

## A Day in the Life: The NHS

We are all experiencing difficult and challenging times with many people being affected by the Coronavirus. This may be just having to stay in and not see your friends or wider family or it may be that you or some of your family have been ill.

The one thing which will affect us all is how well the National Health Service is able to manage the situation and be there to look after us and prevent as many people as possible becoming very unwell or even sadly dying of the virus.

There are a huge number of people in a range of jobs employed to ensure we are safe and informed about what is going on and to care for us if we were to become ill. Some of the jobs you may not have even thought about or know they exist.

### Activity One:

Follow the pathway and watch the videos. After each one read the text relating to their role within the current coronavirus outbreak.



### Scientist:

<https://www.bing.com/videos/search?q=coronavirus+scientist&&view=detail&mid=E63AD53EB95DEF2ED2DFE63AD53EB95DEF2ED2DF&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dcoronavirus%2Bscientist%26FORM%3DHDRSC3>

The scientist is vital in understanding how diseases such as coronavirus work and how they change or affect individuals and communities. They work together across boundaries both nationally and internationally to ensure they share knowledge and understanding so they can have the greatest impact across the world.



**Knowledge and Evidence:** <https://www.youtube.com/watch?v=nk7AAHb7usg>

The librarian is important in ensuring that the evidence which is produced by scientists and academics is available for clinicians and those involved in protecting us. It is vital that we have the best evidence available to make sure the decisions made about the treatment and care of people and communities are safe and effective.



**Health Protection Nurse:** <https://www.youtube.com/watch?v=PjkKDyjm6XE>

The health protection nurse is responsible for ensuring that the policies and procedures that are in place to protect our health and well being are effective and safe. They will ensure that people and communities have the information they need to keep them safe and well. In times of epidemics such as flu or coronavirus. They work alongside clinicians such as GPs or hospital staff to communicate issues and ensure that communities are

safe from diseases spreading. They will provide information and support to the public and clinical staff.



### NHS 111:

[https://www.youtube.com/watch?v=3cVf4F2q\\_fc&list=PLnnpXZprOJeaV0Zh6rIILMHMu5jnk1N](https://www.youtube.com/watch?v=3cVf4F2q_fc&list=PLnnpXZprOJeaV0Zh6rIILMHMu5jnk1N)

In the current coronavirus outbreak the staff who manage the calls through 111 are vital. They are offering support, information and guidance to all those people who have symptoms of the virus and are worried about themselves and their families. They will arrange for an ambulance to come to you if you or one of your family is experiencing severe symptoms such as severe difficulty in breathing which has got worse over a period of time. If your symptoms are only mild and you are able to stay at home, they will tell you when you should seek medical advice.



**NHS: Paramedic:** <https://www.youtube.com/watch?v=blbXxbJwGxM>

If someone was experiencing severe difficulty in breathing and was unable to talk because of it and had been unwell for a few days, it is possible they may need to be admitted to hospital. Having called 999 an ambulance would be sent to the address given and a Paramedic may attend to assess the person. If they were experiencing symptoms which could be coronavirus then they would be taken to hospital having been assessed by the Paramedic to see if they have a temperature and to see what their heart and breathing rate is. They may need to be given oxygen on the way to hospital and the hospital will be contacted to inform them that someone may have the virus and is being brought to them. The Paramedic and their crew will wear protective equipment to prevent the virus being spread.



**NHS Logistics:** <https://www.youtube.com/watch?v=aWUZmaYizml>

The NHS goes through a large amount of equipment every day. From medicines to gloves and beyond. Everything must be ordered and then delivered often from across the country or overseas. NHS Logistics are responsible for ensuring everyone has everything they need to be able to care for people, undertake operations and ensure everyone is safe doing their job. Currently NHS Logistics is working increasingly hard to make sure everyone who works in caring for other people either in the community or in hospitals has the right protective equipment such as gloves, masks, gowns so they can keep themselves and others safe and prevent the spread of the virus.



**NHS Doctor Emergency Medicine:** <https://www.youtube.com/watch?v=4HhJMk4k4Hk>

If a patient was taken to hospital by ambulance, then they would arrive at the Emergency Department before being admitted to the ward. Having severe difficulty in breathing and suspected to have coronavirus would require urgent assessment by a doctor. An emergency doctor has had training in a lot of areas of the hospital, so they are able to treat a range of different conditions. They work with a team of other professionals such as nurses, health care assistants, physiotherapists and radiographers. They can look after those people who come in following an accident or someone who may be unwell from a heart attack or difficulty in breathing.



**NHS Nurses:** <https://www.youtube.com/watch?v=7N5ZyvlGQeo>

Nurses can work in a variety of different roles. For someone who is very unwell having been diagnosed with Covid 19 they may need to be admitted to intensive care to have oxygen treatment and to be monitored very carefully. Some nurses are specialist critical care professionals and have spent a lot of time studying and gaining additional qualifications to help them understand in detail how the body works and how to care for people who are seriously unwell.



**Porters:** <https://www.youtube.com/watch?v=lpY7HzHOSJI>

Porters are like ants working away across the hospital moving people and equipment wherever it is needed. They must be very fit as they spend a lot of time walking around moving things and can walk miles in a day. They are extremely important in making sure people and things are where they need to be when they need to be there.



**NHS Radiographer:** <https://www.youtube.com/watch?v=G9gKppg0WQg>

For anyone who has difficulty in breathing and is unwell they will be sent to have an x-ray of their chest so the doctor can see what is happening in there. A normal chest x-ray would be black with just the bones showing as white. In someone with an infection in their lungs it may show white fluffy patches. A radiographer is trained to understand how to perform different types of x-rays dependent on what is wrong with the patient. They may have had an accident falling from a tree and need an x-ray of their arm as it is painful and swollen. An x-ray will confirm whether the arm is broken.



**Community Nurse:** [https://www.youtube.com/watch?v=TOx\\_AW2UD8k](https://www.youtube.com/watch?v=TOx_AW2UD8k)

Once a person is feeling better and are recovering from the virus, they will be able to go home from hospital. It is important people can be discharged from hospital as soon as they are feeling better. At home they may be visited by a community nurse who can monitor their recovery and make sure if they need any more treatment, they can provide

that at home. Community nurses will work alongside GPs and other health professionals and often care for people for a long period of time getting to know them and their families.

They may work with the person's carer at home or with nurses and carers in residential or nursing homes within the community. If you would like to find out more about roles in the community follow this link: <https://www.healthcareers.nhs.uk/working-health/working-social-care>

It is important to recognise how many different roles there are in health care and how they interact to provide information, treatment and care across the system. Each role is dependent on how well other roles work and no one role is more important than another. The roles outlined above are just a snapshot and other professions such as pharmacy, psychiatry and all the administration roles such as ward clerks, finance and records services are likely to come into the patient's journey.

The health care system is a community within its own right, and everyone works together to ensure individuals and communities are kept safe where possible preventing harm and illness or managing it effectively when it occurs. In the United Kingdom unlike many countries a free health care system available for everyone at the time of need is a privilege we are lucky to have.

### **Activity Two:**

Choose one of the roles you have been reading about and then log onto NHS Careers. Find out how you would go about taking on that role and what you will need to achieve at school/ college. You can type the role into the search bar in the top right-hand corner of the website. Write down the steps you would have to take to apply for / train for the role.

<https://www.healthcareers.nhs.uk/>

