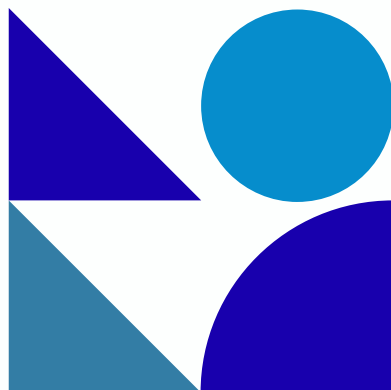


Careers in NHS Highland Day



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Welcome Note

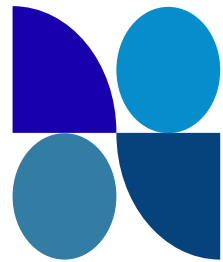
Careers in NHS Highland day is designed to provide you with a chance to find out about the range of different career options open to you in the NHS. It is your chance to ask questions, try your hand at different tasks and activities and understand the routes and qualifications required for different careers.

You will have the chance to

- chat with individuals doing different roles,
- find out about what is involved in a typical day for them.

This booklet outlines the format of the day and an overview of each of the workshops. You are required to select 4 workshops that you would like to attend. We will endeavor to ensure that you are allocated to at least your first two choices.

When you register on the day you will be provided with details of the workshop you are allocated to and in which order. It is important that you follow this timetable and only attend the workshops that you have been allocated to, in the order that you are allocated. This will ensure that we have the correct number of pupils in each session to allow them to run smoothly.



Megan Glass
Employability Lead,
NHS

Programme

TIME	Activity	Venue
9.30 – 10.00	Registration	
10.00 – 10.20	Welcome & Introduction	Lecture Theatre
10.20 – 10.30	Instructions around moving between session	
10.30 – 11.10	Workshop Session 1	
11.15 – 11.55	Workshop Session 2	
12.00 -13.09	Lunch + Stalls Activity	Street
13.00 – 13.40	Workshop Session 3	
13.45 – 14.25	Workshop Session 4	
14.30 – 15.00	Plenary & Questions	Lecture Theatre
15.00 – 15.15	Evaluation & Close	Lecture Theatre

Adult Social Care

Ever thought about a job where you help people every day?

Adult Social Care is all about **kindness, understanding, teamwork, and making a difference**—and this workshop is your chance to find out more!

Adult Social Care means supporting people to live happy, healthy lives. This takes place in a range of places:

-  Care Homes
-  Helping people in their own homes
-  Housing support
-  Day centres
-  Work in Communities – helping people stay connected and supported where they live



The workshop will allow you to:

-  Find out how to get started; a range of entry levels into the profession. The most important requirement is kindness and patience
-  Look at the subjects / courses that can be helpful for a career in Adult Social Care
-  Learn about the day-to-day tasks and skills required through hands-on, creative, and exciting activities!

Come along and discover how Adult Social Care could be the start of something amazing. It's not just a job—it's a way to change lives.



Allied Health Professions

Allied health professionals (AHPs) assess, diagnose and treat people of all ages to enhance their health, wellbeing and quality of life. They also signpost people to other services to help them access additional care and support they may need.

AHPs make up the third largest clinical workforce in NHS Scotland



In this workshop, you will have an initial introduction to different AHP roles in NHS Highland. You will then have a chance to move around a range of '**mini-stations**', which will allow you to learn a little more about each specific job role through interactive hands-on activities plus a chance to chat with the different AHPs and find out what it is like to do their job, and what a typical day is like for them.



Find out more
about AHP careers
on the NHSScotland
Careers website



www.careers.nhs.scot/ahp

Dental

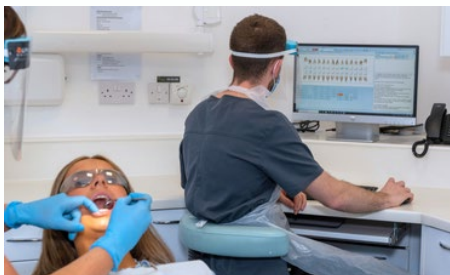
The dental team supports dentists to provide oral health services to people, including the treatment of dental and oral disease, dental irregularities and injuries.

In the **workshop** you will have the opportunity to find out what's involved in the role of the Dentist, Therapist, Dental Nurse, Oral Health Educators, Extended Duties Dental Nurses, Oral Health Support Workers & Toothbrushing Support Workers.

You will have an opportunity to experience a mock dental clinic set up with a phantom head. There will be demonstrations and advice given about what's involved whilst working within the dental clinic.

There will be information on the clinical skills required to fulfil these roles within dental and you will have the opportunity to look around the phantom head with a mirror and complete charting of the mouth.

A range of other activities will include such tasks as mixing denture impression materials, toothbrushing & interdental cleaning, etc.



[Dental | NHSScotland
Careers:](https://www.careers.nhs.scot/explore-careers/dental/)

<https://www.careers.nhs.scot/explore-careers/dental/>

Health Care Science

The healthcare science workforce is involved in 80% of diagnostic decisions in patient care. They're at the heart of improving healthcare and advancing scientific development through technology and innovation.

Did you know that there are more than 50 different healthcare science careers?

Healthcare scientists work in one of these 4 areas:

- physical sciences and clinical engineering
- bioinformatics and data science
- **life sciences**
- physiological sciences

In this life sciences workshop, you will learn about:

- What goes on in a hospital laboratory.
- Different types of specimens we test.
- How we provide information to doctors and nurses on what may be causing patients to be ill.
- How we provide information on treatment for patients
- How we provide information to doctors and nurses to ensure treatment is working.
- How you can become a Biomedical Scientist!

Get a chance to look down the microscope at bacteria that can cause infections.



For more healthcare science career inspiration,
visit our website –
careers.nhs.scot/healthcare-science

Medicine and Medical Careers



Are you interested in a career in Medicine? In this workshop you will have the opportunity to speak with a group of final year medical students currently in clinical practice in Raigmore Hospital.

You will be given the opportunity to discuss in small groups what it is like to be a medical student and get the opportunity to interact with exciting teaching models used for teaching medical students how to assess and examine patients.



[Your Med Future | NHSScotland Careers](https://www.careers.nhs.scot/shape-your-future/your-med-future/):<https://www.careers.nhs.scot/shape-your-future/your-med-future/>

Nursing

The key role of a nurse is to deliver person-centred, safe and effective care. Nurses help patients understand information about their diagnoses and treatment. They also respond to each patient's physical, clinical, and emotional needs.

In the UK, there are 4 areas of practice. These are:

- adult nursing
- children's nursing
- learning disabilities nursing
- mental health nursing

Whichever route you take into nursing, you'll study a degree programme in your chosen practice area.

This workshop will highlight some of the knowledge and skills required to be a nurse in increasingly complex and diverse healthcare environments. You will have the opportunity to participate in some of the essential skills relevant to Mental Health, Paediatric and Adult Nursing in a simulated ward environment



[Nursing | NHSScotland Careers:](https://www.careers.nhs.scot/explore-careers/nursing/)
<https://www.careers.nhs.scot/explore-careers/nursing/>

Midwifery

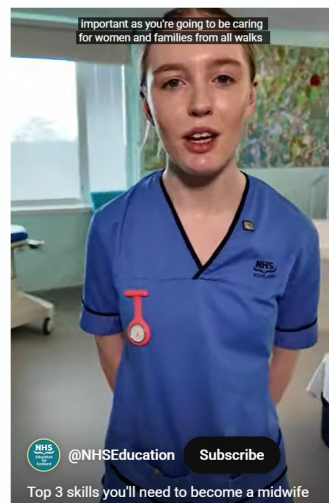
To become a midwife in the NHS, you must complete a pre-registration undergraduate or postgraduate degree programme approved by the Nursing and Midwifery Council (NMC).



Midwives support women and birthing people to have a safe and positive birth and early parent experience. Midwives provide evidence-based, respectful, and compassionate care from pre-pregnancy to early parenthood.

In this workshop you will have a chance to chat to midwives and find out a little bit more about their role, the different types of roles across NHS Highland and different route options into a career as a midwife.

[Top 3 skills required to be a midwife](#)



Pharmacy

In hospitals, pharmacy staff provide advice and support to patients on how to take their medicines. They identify the medicines patients were taking before hospital admission and make sure they are still appropriate when the patient returns home.

Pharmacy staff work in primary care too. They see patients who need help with their medicines. They also treat people with long-term conditions, such as asthma and diabetes.

Community pharmacies are where people can buy over-the-counter products for coughs, aches, and pains. They can also get their prescriptions dispensed and receive lifestyle advice for better health.

The workforce is made up of Pharmacist, pharmacy technicians and pharmacy support workers.

A **range of interactive workshops** will be delivered to create a flavour of life as part of the pharmacy team, as both a pharmacy technician and a pharmacist.



[Pharmacy | NHSScotland Careers](https://www.careers.nhs.scot/explore-careers/pharmacy/):<https://www.careers.nhs.scot/explore-careers/pharmacy/>

Contact Information

nhsh.employability@nhs.scot

[Explore careers | NHSScotland
Careers:](https://www.careers.nhs.scot/explore-careers/)

<https://www.careers.nhs.scot/explore-careers/>



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