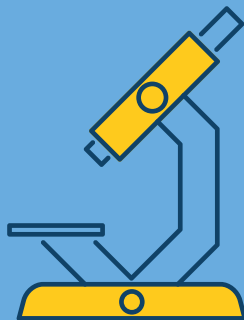
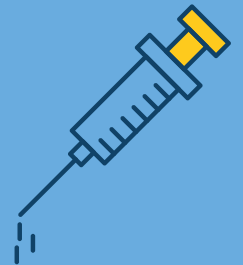


Career Prospects in

HEALTH

SOCIAL

CARE



The Health and Social Care sector includes any person or any organisation who provides healthcare support to people.

This includes hospitals, dentists, physiotherapists, social care workers, nursery nurses and paramedics.

In short, it includes any organisation or service which helps people live more independent, healthier lives.

DID YOU KNOW?

- There are over **350 job roles** in the Health and Social Care sector
- There are over **100,000 vacancies at any time** in the sector
- The **NHS is Europe's biggest employer** and the **fifth biggest employer in the world**
- Nearly **1.5 million patients interact** with the NHS **every 24 hours**
- The number of Health & Social Care jobs is predicated to grow to around **2.6million by 2025** nationally
- Due to an aging population Health & Social Care is **one of the fastest growing sectors in the UK**
- The Health and Social Care sector contains a **wide variety of different job roles**, many of which you might never have thought of before
- **The sector also values flexibility**; once you're working in the sector, you might have the opportunity to move around between different sectors so you're not locked in to a particular job type. That makes it ideal for anyone who isn't quite sure what they want to do. Of course, if you're aiming for a particular job or career path, such as becoming a doctor or a social worker, you can also achieve that.

Within the Humber region...



There are **over 50,000 employed** in the health and social care sector

The health and social care sector accounts for **14% of employment in the region**



JOB TYPES IN HEALTH SOCIAL CARE

The NHS offers a huge range of exciting and challenging opportunities for people who are passionate about making a difference. With more than 350 different careers on offer, there is a job for you no matter what your interests, skills or qualifications are.



Ambulance Service

The ambulance service is not just about responding to a 999 call with an emergency ambulance crew. There is also a team of people with different roles who provide the vital back-up to keep the emergency care going.

Roles include:

- Patient Transport Driver
- Emergency Care Assistant
- Call Handlers/Control Assistants
- Paramedics

Midwifery

As a midwife, you'll mainly deal with women who are healthy but require professional support and advice to help them throughout pregnancy, labour and the postnatal period.

Roles include:

- Maternity Support Worker
- Midwife

Allied health

Allied health professionals (AHPs) provide treatment and help rehabilitate adults and children who are ill, have disabilities or special needs, to live life as fully as possible.

Roles include:

- Speech and Language Therapist Assistant
- Operating Theatre Practitioner
- Occupational Therapist

Primary care professionals

Primary care services provide the first point of contact in the healthcare system, acting as the 'front door' of the NHS. Primary care includes general practice, community pharmacy, dental, and optometry (eye health) services.

Roles include:

- Health Visitors
- Support Staff
- Doctors

Social Work

Social workers work with people to find solutions to their problems. This may be helping to protect vulnerable people from harm or abuse or supporting people to live independently.

Roles include:

- Care Assistant
- Social Worker

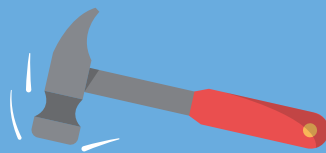
Nursing

Nursing offers you the chance to make a difference to people's lives and have a career with excellent employment prospects.

Roles include:

- Adult/Children/Learning Disability/
- Mental Health Nurse
- Health Care Assistant

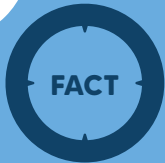




MYTH BUSTING



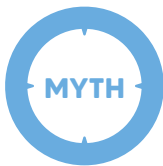
Nurses are failed doctors



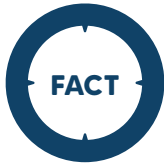
Nursing is not a fallback career!



The decision to become a nurse is a completely conscious career choice, made by people who want to help others in a challenging and rewarding profession. The role of a nurse is completely different to a doctor, and the **training paths to becoming qualified are completely separate too.**



Social care is a job with no opportunities for career progression



There are lots of opportunities to progress in your career in the Care sector

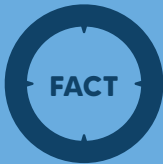


Especially as the sector is being integrated more with the health sector. There are also opportunities for you to learn and gain qualifications while you're working which means you can progress onto roles with more with more responsibility or work towards a specialism, such as a Social Worker or work within Occupational Health.

If you're dedicated and have a good attitude, there are plenty of opportunities for promotion.



Nursing is a career for women

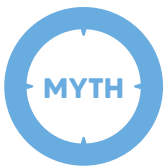


Both men and women work as nurses and midwives across the UK and throughout the world

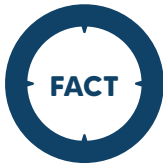


Although males do make up a lower percentage of the workforce compared females, there are still over 74,500 registered male nurses in the UK.

It's more important than ever that we have male nurses to help ensure that male patients are well represented within the health sector.



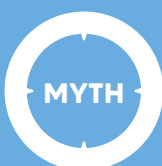
You have to be interested in sport to be a physiotherapist



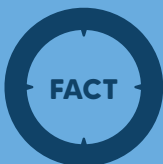
You can find physios that only work within sport rehabilitation, however physiotherapy is more about getting people moving



A physiotherapist may find themselves working in a hospital in the emergency department assessing tissue damage or on a surgical ward, getting patients up and moving after surgery.



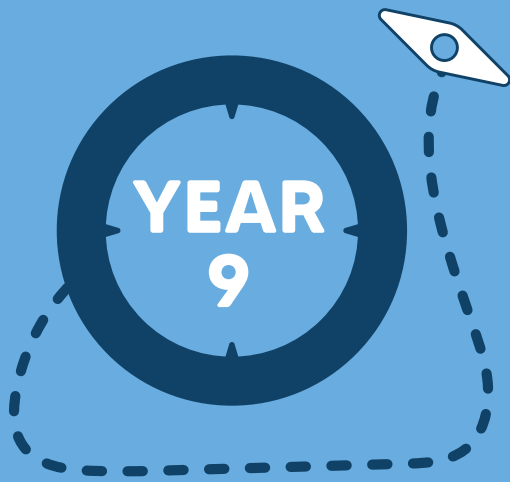
A dietitian has an easy job as they just tell people to eat healthy food



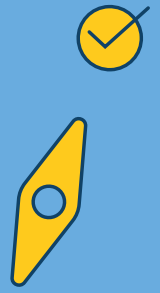
Dietitians don't just give people advice on what they should and shouldn't eat, they also look at how food may help treat disease and ill health



When a dietitian is talking to a client about food plans, there are many factors that need to be considered when suggesting changes to their eating habits, such as emotions around food and cultural practices. Some dietitians don't even speak with their patients; they can work in intensive care with a patient in a coma calculating their nutritional requirements for feeding through tubes.



What GCSE's are important for a career in HEALTH SOCIAL CARE



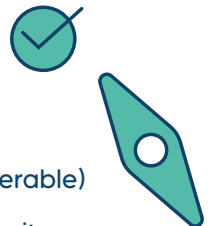
In year 9 you will have to make some important decisions about what to study over the next couple of years. You will have to **continue with some subjects** such as Maths, English and potentially science but you will have some choice for the others.

Doctor or Dentist

Essential GCSEs: Maths; English Language and Science (if your school offers it, triple science is preferable)

Try pick other GCSEs you're interested in; to qualify for a medical related degree at University, your A-Levels will be heavily maths and science based so enjoy some variation while you can!

Courses are competitive, so you should be aiming for grade 6 or higher in all subjects.



Nurse or midwife

Essential GCSEs: Maths, English Language or Literature and Science (duel or triple science is preferable)

You might want consider taking Health and Social Care as one of your options if your school offers it as the course is relevant, although this is not a requirement.

To secure a place on a nursing or midwifery course, you are likely to need grades 4 or 5s in your GCSEs then go on to take A level (or equivalent Level 3 qualification).

Social work

Essential GCSEs: Maths and English Language

Although no other GCSE choices are essential, other subjects may be beneficial to the role. Consider taking, sciences, health and social care, ICT and a language.

You are likely to need GCSE grades 4 or above to continue your career path.



If you're still unsure what you want to do, taking a broad range of subjects will usually help to keep your options open.

Remember that getting good grades in English, Maths and Science will always help you in the future.





OPTIONS

For some health careers (e.g. Medicine or Nursing), you may need to study specific subjects, such as one or more subjects in sciences, maths, or a social science to ensure you can progress onto post 18 study.

It's important that you do your research so your study choices don't limit your further education.

1 A Levels

A Levels are the most similar option to what your GCSEs were like. You study each subject over two years and are assessed mainly through exams. This is where if you have a specific career path in mind, make sure you pick the subjects which are required for you to get there. This might be going to university, getting a higher apprenticeship or going straight into employment. At A-Level you would usually have the option to pick three different subjects. For example, if you're wanting to study medicine, you're likely going to need to study Biology, Chemistry and either Physics or Maths or if you want to study nursing you may need biology or another science to get accepted onto a university course.

2 Vocational Courses

Vocational courses are designed to help you learn practically within a specific job area. A level 3 course will provide you with the skills and knowledge to start a career in the sector or go onto study at higher education. Level 3 vocational courses include: Diploma in Health and Social Care.

T level in Health: T Levels are a type of vocation qualification which have designed in partnership with employers themselves to give you the skills and knowledge to get on in the workplace. They combine classroom learning with a placement (minimum of 9 weeks with an employer) to help prepare you for work or higher study including university and higher apprenticeships. One T Level is the equivalent of three A Levels. You'll be assessed through exams, projects and practical assignments. The Healthcare Science T Level has a range of compulsory core content with options to specialize. Topics covered may include; health and wellbeing, infection prevention and control, good scientific practice and health, safety and environment regulations.

3 Apprenticeships

Apprenticeships combine work with learning. You'll get to start working in your chosen area of health and care, learning the necessary skills on the job while you study for your qualification. If you've completed your GCSEs with grades 9-5, you want to be looking for a level 3 advanced apprenticeship. Apprenticeships are incredibly competitive as there's often only a limited number of vacancies so make sure to start looking for opportunities early and consider having a backup plan if you don't manage to secure a position.

Apprenticeships of this level may include: Adult Social Care, Maternity and Paediatric Support, Ambulance Support Worker, Healthcare Support Worker and Pharmacy Services.



OPTIONS

There are a lot of options to choose from at 18. What's right for you will depend on your situation and the career or job you have in mind.



University

The majority of degrees within health and social care will take 3 years to complete (medicine takes 5).

Here are some examples of degree courses available. Adult/Child/Mental Health/Learning Disability Nursing, Medicine, Paramedic Science, Sports Therapy, Midwifery, Social Work, Operating Department Practice, Psychology, Childhood Studies

Employment

Most jobs within health and social care will require some training qualification (either level 2 or 3) which you may have completed in college.

If you don't have the qualifications, some jobs let you work towards the qualification while working. They often need to be completed within a year (e.g. NVQ in Care to be a Care to be support worker)

Apprenticeship

Higher Apprenticeships (level 4): To start at this level, you should ideally have 2 A-Levels (or equivalent) or have completed an advanced level apprenticeship. Higher level apprentices follow work-based learning towards levels 4 and 5- equivalent to a foundation degree and above.

Examples of level 4 apprenticeships are: Healthcare Science, Assistant Practitioner, Care, Leadership and Management

Degree Apprenticeships (level 6+): You're likely to need evidence of any work experience in the sector, English and Maths GCSE to at least a level 4/C standard and relevant A Levels (or equivalent) qualification. Degree level apprentices follow work-based learning towards levels 6 and 7 - equivalent to a full bachelor's or master's degree.

Examples of degree apprenticeships are: Nursing, Midwifery, Physiotherapy, Paramedic, Occupational therapy, Operating department practice, Social work

Gap Year

You can take a gap year at any time in your life, but many people do so after studying at college.

You can take the opportunity to: volunteer in the UK or overseas, get a paid job - in this country or abroad, spend some time travelling, or take a course.

Depending on what you want to do, a gap year can: give you time to think about your future career, help you develop as a person and gain new skills and give you the opportunity to get experience related to a career that interests you - this may be helpful or necessary to be able to progress onto certain training pathways in health careers (e.g. if you want to study medicine, you're expected to have work experience within the health sector)



Important skills needed for



HEALTH SOCIAL CARE



Strong work ethic

You will often have to go 'above & beyond' in the care and service of others in order to get the job done. Health and social care careers tend not to be standard 9 to 5 shifts; you might find yourself working weekend or night shifts. Being motivated and having a positive and strong work ethic will help you make the best of the situations and deliver the best results under the circumstances.



Communication

Communication is all about making contact with others and being understood. You'll need to speak with patients and their families in a calm, professional and reassuring manner in difficult situations as well as communicating efficiency with your colleagues. You will be required to communicate with a range of different people and overcome communication barriers.



Empathy

Working within the health and social care sector, you're likely to come across some difficult and upsetting situations, especially for the client and their family. Its therefore important you're able to empathize and be sensitive with those involved in order to help the necessary people.



Problem solving

Treating patients is in essence, problem solving! Much like being a detective, working on many positions in the health sector such as a doctor or paramedic, you will need to gather together clues from the patient regarding their symptoms then run the correct tests in order to identify the cause of the problem.



Ability to Perform Under Pressure

The ability to stay calm under pressure is one of the key skills needed when working in the health and social care sector. You will be dealing with stressful situations everyday so you need to be able to stay composed, focused and productive under pressure.



Time Management

Someone working in the health and social care section is likely to have a very busy and highly demanding job. Time management is the process of organising and planning how you divide your time between multiple activities or jobs. Good time management will enable you to work smarter, not hard, so that you can get more done in less time, even when time pressures are high.

A DAY IN THE LIFE OF a Children's Nurse



Morning



Day shift starts with a handover with the nurse in charge from the previous shift at 7:45am.

This includes an update on each patient on the ward. You'll also be allocated specific patients to monitor and tasks to carry out. Notes are made of the patients who require the most attention and allocate them more frequent checks and observations through the day so that their conditions can be closely monitored.



Check each patients drug and treatment charts and make a note of what time they're due.

Meet at the patients and say good morning to them.



Take any fluid or IV pump readings for that hour (this is then repeated throughout the day) and make sure that all the equipment they need is in good condition.



Then patient observations start, which includes monitoring their temperature and assessing their condition. Patients who can get out of bed and get dressed should be encouraged to do so, so they can take part in activities like drawing or painting.



By 10am, the fluids need rechecking and changing if required. This ensures that the patient has the right fluid balance for their treatment.

Afternoon



Along with the healthcare assistance, you'll need to ensure that the patients have had lunch. Blood checks are then carried out and any other tests which have been requested by the consultants. Once the tests are back, they need to be checked that they are within a satisfactory range for their age and condition. If they're not, the medical team need to be contacted so they can reassess the treatment.



All afternoon, patients are closely monitored to make sure they remain as healthy, comfortable and pain-free as is possible.



Ensure that the children are keeping up their person hygiene such as washing and brushing their teeth.



As the shift draws to an end around 8pm, the written handover needs to be updated and that all patients' paperwork, care plans and records of stats are updated.



Ensure that the medications and fluids are up-to-date for the next shift.



Finally, hand over all the paperwork and say goodbye to the patients before leaving the ward around 8:15pm.



Signposting

Key websites

www.healthcareers.nhs.uk

www.lmihumber.co.uk/healthcare

www.ucas.com/ucas/after-gcses/find-career-ideas/explore-jobs

www.healthcareers.nhs.uk/explore-roles

www.prospects.ac.uk/jobs-and-work-experience/job-sectors/healthcare

www.prospects.ac.uk/jobs-and-work-experience/job-sectors/social-care

www.nationalcareers.service.gov.uk/job-categories/social-care

www.healthcareers.nhs.uk/working-health/working-social-care

Key employers

- NHS - e.g. hospitals, mental health trusts, community-based settings
- Local authorities - e.g. social services
- Charity and voluntary organisations - e.g. Age Concern, Barnardo's, British Red Cross, Save the Children
- Residential and non-residential care organisations
- HM Prison and Probation Service
- Private or independent organisations e.g. Bupa, BMI Healthcare, Spire Healthcare
- Schools, colleges and universities

