

Health and well-being for healthcare students

An interactive learning session on caring for your mind and body



Learning agenda



What we will discuss:

- The importance of self-care
- How neglecting self-care can directly impact service users
- Common challenges faced by healthcare professionals
- Strategies to support you

Learning objectives:

- 1 Familiarise yourself with the changes in the HCPC standards
- 2 Understand some of the common challenges healthcare professionals can face
- 3 Understand the importance of prioritising your own health and well-being in order to provide quality care
- 4 Develop an action plan



Who are the HCPC?

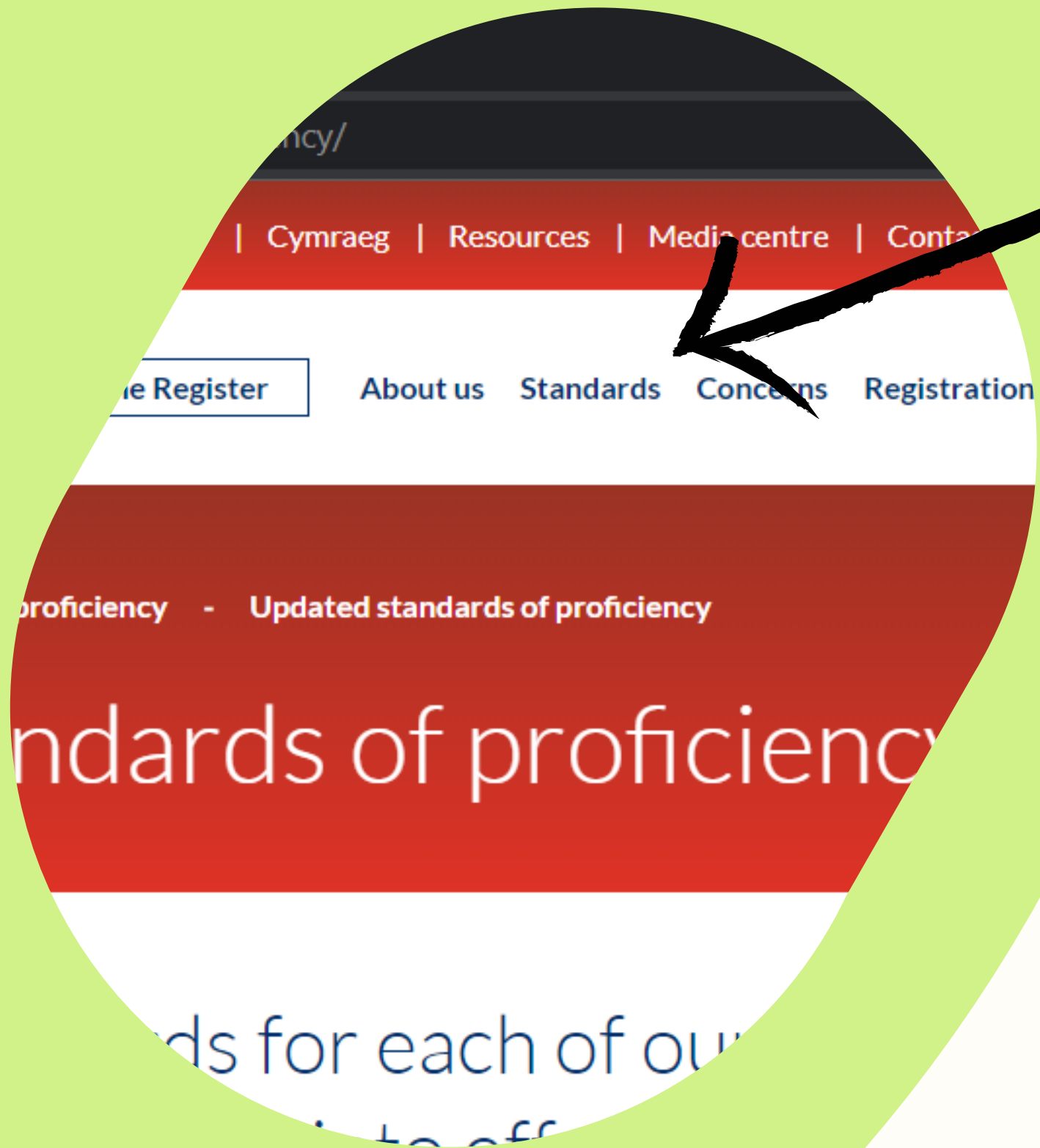
The Health and Care Professions Council

The HCPC regulate 15 health and care professions in the UK and provides the standards of proficiency all professionals must adhere to in order to be HCPC registered

You can click the logo in the top left corner of any slide to navigate to the HCPC home page and find out more.

Additionally, text underlined signals a clickable link.





The HCPC standards are changing

The updated standards for each of the 15 professions associated with the Health and Care Professions Council will change on 01/09/2023.

Revisions for each profession reflect the extent of developments in practice within that profession, in line with feedback from the HCPC consultation exercise.

To learn more, go to www.hcpc-uk.org and navigate to the standards for your profession.

Why is this vital for students to know?

The revised standards reflect the ever-changing, dynamic world of healthcare.

New standards have been introduced surrounding promoting public health and preventing ill-health.

This revision is not limited to the care of our service users but how we need to take care of ourselves and each other, too.



Understanding the challenges

Common challenges healthcare professionals face in maintaining their health and well-being include:

Long working hours
Emotional demands
High stress levels
Mental health concerns

Can you think of any more?

Please feel free to pause for a moment and reflect on what comes to mind...

It is essential that you feel supported and look after both your physical and mental health during your studies and throughout your career.



Mental health concerns
can affect anybody and
are more common than
you might think...



1.18 million people

experienced a mental health
concern between 2021/22

The potential consequences of
neglecting self-care can
include:

- Burnout
- Compassion fatigue
- Decreased job satisfaction
- Low staff attrition rates

What should I do?

Here are some self-care
suggestions to get you started...



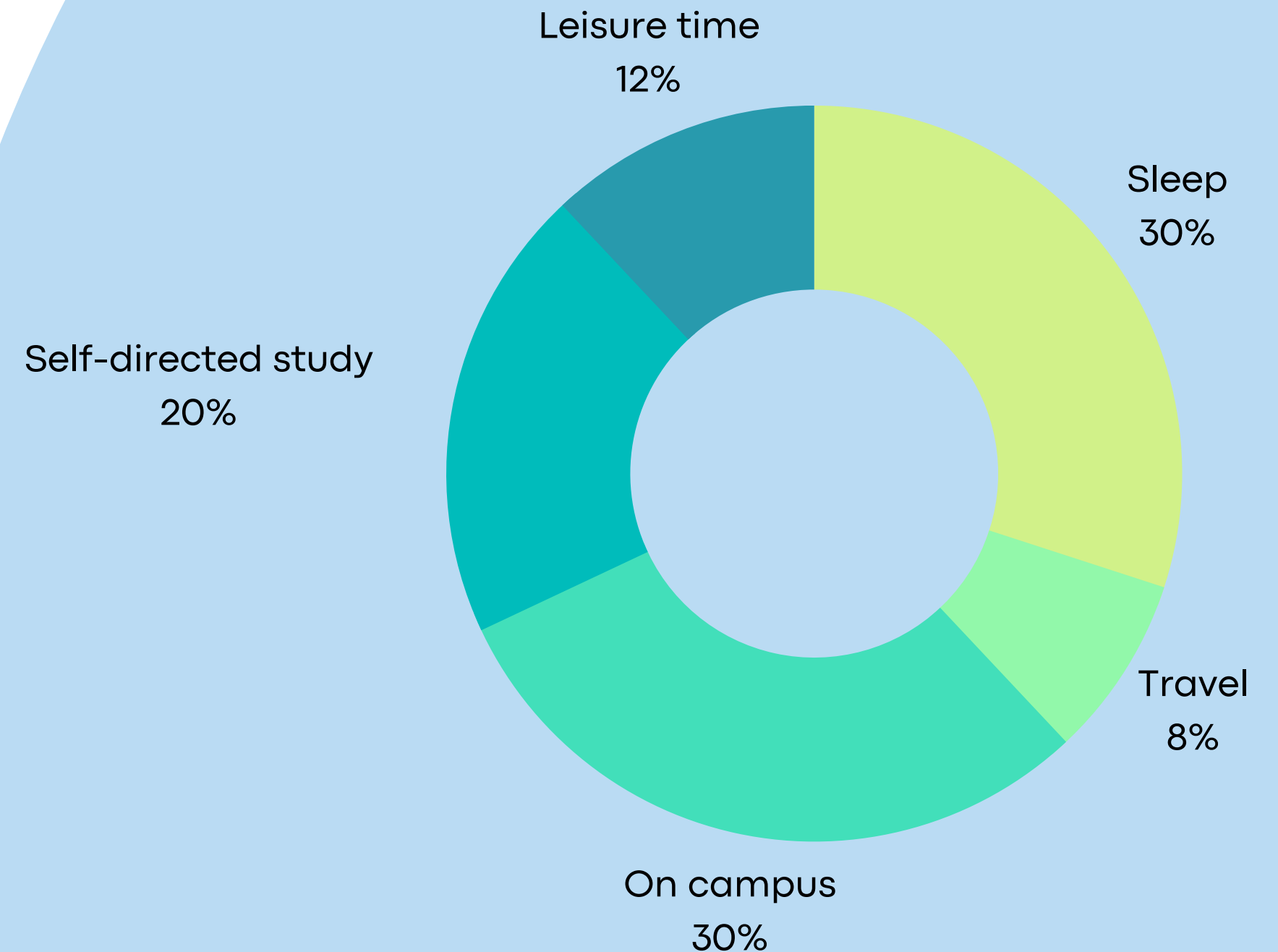
How do you manage your time?

Visualising how you spend an average 24 hours can help put things into perspective.

Are you using your time effectively?

Setting boundaries, maintaining a work-life balance and delegating tasks where necessary is crucial. You will do this throughout your working life, and a good working relationship with peers and colleagues can never be underestimated!

Never be afraid to ask for help and support or additional supervision sessions.





Maintain a healthy body

According to a 2018 study by Chekroud and colleagues, those who exercise reported

43.2%

fewer days of poor mental health than those who did not exercise

Exercise doesn't need to be vigorous to be beneficial. Becoming more mindful, adopting healthy eating habits, staying hydrated, taking time to breathe deeply and engaging in hobbies and activities that bring joy can all contribute to physical and emotional well-being.

Explore mindfulness strategies



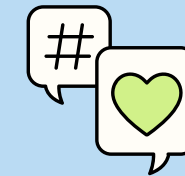
Take a deep breath, then relax

Deep breathing exercises increase oxygen flow, benefitting our entire bodies



Embrace your senses

Being mindful and aware of your senses can help you stay grounded and present, helping you feel relaxed



Be in touch with your thoughts and feelings

Consider reflections or a journal to keep track of your emotions

Acknowledge your feelings

Regularly reflecting on your thoughts, feelings, and emotions maintains a healthy mind and can help you process challenges effectively.

Connect with others

Meeting with peers, regular supervision sessions or Schwartz Rounds are proactive strategies known to help healthcare professionals.

How is your sleep hygiene?

Sleep hygiene refers to how we can improve the quantity and quality of our sleep.

Disrupted sleep can lead to poor concentration and memory, lack of energy, reduced motivation, difficulty maintaining a healthy weight and can negatively impact your immune system.

- Aim to reduce exposure to blue light from gadget screens before bed
- Keep a pen and paper by the bed to jot down any thoughts that might be keeping you awake
- Try to ensure your bedroom environment is a calming one
- Exercising during the day can help your body feel ready for sleep at night
- Stay hydrated to avoid muscle tension and headaches from dehydration



The key
takeaways
from this
session...



Prioritise self care

Prioritising self-care is essential for healthcare professionals.

Your health and well-being can directly impact your ability to provide quality care to patients. Neglecting self-care can lead to burnout, compassion fatigue, decreased job satisfaction, and negatively impact employee attrition.

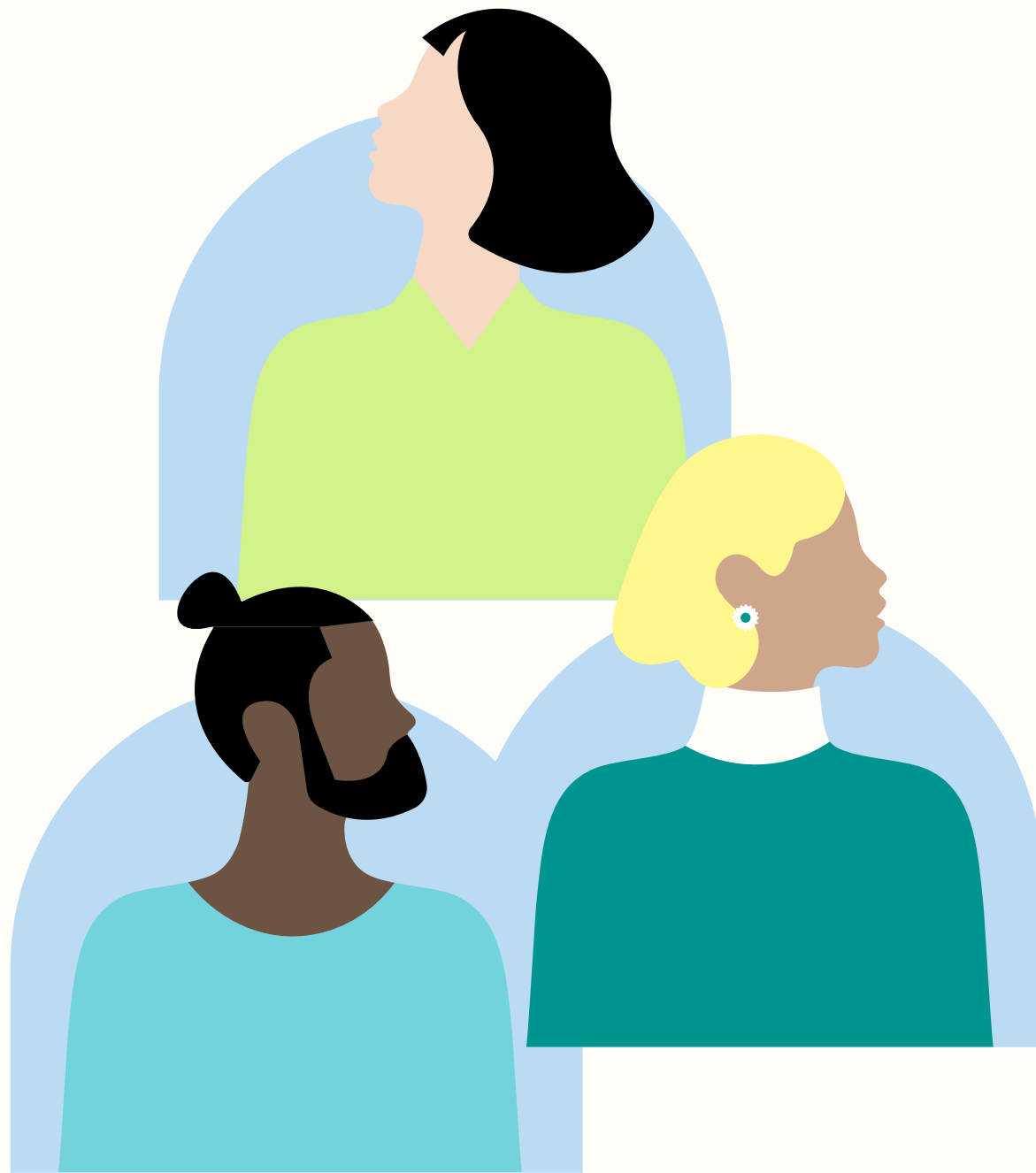
Have you heard some of the following common sayings...

"You can't pour from an empty cup."

"You need to help yourself before you can help others."

As the cabin crew tells us on an aeroplane, you must secure your oxygen mask before helping those around you.





Take time to reflect

Reflection and action planning are essential.

Reflecting on your experiences and challenges related to self-care can benefit your personal growth and help you process your thoughts and feelings.

By taking this time, you can gain insight into potential patterns of thoughts and feelings, helping you prioritise your health and well-being.

Remember, never be afraid to ask for support. Regularly checking in with people you trust can help.

Create an action plan

This session has introduced some practical strategies to incorporate into daily life.

Ideas include time management, stress management techniques, prioritising physical health through exercise, a balanced diet and seeking emotional support.

By creating an action plan, you outline the steps to incorporate self-care strategies, empowering you to take responsibility for your health and implement positive changes.



And remember... ...be kind to yourself

When we are mentally healthy, we can realise our true capabilities, deal with stress more effectively and be the best version of ourselves.

By implementing various strategies, the challenges you face in the future may feel more manageable, helping you to feel resilient and proud to be a healthcare professional!





Thank you

Don't forget to familiarise
yourself with the updated
HCPC standards of
proficiency for your
profession

Certificate of Participation

This certificate is awarded to

for successfully attending the workshop:
Health and well-being for healthcare
students.

Name of Workshop Facilitator

Date of Workshop

Additional learning opportunities

HCPC website:

<https://www.hcpc-uk.org>

HCPC standards of proficiency pages:

<https://www.hcpc-uk.org/standards-of-proficiency>

An article from the British Journal of Occupational Therapy exploring emotional intelligence among students:

Gribble, N., Ladyshevsky, R.K. and Parsons, R. (2018) 'Changes in emotional intelligence of occupational therapy students during practice education: A longitudinal study', British Journal of Occupational Therapy, 81(7), pp. 413-422. Available at:

<https://doi.org/10.1177/0308022618763501>

"Emotional intelligence skills are malleable and can improve during practice placements. Supervisors and employers should encourage students and new graduates to practice their emotional intelligence skills under supervision and then provide feedback so they are better prepared for the emotional demands of healthcare workplaces."

An extract from Brené Brown highlighting the subtle differences between empathy and sympathy:

<https://youtu.be/KZBTYViDPIQ>

What is sleep hygiene? Tips from the British Sleep Foundation:

<https://www.sleepfoundation.org/sleep-hygiene>