

# Student



# Session

By Rachael Hayllar  
Presented by Natalie Matchett & Steve Astles



# Aims and Objectives



**To share best practice and encourage the use of this forum**

- **What is the Student Time Out session?**
- **Why is it needed?**
- **How it was set up**
- **Forum content and structure**
- **Evaluation**
- **Moving forward**

# Who/What are PLSU?

- We are an Interprofessional team
- We organise placements at Derby Teaching Hospitals
- We support Students and Educators in clinical areas
- We help improve quality of placements and student experience



# Why did we do it? Locally

Student Occupational Therapists and Physio Therapists were already receiving a regular face to face meeting with our Allied Health Professional (AHP) Practice Placement Facilitators (PPFs) to do inter-professional based learning, reflecting on their practice and learning experiences. As a team it was felt it would be beneficial to student Nurses and Midwives if the same service was offered to them.

The Nursing PPF's now provide students with the 'time out' sessions which were developed to ensure equity to all Nursing and Midwifery students and as an additional support structure whilst on placement.

The session also promotes inter-professional working relationships and helps the students to see that all the professions they encounter daily share the same organisational values (Francis, 2013).



# Why did we do it?

## Nationally

### Political and Educational Drivers;

- More students needing support e.g. mental health and wellbeing issues, financial etc.
- Spending Review – removal of NHS Bursary and commissioning cap:
  - Leading to change in student demographic
  - Increase in number of students at our local HEI's
- Trust pressures – regular in full capacity/vacancies
- NMC Educational standards are changing – role of mentor
- Change from paper to electronic OAR's

**Lead to need for review of capacity and support of student placements to ensure quality student experience**

# What is it?

- The **Student Time Out** is a newly developed session which provides student Nurses and Midwives with the opportunity to reflect on their practice.
- Students can learn about other professions through problem solving.
- Students are also given time at the end of the session to discuss any concerns or ask any questions they may have with their on going achievement records (OARs) or placements.



# How did we do it?

- A poster was developed and distributed to the universities to be shared with students that are currently on placement at Derby Teaching Hospital and London Road Community Hospital.
- Promotion within Universities and Newsletters
- The poster was also sent out via email to all the department managers and PLT (Practice Learning Team) links for all the placement areas, so they could be posted on to student boards and in staffrooms.
- Student and staff feedback to gauge interest and develop the sessions to meet all the learner needs of students – content be relevant and useful



# Aims and Objectives of Student Time Out

**The aim is to provide equal learning opportunities and support to all students within Derby Teaching Hospitals Foundation Trust.**

- To facilitate students in reflecting on positive aspects of the learning journey and recognising their own personal developments and achievements.
- Students will learn about other professions/MDT and improve communication and relationships, creating a positive impact on patient care (Stone, 2017).
- Through peer learning and support students will problem solve any placement issues they encounter.
- A forum to share good practice and to disseminate information.
- To provide an additional support network – contact details of PPF/PLSU if required.





# What were the challenges ...

Challenges	Solutions
Student expectations	Clear advertising and explanation e.g. ToR, ground rules
Organisation can be time consuming	Gain PLSU Admin support and time management
Need to consider space restrictions	Booking only
Students of varying abilities	Split into different groups/years, ensure all student voices heard
More time on OAR and evidence	Added time on agenda to incorporate, developed FAQ's sheet

# Evaluation

"It was nice to meet other students who are at different stages and come from different universities."

Felt reassured that there is support for students

"Very informative and reassuring that you have support as a Student Nurse."

"Very helpful and useful as it gave a lot of information about things I never knew about

It was great to meet other peers, we were able to help each other and understand each other. I felt we could solve problems in the session without needing to go to my mentor.

We got to share our hardships and breakdown the problem – so it becomes nothing

Helped me recognise my own achievements

*"Discussing challenges we face and help over come these"*

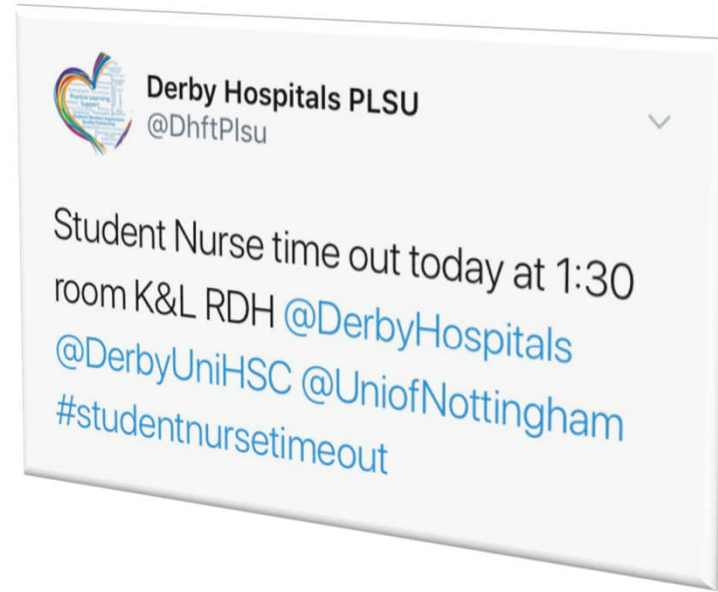
An advantage was the opportunities for learning – collaboration with each other to practice taught material.

"I feel better with where I am going with placement."

*"Allows you to get advice and support"*

It was nice to catch up and discuss placement life with fellow students and share experiences

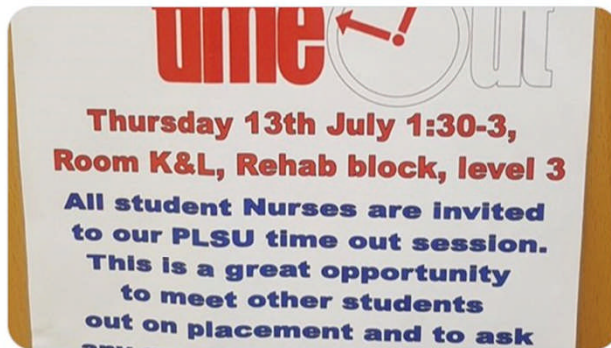






Derby Hospitals PLSU · 13/07/2017

Excited for our Student nurse Time out session this pm! Can't wait to meet our students of Derby Teaching Hospitals!  
[#Studentnursetimeout](#)



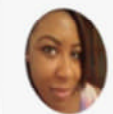
Joe Glover @nurse\_glov... · 14/07/2017,  
Replying to @DhftPlsu

Such a great idea as placement can be very isolating for student nurses. Likely to happen again?



Orinthea Douglas @orin... · 13/07/2017  
Replying to @DhftPlsu

Really hoping to get a lot from today...nice to see so many new faces



Orinthea Douglas  
@orintheadouglas

Looking around at my future nurses...can't wait to work with you all  
[#studentnursetimeout](#)

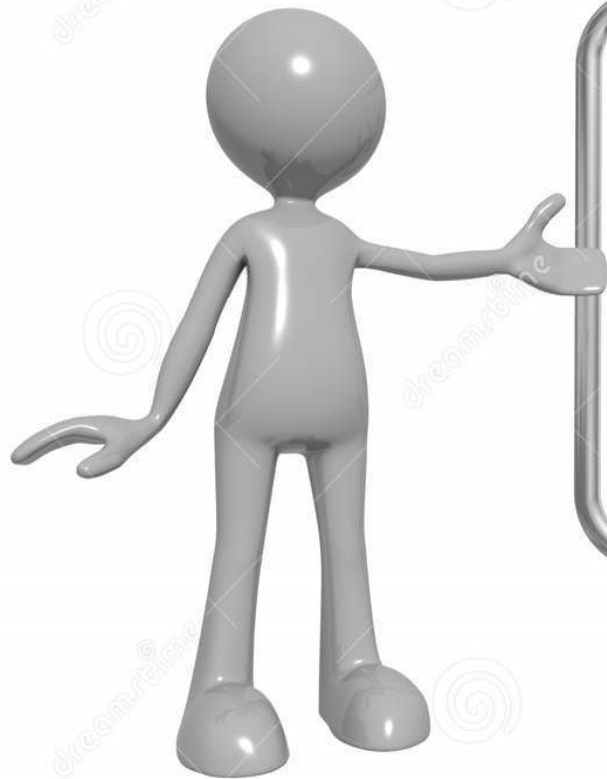
# Moving forward

Overall the student timeout session is a very successful project. Students see it as a valuable session that provides them with the time out of placement to reflect on their practice and problem solve through the help of their peers.

- In the future we may have teaching sessions from specialist nurses.
- Students have also suggested having mentors and educators attend the session to share their experiences.
- To continue advertising through Universities and placement areas, to reach as many students as possible.
- Sending an email to students in advance with topics or questions to think about before the session.
- To include merging Trusts and share our time out session with colleagues



# Thank You



*Any  
Questions?*

# References

Stone, R., (2017). Interprofessional learning: benefits for healthcare teams and patients Ruth Stone, a final-year student at the University of East Anglia, describes her experiences of attending conferences and workshops on interprofessional learning. *British Journal of Nursing*. 26, pp.571.

Mid Staffordshire NHS Foundation Trust, (2013). *Report of the Mid Staffordshire NHS Foundation Trust Public Inquiry- Executive Summary* [online]. London: Crown Copyright. [viewed 19th November 2017]. Available from: [https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/279124/0947.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/279124/0947.pdf)



Derby Teaching Hospitals



NHS Foundation Trust

For more information

Tel: 01332 7 (86037) – PLSU

E-Mail: [dhft.plsu@nhs.net](mailto:dhft.plsu@nhs.net) – Natalie Matchett, Steve Astles and Rachael Hayllar

Twitter: @DhftPlsu

