Assist with general management of all patient areas, in the absence of the Sister/Charge nurse.
 - To liaise closely with the Matron, Nurse in Charge, and other Senior staff
 - Maintain good communication with all hospital areas and with other internal and external multi-disciplinary agencies.
-
- Ensure that accurate, contemporaneous, and legible records are kept.
 - Assist in the maintenance and correct use of equipment.
 - Assist in the maintenance of adequate supplies as close to the patient as possible.
 - Ensure that all drugs are administered within the agreed local policy and legal requirements.
 - Undertake practice, sensitive to the needs of parents/families from multi-cultural backgrounds.
 - Contribute to the development of professional nursing standards.
 - Contribute to the multi-disciplinary team in discharge planning.
 - Supervising junior nursing colleagues and student nurses as appropriate.

Competencies and learning opportunities:

- **Clinical skills:**
 - Venepuncture cannulation
 - Blood Cultures
 - IV Drug Administration
 - Catheterisation – Male and Female
 - Intermediate life support
 - Plaster of Paris Application
 - Triage / Initial Assessment
 - Medicines Management
 - Basic cardiac skills
 - Nurse Led Discharge
- **Learning Opportunities:**
 - Care of Critically Ill Child Course
 - Paediatric Life Support Course
 - CBRN Training
 - Tils Course (in house trauma course)

- Lower Limb Xray training and Radiation Awareness
- ECG Course
- Mentorship Course
- Advanced Trauma Course
- ALS – Advanced Life Support Course
- Respiratory / NIV ABG Study Day
- Hip Xray Training
- Shadow B6 and supervising opportunities

Useful preparation ahead of the rotation (reading etc):

- General induction information will be sent around to candidates before their start date
- They can visit the Intranet page and read policies and procedures relating to ED
- Could have an informal visit with Matron, Matron's Assistant and Clinical Educators

Contact information:

Lynsey Hamer – (Senior Matron) - lynsey.hamer@nhs.net

Kaye Stevenson (Matron) - kayesmedley@nhs.net

Anna Bevilacqua (Matron's Admin Assistant) - anna.bevilacqua@nhs.net

Rebecca Sears (Clinical Educator) - rebecca.sears@nhs.net>

Lana McClaren – (Clinical Educator) - lanamclaren@nhs.net

Amanda Fox (Assistant Service Manager) – amanda.fox16@nhs.net

Rachel Traveller (Service Manager) - racheltraveller@nhs.net

Team Profile

Clinical Team: Elmlton Ward

Base: Chesterfield Royal Hospital

Working hours/shift patterns:

- Mornings: 07:00 -14:30
- Days: 07:00 -19:30
- Nights: 19:00 - 07:30
- Twilights: 16:00-00:00



An overview of the service: 32 bedded acute medical ward, specialising in Haematology and Endocrinology. We also care for many Oncology patients and patients reaching the end of their lives. We work closely with the Acute Oncology Team, the Diabetes Specialist Nurses, the Supportive Care team and the Haematology nurses to provide the best care on the ward. We train our nurses to care for patients with PICCs, central lines, Hickmans and portacaths, and also to deliver chemotherapy. We have a Band 6 on every shift to support. We are a really friendly and supportive team and would love for you to join us.

Key duties of a Band 5 nurse:

- Oversee a team of 6-12 patients during their shift, with the help of a Health Care Assistant.
- Day to day duties include:
 - washing and dressing, nutritional support, wound care, toileting, cannulation and venepuncture, administering medications, blood transfusions, risk assessments, pressure care, helping with mobility, care plans and high standards of documentation, with the aim to provide harm free, holistic care, providing a positive patient journey. There is a ward Sister on every shift for support.

Competencies and learning opportunities:

- Depending on the year of qualification:
- Venepuncture
- Cannulation
- Catheterisation
- Intravenous medications
- PICC lines
- Support to manage a team and delegate effectively.
- Chance to see PICC lines being inserted, experience huddles and MDTs.
- Chance to spend a day with Supportive care, Diabetes Specialist Nurses, Haematology Nurses, Macmillan Unit, Discharge Coordinator.

Useful preparation ahead of the rotation (reading etc):

- Type 1 and Type 2 diabetes
- Care of the neutropenic patient
- Different insulins
- Blood transfusions

Contact information:

Kiri Binnion (Ward Leader) or ward sisters

Phone: 01246 516375

Hospice

Team Profile

Clinical Team: Ashgate Hospice

Base: Ashgate Road, Chesterfield, S42 7JD

Working hours/shift patterns: Work long shifts 07.00hrs – 19.30 hrs or 19.00hrs - 07.30hrs. over 7 days including weekends and bank holidays. Two unpaid 30-minute breaks.



An overview of the service:

Ashgate Hospice provides Specialist Palliative and End of Life Care to patients.

The IPU (In Patient Unit) aims to offer short term (usually up to 14 days) care to support patients with acute and or complex needs. Age range 18 years upwards. Our criteria is as follows:

- Is at End of Life (last days of life) with complex care needs, causing distress to the patient or family which cannot be managed at home despite a full care package and the Hospice is their preferred place of death.
Or
- Is at End of Life (last 1-2 weeks) with an overall rapid decline in functional status and worsening of existing problems, causing distress to the patient or family which cannot be managed at home despite a full care package and the Hospice is their preferred place of death.
Or has
- A life limiting illness whose level of need is considered beyond the scope of the current caring team due to:
 - Severe, distressing, and uncontrolled symptoms such as pain, nausea, vomiting, breathlessness, complex functional decline.
 - Complex psychological distress such as overwhelming anxiety related to the patient's disease.

In Patient Unit

- 15 bedded unit, all single rooms.
- Free parking
- Onsite café to purchase hot and cold meals.
- Designated staff room with hot drink facilities, microwave and fridge.
- The Multi-Disciplinary Team on the IPU includes:
 - Ward Manager
 - Three Ward Sisters
 - Registered Nurses
 - Nursing Associate
 - Health Care Assistants
 - Two Consultants: Dr Sarah Parnacott (ward round Tuesday and Friday), Dr Anne-Marie Carey (ward round Monday and Thursday).
 - Speciality Drs
 - Therapy Team (OT & Physio)
 - Lymphoedema Team
 - Supportive Care Team
 - Housekeepers
 - Catering
 - Volunteers Maintenance Team
- We have open visiting for families.

Key duties:

- Medication administration which will include set up and maintaining syringe drivers, sub cut injections, SC/IV fluids when required.
- Blood transfusions.
- Support the medical team when patients require an ascitic drain.
- Male and female catheterisation.
- Support patients with NG/PEG.
- Providing holistic individualised care to patients.
- Supporting the emotional wellbeing of our patients and their families.
- Last offices & transfer to our on-site mortuary.
- Difficult conversations with patients and their families.
- Admission of patients from community/NH or an acute hospital.
- Participate in the daily ward rounds with the Consultants.
- Provide ongoing symptom management to patients.
- Care for patients with a drain in situ (e.g., rocket drain).
- Ensure the delivery of high-quality patient centred care, ensuring a holistic approach that is sensitive and responsive to the patients ever changing needs.
- Demonstrate the ability to be flexible to changing patient needs and priorities.

- Work flexibly across shifts patterns to ensure safe skill mix.
- Plan, implement and evaluate evidence-based nursing care strategies for patients and their carers in an open and co-operative manner respecting the rights of the individual.
- Participate in MDT discussions to inform the management plan for patients.
- With support from the ward manager/sisters, lead on the day-to-day management of the admission and discharge process.
- Disseminate the management plans for the patients to the rest of the nursing team.
- Be able to manage the physical demands of the role.
- Have self-awareness and use this to maintain own and others emotional wellbeing.
- Demonstrate the ability to cope effectively with the demands of working within a palliative care setting.

Competencies and learning opportunities:

- Spend some time with the following teams:
 - Community Nurse Specialists
 - Supportive Care
 - Lymphoedema
 - Day Service
- Attend the weekly Multi-Disciplinary Team meeting.
- Join the Consultant ward round.

Useful preparation ahead of the rotation (reading etc):

- Introducing Palliative Care – Robert Twycross
- Palliative Care Nursing – Sheila Payne, Jane Seymour and Christine Ingleton
- Familiarise self with the following medication, their uses, side effects and doses:
 - Midazolam
 - Levomepromazine
 - Haloperidol
 - Buscopan
 - Methadone
 - Ketamine
 - Oxycodone
 - Morphine Sulphate

Contact information:

Karen Walker (Ward Manager)

Email: karen.walker@ashgatehospice.org.uk Telephone: [01246 568801](tel:01246 568801)

Care Homes

Team Profile

Clinical Team: Ashfields Care Home

Base: Daffodil Suite, Ashfields Care Home
34 Mansfield Road
Heanor
Derbyshire
DE75 7AQ

Working hours/shift patterns: 06.45 – 19.00 Days, 18.45 – 07.00 Nights

Shifts and patterns TBC. NQNs will mainly work day shifts and will include alternate weekends. The home has a computerised rota system that is accessed via the user's telephone; this will be set up on commencement.



An overview of the service:

Ashfields is a 74-bed care home split into 3 suites:

- Forget Me Not is a 24-bed suite providing residential and nursing care for 24 residents living with Dementia.
- Daffodil Suite is a 26-bed suite providing residential and nursing care for 26 residents.
- Poppy Suite is a 26-bed suite providing residential and nursing care for 26 residents.

The initial placement will commence on Daffodil Suite the nurse will be mentored by Carol Atack and Kusala Pillai (RGN's) over viewed by Josie Greveson - Home Manager.

Key duties of a Band 5 nurse:

- Providing Nursing care
- Administration of medication – including controlled drugs, syringe driver.
- Care plan, risk assessment writing and evaluating.
- Supervising, developing junior staff and delegating duties.
- Supervisions.
- Making referrals and multidisciplinary working with GPs, tissue viability, falls prevention, community mental health, dietitian, speech and language etc
- Wound Care.
- Attending meetings and reviews.
- Resident assessments
- Providing personal, physical and emotional care to residents.

Competencies and learning opportunities:

- Life of a Nurse in a Care Home
- Care Home Mandatory training programs some E Learning others face to face.
- Medication ordering, administration and checking in.
- Wound care
- Care of the dying
- PCS computerised Care Plans
- Completion of several multidisciplinary referral forms

Useful preparation ahead of the rotation (reading etc):

- Visit to the home to meet the home manager and meet the team.
- Ashfields CQC report
- Ashfields profile and reviews on carehome.co.uk

Contact information:

Josie Greveson – Home Manager

Telephone: 01773 712664

Email: homemanager@ashfields.care

Specialist Services

Team Profile

Clinical Team: Cardiac Rehabilitation

Base: Walton Hospital, Whitecotes Ln, Chesterfield S40 3HW

Working hours/shift patterns: Monday – Friday 08:30 - 16:30



An overview of the service: DCHS Basic Overview

PHASE I:

- We take any cardiac diagnosis as long as they are clinically stable – Angina, MI, PPCI, PCI, CABG, Valves, HF, CRT, ICD.
- The majority of our referrals come from hospitals - Sheffield Northern General Hospital (NGH), Chesterfield Royal Hospital (CRH), Nottingham and Derby Hospitals.
- Community referrals mainly come from the Heart Failure Specialist Nurses (HFSN) based in our office, GP surgeries and the angina management programme (AMP).
- We are not the only team who runs cardiac rehab around North Derbyshire. A programme runs at CRH for post MI patients only. Also Kingsmill hospital (Mansfield) and Bassetlaw (Worksop) hospitals run cardiac rehab in the east.
- As the CRH programme takes a lot of the MI patients our programme based in Chesterfield mainly concentrates on surgical and community referrals.

PHASE II:

- Every referral we receive gets a phone call to introduce our team, gain a basic history, to check on recovery post operation/hospital admission, to explain cardiac rehab, hopefully recruit to a programme and book into clinic.
- Prior to attending the rehab programme all patients are assessed at one of three clinics Ash green (Chesterfield), Bolsover Welbeck Surgery (Bolsover) and Cavendish hospital (Buxton).
- The aim of the clinics is to meet patients one-to-one prior to attending a programme, understand their cardiac and past medical history, to discuss cardiac rehab and complete a functional exercise test.

PHASE III:

- We run at three class locations: Queens Park Sport Centre (Chesterfield and North East Chesterfield), Clowne (for the Bolsover districts) and Buxton leisure centre (Buxton and high peaks)
- Rehab is a nine-week course once weekly.
- Once weekly exercise is either a circuit-based class with individualised levels of intensity to suit all abilities – mixing cardiovascular and muscular strength/endurance. Or a gym-based exercise class, for those who have been identified to be safe using the equipment – mixing cardiovascular and muscular strength/endurance.
- We also offer a home exercise programme for those who are unable to attend classes. This is done by utilising either a home exercise booklet, REACH-HF or BHF exercise DVD and a resistance band exercise programme. Followed up with weekly phone calls, offering either the education sessions to attend, or education over the phone with leaflets sent out to them.
- Throughout a patients exercise programme, they'll be invited to attend 1 education session, covering different topics.
- Digital education is also available with DCHST YouTube channel and virtual LLB session.

PHASE IV:

- There are lots of phase IV programmes available in the county, and we highly recommend patients continue on exercising at their local programme once rehab is complete. Booklets are given to each patient half-way through rehab to choose their preferred location.
- Depending on location there are a variety of options available including gym, circuit class, walking groups, support groups and tai chi.

Key duties of a Band 5 nurse: We only have Band 6 specialist nurses, but more recently have band 5 exercise professionals.

Band 6 nurse; to conduct initial assessments, including functional testing. Assist in class delivery and review patients' recovery (including medications / observations and risk factors). Deliver educational component to reduce patients risk of secondary events.

Band 5 exercise professional; Assist in class delivery, complete final assessments including functional testing. Monitor patients' progression and adapt exercise as necessary. Report any clinical concerns to B6 specialist for review. Deliver appropriate educational components to reduce patients risk of secondary events.

Competencies and learning opportunities:

https://www.bacpr.org/_data/assets/pdf_file/0022/39433/34D_BACPR_Core_Comp_Physical_Activity_and_Exercise_Feb_2021.pdf

Useful preparation ahead of the rotation (reading etc):

- Review BACPR cope components.
- NICE guidance for cardiac rehabilitation.

Contact information:

Lisa Clarke (clinical lead)

Email: lisa.clarke8@nhs.net

Phone: 07867166166

Cardiac rehabilitation secretaries: 01246253061

Cardiac rehabilitation team email: DCHST.Communitycardiacteam@nhs.net

Team Profile

Clinical Team: Older People's Mental Health (Dementia)

Base: The Walton Unit, Walton Hospital, Whitecotes Lane, Chesterfield, S40 3HW

Working hours/shift patterns: We work various shifts:

- Long day: 07:00 - 21:00 with three x 30-minute breaks
- Early: 07:00 - 15:00 with 30 minutes break
- Late: 13:00 - 21:00 with 30 minutes break
- Nights: 20:45 - 07:15 with 30 minutes break



An overview of the service:

The Walton unit provides older peoples' mental health services. We provide a period of assessment and treatment to older people who have had a rapid deterioration in their mental health and need specialised care. Most of our patients have a formal diagnosis of dementia and are usually admitted under Section 2 of the Mental Health Act. Here at the Walton unit, we aim to provide holistic and person-centred care whilst maintaining our patients' dignity and always act upon their best interests.

Key duties of a Band 5 nurse:

- Ensure observation levels are appropriate and staffed, alter if required.
- Deal with any staff absences and refer to as appropriate to the manager.
- Organise staff breaks, help to cover staff breaks and support staff wellbeing.
- Check clinical observations have been taken and assess early warning scores and escalate or repeat as appropriate.
- Help serve patients lunch and monitor their intake.
- Assist HCAs in providing patient personal care, assess skin integrity and general presentation, record diet and fluid intake, obtain MSU samples etc, administer routine medication, task medics via computer if needed, order medication from pharmacy via medication, stock up

drug trolley and clean as needed, dispense medication and administer appropriately, document on the handover if the patient has not accepted their medication, take routine blood sugars and escalate appropriately.

- Check diary for daily allocated tasks and action in a timely manner usually after 1pm handover.
- Ensure diet and fluids are up to date.
- Write up progress and evaluation and update throughout the shift if necessary.
- Admit /discharge patients as required.
- Check controlled drugs in and out of the register, follow up any discrepancies.
- Check clean clinical room temperature and escalate to pharmacy if out of range.
- Complete patient assessments and action referrals where necessary and appropriate.
- Update family on their relative's progress with assessment and treatment.
- Update positive behavioural support plans.
- Prepare ward round notes, attend ward round and carry out / delegate ward round tasks following ward round along with updating family.
- Escalate poorly patients appropriately, arrange patient escort and transport for emergency transfers to hospital, complete necessary paperwork and documentation.

Useful preparation ahead of the rotation (reading etc)

Recommended reading:

- <https://www.alzheimers.org.uk/about-dementia/types-dementia/alzheimers-disease>
- [Which sections of the Mental Health Act are relevant to dementia? | Alzheimer's Society \(alzheimers.org.uk\)](https://www.alzheimers.org.uk/about-dementia/types-dementia/alzheimers-disease)
- <https://www.dementiauk.org/about-dementia/types-of-dementia/>
- <https://www.mind.org.uk/>
- [The Nursing and Midwifery Council \(nmc.org.uk\)](https://www.nmc.org.uk/)
- <https://nursingnotes.co.uk/resources/the-100-most-common-medications-in-uk-hospitals/>

Other useful resources:

- The British National formulary
- The Mental Health Act
- The Mental Capacity Act 2005

Contact information:

If you require any further information or would like to arrange an informal visit / chat, please contact:

Helen Nixon (Clinical Educator (Band 6 RN)

Email: Helen.nixon12@nhs.net

Phone: 01246 515547

or
Dawn Bradley (Ward Manager)
Email: Dawn.Bradley18@nhs.net
Phone: 01246 515547