

# PLACEMENT SURVIVAL

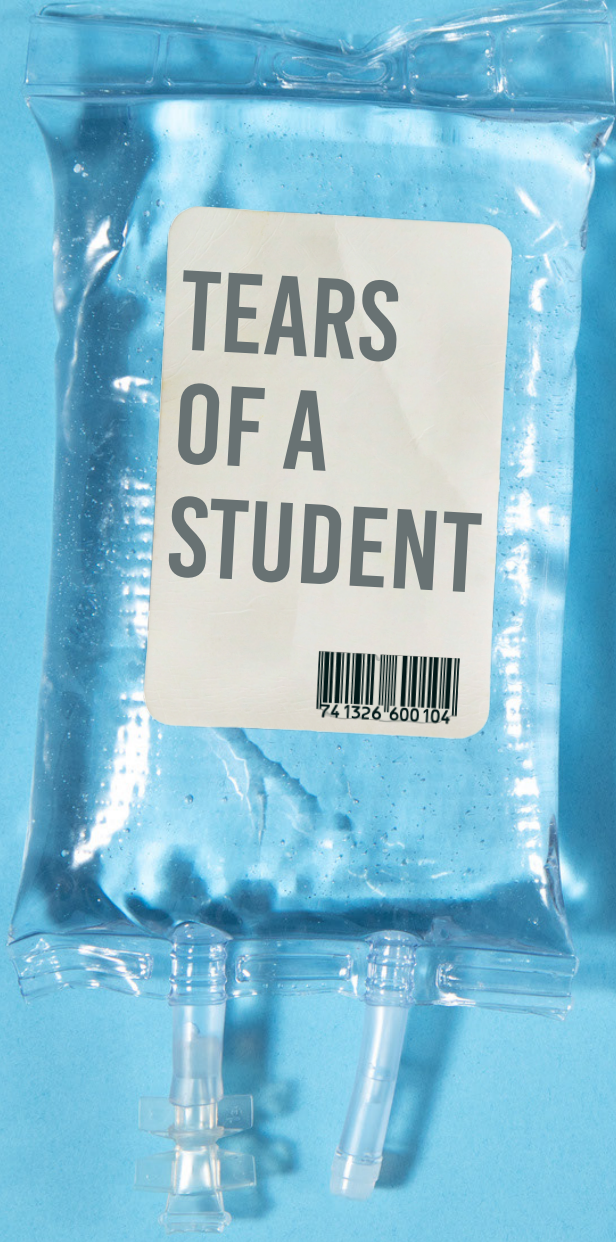
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# INTRODUCTION

Your Students' Union has put together this guide to provide students who go on clinical placement with a one stop shop for all the information they need. It has tips and tricks for students on how to survive clinical placements and those key items to bring with you.

It also has a list of supports and services that are available to you while on your placement. **This guide was created by students, for students so these tips are tried and tested by your peers and are sure to calm those first day nerves.** While placement can be emotionally and financially tough, there are supports available and your Students' Union continues to work on providing better conditions for health science students.

We'd like to thank all the students who gave their input to this, our collaborators; UCD's Dignity and Respect and quality, Diversity and Inclusion services, UCD Careers, the student counselling service, the student advisers, and the trade unions (SIPTU, INMO, FÓRSA).



# WHAT ARE SOME OF THE CHALLENGES THAT STUDENTS FACE ON CLINICAL PLACEMENT?

**1 Tiredness.** Your brain is learning all day long and you're going to be so wrecked getting home. Try meal prepping for the week so you don't fall behind on lunches and dinners. Also get a goodnight sleep always.

**2** Messing up in a scenario and **wishing you did better.** You're only a student and making those mistakes now is what you need as it means you'll learn from them. Take them as a blessing.

**3 Working all day and then having to study in the evenings** can be really exhausting.

I found the emotional component of **"Am I good enough to be here? I don't know anything!"** really hard. The only consolation to it is that you WILL get better and also, everyone feels that way.

**5** If you get 12 hour shifts, it will be difficult as **you are on your feet all day.** Make sure to take care of yourself.

**4**

**6 Waking up early.** Prioritise sleep! When you suddenly have to get up at 5am for a surgery rotation, you will not be ready. It only takes one time almost falling asleep on the M50 to get your sleep schedule together!

I think it's **the stress over always feeling like you should be correct in what you say** because the educator will remember when you are wrong. However, I think you should ask lots of questions and also look up some questions you have when you go home that day and never feel ashamed to not know something.

**7**



8

The emotional burden of working longgggg shifts, feeling like you have so much responsibility for patients while also feeling like you know nothing. **It can be hard to not get emotionally attached to patients**, but you slowly learn how to overcome that with time. Some staff may not be the nicest, and it's especially difficult if you don't get on with your preceptor, as this is who signs all of your documentation.

9

**Setting boundaries with your time** and finding the balance between being engaged with your team but making sure you're not wasting time in hours long surgeries.

10

**Having a part time job on top of placement** can be really challenging, but the foresight that this isn't forever and that you'll get there is important.

11

**Being unpaid and having to work over 60 hours a week just to live.**

12

**So many different personalities.** It's easy to clash with other people and even patients.

13

**Travelling to and from placement and funding that travel** (€90 a week in petrol alone).

14

Sometimes **some wards can be very overwhelming and short staffed** because of how busy they are but it's not always like that. It might just be a bad day or week for staff shortages.



# 15

**Constantly putting yourself out there.** If you sit in a corner the whole time you will learn nothing! You need to work up the guts to ask to see cool things.

# 16

**It's really hard when the staff aren't nice to you and leave you out of learning opportunities.** Try to remember that this is rarely a reflection on you and more about their job burnout etc. and not to blame yourself or let them discourage you. Don't be afraid to ask other members of staff questions etc if your preceptor is absent. Most of the time the other staff will recognise that your nurse is abandoning you and will take you under their wing which is lovely :)



# 17

**Starting in a new area, and moving sites frequently.**

Having a different schedule to friends can be challenging but try to make the most of your days off and don't overdo it.



# TIPS & TRICKS FOR PLACEMENT

Try to do your reflections/portfolios/case studies as you go along, especially in blocks with multiple placements!

Make sure to change into your uniform at the hospital and change out of it before you leave, you never know who will see you out and about in your scrubs ...

The acknowledgment that these are hard courses and it's okay to find it tough. We are not just students, we are STUDENTS. A fundamental part of the multidisciplinary team.

The college years fly by so try to enjoy the good and bad days.

Getting on well with your practice tutor is very important as they will most likely be your reference when looking for a job.

Don't miss bedside & consultant led tutorials. They will be some of the best teaching sessions you will receive throughout your placements.

It's important also that students enjoy themselves on placement and keep remembering that you are supernumerary – you're not staff. You're there to learn and experience the workplace.



Nothing will make sense until you go on clinical and see it first hand. Definitely take every opportunity you get on placement. You feel like you have loads of time but it goes really quickly and you need to get all the practice you can get.



Do your assignments on time, attend lectures. Talk to as many people on the course as possible. It's really easy to feel isolated in such a big course with many mixed modules.



Placement is mentally and physically tough so make sure you look after yourself. Also speak to someone if you are finding a part of the placement particularly difficult.



The course is very hands-on and practical. Having a job where you have regular contact with people (in a shop etc.) is a great advantage for patient communication as you are able to make small talk with patients.



Be prepared for long days. You'll have bad days and that's fine. Cry, let it all out, rant to your friends (please please please make friends with other students!). Get involved, never say no, ask when you want to see something even if you think it's over your head.



You need to care about people. You will deal with every single type of person you can imagine. You can't prepare yourself for it but you will learn. Also be aware that placements may be in awkward parts of the country. You need to be prepared, accommodation and money-wise.



It's not about getting the A's, but rather, try to find a balance between placement and college so you don't burn out in the process.



Use the library within the hospital. It may not be feasible to use UCD libraries while on placement, especially if the site you're on is far. But getting the study done in the hospital after placement hours may instil a good routine to stay on top of things and set a boundary between your place of work and rest.



Definitely, if you are in a position to learn to drive, do!

# ADVICE ON HOW TO GET A PARKING PASS FOR THE HOSPITAL / CLINIC.

**Crumlin** - No free parking for students.

**Sligo** - Free student parking is available.

**Naas** - Student parking permit is provided if asked for.

**SVUH** - No free parking for students.

**Connolly** - Student parking permit is provided if asked for.

**NMH** - No free Parking for students.

**Mater** - No free parking for students.

**WGH** - 20 Euro Deposit for a parking swipe card.

**Tallaght** - No free parking for Students.

**Mullingar** - Ask hospital general office and you will be provided with a car park pass. Refundable deposit of 10 Euro is required.

**Kilkenny** - Student parking permit is provided if asked for.

## General Advice

○ Ask practice tutor for any info.

○ Chance your arm by asking security/parking office. If you're polite you might just get one...

○ Use public transport for Dublin hospitals if possible.

○ Make sure you have your car details (Reg, Colour, Model, Year) ready when asking for a permit.



# WHAT ARE SOME GOOD PLACES TO PARK NEARBY THE HOSPITAL IF THERE IS NO ON SITE PARKING

## Beacon

Housing estate near the supervalu.

## Crumlin

- Housing estates around hospital.
- Moran road church carpark.

## Holles Street - NMH

Qpark Dawson street and rite park fleet street. Both have a reduced rate for students and staff of NHM.

## James'

- Park in Kilmainham and get the shuttle bus.
- Housing estates around hospital.

## Mater

- Dalymount park.
- Phibsoro shopping centre.

## Michaels

Best car parks nearby have a rate of 15 Euro a week.

## Sligo

Plenty of parking in the hospital however parking is also available in ATU nearby.

## Tallaght

- Industrial estates nearby or Luas park and ride.
- Aldi nearby has a monthly parking permit available.

## UHG

St. Marys School down the road may give you access to their car park if you ask.

## Vincents

- Get a UCD permit and walk or get the 47 into the hospital.
- Church near Vincents although they may have started to clamp.
- Nearby Dart station.

## General Advice

- Park in estates near your hospital, but don't block driveways or be inconsiderate.
- Parking at park and ride stations can be a good way to save money.

# GETTING ALONG WITH STAFF

Be interested in what they're showing you, ask questions about anything you don't understand, and be eager to learn.

Act professional. Be punctual and don't go on your phone while not on break etc.

Be respectful and polite, even if they're not to you.

Read the situation. If there's something you can help with, then help. If there's something going on that's well beyond what you can help with, take a step back so you're out of the way.

Be honest with the staff about your ability and be open to constructive criticism.

Introduce yourself to everyone and make an effort to remember names.

Be open to adapting to how they do certain things in the hospital. Not every hospital does everything the same way.



# WHAT ADVICE WOULD YOU GIVE IF SOMEONE FELT LIKE THEY DIDN'T KNOW ANYTHING?

Be realistic with yourself and remember that you're only a student.

Take it day by day and make a note of everything new you're learned.

Keep on top of study and read up whenever you come across something new that you're not familiar with. Use the weekends and evenings to brush up when you can.

Ask staff for some guidance/resources. On a quiet day, some staff will be open to going over certain things with you in detail. Take these opportunities!

Ask questions about anything you're unsure about.

Don't shy away from things you struggle with. If there's an opportunity to do a skill/procedure/scan you know you struggle with, take that opportunity to learn and improve, especially if there's another member of staff there to give you some guidance.



# WHAT YOU NEED TO KNOW ABOUT CLINICAL EXAMS

- 1** Practice, practice, practice. With friends particularly. They might have some facts you might've skipped in your learning. I think discussing it with friends helps the most and makes the information stick.
- 2** Just think of it as a conversation! If you're more relaxed you're less likely to forget things.
- 3** Always take an extra second to think before rushing in. I often made silly mistakes because I rushed in too quickly.
- 4** There's a program called "pass medicine". It's for final years, but it's the closest thing to what you will see on the exam. Study the most common presentations - you won't see too many rare diseases in hospital (or on the exams). For surgery, do previous years' practice questions throughout the semester.
- 5** Your assessor isn't there to fail you. They want you to pass. Breathe. It's tough, nerves kick in. But you've got this. Believe it 'til you make it. It takes a while for your confidence to kick in.
- 6** Don't be worried if you feel like your midway grades are terrible, everyone's usually are and you usually get better grades in the final meeting!
- 7** Study in different ways to break it down. Make notes, read them, watch videos on it, convert to audio and listen to them while you are going for a walk.
- 8** Start early. Brainstorm. Look up articles and avoid websites/blogs. Bulletpoint the important notes from each article. As for exams, study early instead of last minute. Flash cards are your best friend. Test yourself. Study with your friends. Find what works for you. Always always always take breaks and never overdo yourself or sacrifice sleep or wellbeing for any exam. You're the most important person. Be confident and tell them everything you know to show depth of knowledge.

Try not to stress out too much. To prepare, maybe make a mental checklist of absolutely necessary aspects of any clinical exam and NOT JUST technique, such as hand hygiene, triple ID, self introduction, gain patient's informed consent and lock the door. I found once I got through these aspects the rest of the exam flowed better.



Don't get too in your head about it, whatever turns up on the day is going to turn up so try and learn to adapt and deal with things on the spot.

If you are someone who struggles or gets nervous at patient interactions then you need to maximise your patient exposure. It will be obvious to OSCE examiners if you are uncomfortable dealing with the patient from lack of experience.

**Definitely ask your practice tutor to do a mock examination with you, or an outline of what you need for your exam.**





# ADVICE FOR FIRST YEARS STARTING THEIR PLACEMENTS



1  
Get stuck in. Don't be frightened of patients, it's your first time in placement but this is probably not the patient's first time in the hospital. Its quite daunting.

2  
Act outgoing and friendly even if you don't feel it, be open with your practice tutor as they're your biggest support.

3  
If you don't know something or "blank" just pause, relax and know it's easier to say "I don't know that can you please remind me" than going off in the wrong direction.

4  
You can contribute to the team more than you think you can, the health care system relies on students, never think you're a burden or in the way and never describe yourself as "just the student nurse".

5  
Learn how to go talk to patients from the start. Listen to the kind of language preceptors use and what they say to patients in certain scenarios. Learn how to do the basic things well because they're the things you'll do most often throughout the years.

6  
You won't know everything during your first year let alone on the first day. Everyone doesn't expect anything from you. You're only a first year and you'll have loads of time to learn. Try to listen and help out when needed or when you're confident to do so be patient, and always listen to the person in charge.

7  
Relax and take in as much as you can. Don't be too stressed, it's our first time going on wards to doing work. It's not going to be perfect the first time but we can always improve with practice.

8

Practice, practice, practice. On your mum, dad, siblings, friends. Anyone willing to help. And it's definitely strange in clinicals talking to a mannequin/dummy but trust me its good practice to talk through everything you do before you do it with a patient so they know exactly what you are going to do.

9

Prepare yourself for placement the night before - have your uniforms out and ironed, pack your lunch and have all your documents ready so you don't forget anything that morning if you end up rushing!

10

Take notes during the day to help your learning- like the routine of the ward, certain conditions and how to manage them etc.

11

Talk to other students! Interns are the only thing that got me through my first placement.

12

Placement is really 'you get what you give'. If you ask questions and seem enthusiastic and interested, the staff will notice and will come to you with learning opportunities. Remember that you always have more to learn and that's what you're hear for!

13

Do a trial journey to the hospital before your first day. On first day give yourself loads of time to get there.



# WHAT SHOULD YOU BRING WITH YOU FOR CLINICALS

- Scrubs
- TLD
- Name badge
- Markers
- Swipe card
- BLACK pens and notebook
- Lunch & water bottle
- Different shoes for inside and outside the hospital (Ecco is usually a safe bet)
- Base layer
- Pen torch
- Tendon hammer
- Stethoscope
- Blue "essential examinations" book
- Pocket/fob watch
- An appropriate zip up top (navy)
- Tape (nick it from your 1st placement)
- Compression socks!
- Lip balm
- Extra notes or reading in case you have down time
- Bring deodorant in your bag!
- Portable charger
- Ear buds
- An extra snack for emergencies
- Spare hair ties
- Paracetamol for those headaches
- Spare underwear and socks for labour ward placement (you will get amniotic fluid on you)
- TAMPONS (I always got my period randomly and never had any, the only stuff they have on the wards are maternity pads and trust me you don't want them stuck to your thong)
- Essential oils to dab on the inside of your mask during a bad code brown
- Lock for locker.

# ADVICE FOR MEDICINE STUDENTS FROM MEDICINE STUDENTS



If you're international, make sure you get your USMLE step done by August, September or October of your first clinical year - delaying it affects your grades, GPA and applications for elective rotations and everything else - basically. (Firsthand experience...)



Don't be afraid to ask questions while on your placement. All the hospitals document their SOAP notes slightly differently so make sure to check with them what they would like you to include under each heading S O Rx A P.



Make sure you love it for the content and what being a doctor really is



Look over SOAP notes on different cases.



Clinical years are essentially self directed learning so don't expect to be taught everything cover it in your own time. Don't go to placement all day every day you won't have enough time to cover the course- use your time wisely.

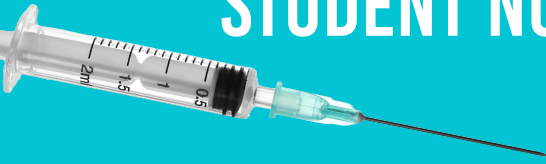


Learn how to use Anki flashcards (specifically the AnKing deck) with the associated learning resources (Sketchy, pathoma, etc.) ASAP. Most efficient studying you will ever do.



Medicine - show up! We aren't as supervised as other courses so it's all too easy to skip days to study at home and while that will help you learn medicine it won't teach you how to actually be a doctor. I see student colleagues who may know more theory than me but don't know basics about actually working on the wards.

# ADVICE FOR STUDENT NURSES FROM STUDENT NURSES & MIDWIVES



Talk to women and really listen. It's so busy on placement now a student may be the only person to really get a chance to listen to a woman and you can make a huge difference to their life with just a few minutes of listening and compassion.



Be conscious of how much Clinical placement is a part of Nursing. It's well really advertised, but over half of your degree is spent on placement!



Do your best, always ask for help, use your spare time to reflect on situations



Accept the fact that you will never feel like you know everything, you don't know everything and your probably never will, but you're not supposed to, nursing is a skill set that's constantly evolving. Ask lots of questions to the nurses and enjoy all placements.



You do not have to stick with bedside nursing. There is hope at the end of the tunnel.



Be enthusiastic, nobody will feed you your knowledge, you will have to work for it and show interest!



This course is intense just like any other health science course. It takes a lot of time and effort to learn not just theory but how the world and hospital works. However, try and be open to everything that comes to you. Also enjoy college life.. you'll miss it after a 14 week block of placement.



Nursing isn't easy but it's a rewarding career. There are great opportunities for progression.



Don't underestimate your ability and the impact, both positive and negative, you can have on the women and birthing people you are caring for.

*"DO IT. I am in love with my course. It's not for the faint hearted and you need to be patient and caring. But if you are interested in pregnancy this is the course for you."*

This course is something I complain about, it could be better, but at the end of the day I couldn't see myself doing anything else. You hear a lot of awful stuff about nursing in the news but don't let it stop you from being the one to improve it one day. It is a broken system but you can make a hell of a difference to so many people".

It's a tough course, but so worth it. The dual qualification is great.

Be patient with yourself. Everyone is behind and try to take self care days.

You don't get the full college experience as a nursing student. When your housemates are going out and are able to be more flexible with their time and you have to be up early for placement it is tough. However, if you enjoy nursing and making a difference this is so worth it.

Pregnant women are full of hormones so do not take it personally if they give out to you. Try as hard as you can to meet their demands.

It's a tough 4 years mentally. No pay working on the weekends it's really really tough. But it'll be worth it in the end "The parents in the children's hospitals are a fountain of knowledge and super helpful if you're lost.

The children will also like you sometimes better than others because you're closer to their age.

Children's nurses especially – mum knows everything!! Don't underestimate how valuable a mother's knowledge is. There is no one in that room who cares more about the child than their mum. Some mums even love to answer questions about their kids condition and what kind of care they like or don't like! Also one of my lecturers advised us to brush up on our children's toys and tv knowledge and it was the best advice ever!! If a kid is scared of you and you can say things like "oh cool is that Roly on your tshirt? I love paw patrol too!" it's the easiest way to build a relationship with a kid. Also don't let them win every game!! As a sick kid they're bored of everyone letting them win, give them a challenge!

Know that it is tough doing two degrees at once but it is so worth it. Ask questions, research conditions or treatments that are new. Placement is tough, but also an amazing experience and as a student nurse the time you get to spend talking to patients will teach you so much. For 1st years, the 4th years are amazing and made my first placement so much easier. Ask questions, and don't let any patient or staff member make you feel as though you are in the way or an inconvenience.

Nursing isn't easy and it isn't for everyone, but it is so rewarding! Nursing is a great career, with so many opportunities and career paths to branch .

Orient yourself to the ward on your first day or two so you know where all the equipment is especially where maternity pads, nappies, inco sheets, urinalysis pots and strips etc.





# FROM STUDENT RADIOGRAPHER TO STUDENT RADIOGRAPHER

- ✔ Start studying physiology in stage 2 early!! There's ALOT of content to cover. Keep busy on placement too!
- ✔ Try to be flexible in your understanding of radiography. It's not one size fits all.
- ✔ Theory of its practice is incredibly important but often times your patient won't be able to achieve "gold standard". You have to be open minded about clinical exams and work to problem solve on the spot to accommodate that specific situation.
- ✔ Make notes from 1st year. The practice of radiography modules are a good foundation for clinical exams.
- ✔ Get stuck right and put yourself forward to do x-rays. Don't stand by the sidelines and watch the other students because you won't learn anything.
- ✔ Just get stuck in and don't stand back in the x ray rooms, makes it easier in the long run.
- ✔ Take note of how the staff describe positions to certain patients and what ones they clearly understand and use them.
- ✔ You can be sent anywhere for placement so keep that in mind and there's no financial support for it.
- ✔ You might end up working with staff you interacted with on placement so make sure you do your best and are nice to everyone Radiography in Ireland is very small and EVERYONE knows each other.



# ADVICE FROM ONE STUDENT PHYSIO TO ANOTHER

- ✓ Learn things with the interest of using it immediately (i.e. anatomy in first year is hard to remember by the time fourth year comes around). Apply it to real life as often as you can (i.e. injuries around you, gym exercises etc).
- ✓ Practice handling of practical exams!! That's the most important thing.. being actually able to do the technique effectively!
- ✓ Don't rush through the practicals, at the time it seems easier to say you've no questions when the tutors are coming around to ask if you need help with techniques but that's what they're there for and when you go on placement there's an expectation you have some idea of how to do them so make the most of practicals!
- ✓ Take good notes and store them in labelled folders for future use. The stuff covered might be important and useful at or after the exam.
- ✓ Do not stress about perfecting techniques initially. It takes time to develop your own style of handling. The most important aspects are knowing when and why you are using such techniques. In terms of examinations use credible references and add personal touches to essays. YouTube videos are very useless in the learning process also.
  - Draft your practical exam script.
  - Look at past papers on sisweb.
  - Make the most of your revision sessions.
  - 1st semester of 2nd year is hard.
- ✓ Really make sure you know what you are being graded on and what matters - make sure you don't learn stuff that you don't really need to know.
- ✓ Get comfortable doing practical exams. Treat practical classes like you would an exam/placement it helps when you go on placement when communicating with patients.

Don't worry about buying books - everything you need is in the library  
Practice practical exams with your friends it's the best way to control the nerves on the day as you get all the embarrassment of doing it in front of your friends over with (it's not bad it's just if this is something you think you might struggle with).

Ask your peer mentors for help - even if it's 2nd or 3rd year they are always happy to continue to help (it takes them two seconds and saves you hours of trying to figure out where to start).

Make sure to keep on top of your modules from week 1 or at the latest week 3 onwards, especially anatomy modules as they are sort of heavy on material. Make specific notes that you will be able to follow regarding handling/positioning in practical classes so that it's easier to go back over coming up to exams. Don't forget to actually practice practical scenarios prior to exams, meet up with people in the course and practice with each other!

Read the module descriptor in advance of starting module. Attend all lectures without fail.

Show up to all practicals and have practical notes ready to write your own notes on as the tutor is explaining. Ask questions, ask questions ask questions. Practice techniques with fellow students outside of class times.

## Exams. Study early and often.

Modules: Turn up to your lectures. Don't have the "I can learn it from the slide at home" attitude. It will help you to have a greater understanding of the topic especially in more complex modules, e.g. Anatomy / Physics modules / Pharmacology in final year.

Practicals: Try to get as much practice as you can throughout and make sure to ask questions if you are unsure about anything. Try to remember to adjust the bed height for practical exams !!!!!

Exams: The physics modules in 1st and I think 3rd year are tough so don't panic if you aren't doing too well with them. Don't expect higher than a B- ish for Neurology!! Try not to leave it all until study week, try to do some study bit by bit throughout the semester.

Practical exams seem very daunting, but if you practice and try to understand the reasons why you might be doing a specific test or technique you'll be ready.

Practice, practice, practice. As obvious as it sounds for practical exams it really is the best way to remember the techniques without having to think too much on them as it almost becomes muscle memory. At the beginning of the semesters, write out a timetable with lists of exams/assignments you have coming up, personally I don't try to study it all off weeks before the exam as I don't think it will stay in your head but make notes as you go along and just try to stay on top of your lectures as there is a lot of modules and it can get overwhelming.

## Book extra practice sessions so that you feel comfortable with how to perform techniques.

Modules aren't overly difficult but aim to give understanding of different conditions which will impact how a physio might assess, plan, and treat. There is a lot of overlap in how a physio might deliver treatment, so be comprehensive - it's about distinguishing how you interact with patients and helping them understand their condition as much as it is about a physio performing a therapy treatment.

There are many group presentations to give. EVERYONE should be participating, because once you hit clinical placement you'll need to work with nurses, medical staff and other therapists to treat a patient. If you suck at collaborating with your classmates you'll likely suck collaborating in an actual professional setting.

Exams can be daunting because the case scenarios won't be as detailed as an actual patient medical chart. Practice with previous exams to be specific but concise in how you would assess and treat. This way you'll be efficient with your time and not add extra and irrelevant information.

# WHAT TO DO AFTER A BAD PATIENT EXPERIENCE?

Head up high, it happens to everyone and although it's upsetting, do not dwell on what you could've done but instead be proud of what you did do.

Ask staff present if you could have dealt with it differently. Sometimes you just have patients that are difficult.

If it's a case that you haven't enjoyed an experience. Reflect (I know they preach it and we hate it) but it's the best learning tool we have.

We learn from experience more so than books. Not everything is by the book. Patients aren't handed a book on how to speak to or treat healthcare staff. Reflect on what went wrong, how you could do better. Don't beat themselves up about it You are still only learning and you will always remember the things you got wrong.

Talk to other students, the staff, if something serious happened you could speak to your Clinical Placement Coordinator (CPC) or one of the Clinical Nurse Managers (CNM). Always talk about it, no matter how small the issue is. The Dignity ad Respect service is another support tool, even if you are on placement, we are still students of UCD, and can still avail of the service.

Make sure you implement boundaries even in your own head . You can advocate for yourself without being unprofessional. Take good care of yourself and have a plan for something nice you'd do for yourself after a bad patient experience in advance of it ever happening.

Talk. Take a minute if needs be. We unfortunately are in a position where lack of mutual respect is accepted even though it shouldn't be. Call them out on their behaviour...hard to do (but important?). Or have a RN or CNM call them out. Bad behaviour shouldn't be tolerated.

First thing is don't worry, it happens to everyone! Don't stress, you can feel awful but it's not the end of the world! Discuss what happened with your educator/tutor, if you need to take 5 minutes just ask (it's more professional to admit when you need a second to compose yourself than to work through it).

Talk to the nurse about it for reassurance. Think of how you may feel in their situation. Leave what has happened at the hospital and keep your mind free for your personal time.

Don't take it personally. Talk to the staff on how it made you feel. Then go home and treat yourself nicely. Pop on those nice pjs, watch a movie, get take out. Just remember that you won't know what a nice day is if you haven't experienced a bad one.

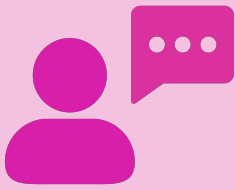
Depending on the situation, some are very good learning opportunities, where you can see if you are lacking knowledge in a certain area, and others are just good practice for the next difficult patient, as you can be sure they'll be plenty more.

First of all remember it's okay to have a bad experience. We are all human, we make mistakes and bad things can happen if it was the patient. Don't blame yourself or take on the worry that it might happen with every patient because I promise it won't. Every patient is a different experience! When you go home reflect on event of what happened (even write it down) and see where you think it went wrong, it will help you gain closure on the situation and how to act if the scenario arises again. If you feel comfortable you can even debrief with your mentor/preceptor and they may be able to help you for future experiences. If you don't feel comfortable because the patient done something inappropriate make sure you let your preceptor/mentor know so you don't have to enter back into that patient zone.

Talk to the person with you about it, if you need more advice go to the tutor or managers, if it's really affected you there's counselling in UCD.

Treat yourself to something nice like chocolate. Talk to a nurse. Talk to your friends or if there's another student on the ward. Remember one day might be bad but the next day might be better and when the day is over you are one day closer to finishing placement.

We've all been there! If you need a minute to recover, ask your preceptor if you can take some time. Also remember that the older student nurses have all been there before! Once in first year I had a really bad day and a fourth year nurse offered to drop me home so I didn't have to take two buses and I still think about it because it made such a difference!!



# SUPPORTS AND SERVICES

## Chaplaincy

The UCD Chaplaincy Team offers support, pastoral care and spiritual direction for students and staff and the opportunity to be part of a community of understanding, respect and dialogue. Based on a foundation of non-judgemental care, the team provides support to students experiencing personal issues or mental health challenges and who reach out for support. The Chaplains are available to support students of all faiths and none both in-person and online. In addition to providing supports to individual students they provide initiatives and organise events aimed at supporting student wellbeing including offering mental health and wellbeing courses.

## Dignity and respect

UCD is committed to the promotion of an environment for work and study which upholds the dignity and respect of all members of the UCD community and which supports your right to study and/or work in an environment free of any form of bullying, harassment or sexual misconduct (including sexual harassment and sexual violence).

There are a number of supports in place for students on internship or placement who experience bullying, harassment or sexual misconduct and anyone experiencing these issues is strongly encouraged to reach out to the UCD Dignity and Respect Support Service for confidential support and guidance. There is a range of informal options and formal options available and the Dignity and Respect Support Advisers can support you as you make the decision that is right for you. Reports of bullying, harassment or sexual misconduct can also be made anonymously through UCD's Report and Support tool.

Please remember you can contact a Dignity and Respect Support Adviser at any time whilst on clinical placement at [respect@ucd.ie](mailto:respect@ucd.ie) or (01) 7167716.

## School of medicine student advisor

The UCD Student Advisory Service is a point of contact, support and referral for all UCD students throughout their studies. Every academic programme in UCD has a dedicated Student Adviser who offers students time and space to explore issues of concern to them. The Student Advisers can assist students in finding pathways to deal with personal, social and emotional issues and can advise of appropriate UCD policies, procedures and services. Student Advisers work closely with academic and administrative staff as well as with the other student support staff to ensure that each student's experience at UCD is as fulfilling and enjoyable as possible.

## SPHPSS & SNMHS student advisor

The role of Student Adviser is to provide support for students by providing advice and information in relation to social, personal and practical issues and, where necessary, by referring them for more specialised advice to members of the academic or administrative staff or to the professional support services.

Anna Scully is our dedicated Student Adviser in the UCD School of Nursing, Midwifery and Health Systems. Anna is available throughout your time in UCD if you have anything, personal, academic or practical that you would like to discuss.

### **Anna Scully**

*Get In Touch - I'd like to offer you my support in creating a good experience of university life. So if you have any ideas about creating a community or fun event, or if you are experiencing some issues that are personal, social, or practical please know that you can call me for support. From simple requests for information to more confidential and serious concerns, I will give you the time and space to talk things through.*

Room C127, Health Science Centre  
anna.scully@ucd.ie  
(01) 716 6497 or 087 131 9758

## UCD access and lifelong learning

Students with disabilities are entitled to Reasonable Accommodations on clinical placement.

Students should contact UCD Access & Lifelong Learning who can provide information on this process.

Contact email: [disability@ucd.ie](mailto:disability@ucd.ie)

Drop-in hours (term-time): Monday to Thursday 11am to 12pm in Access & Lifelong Learning (first floor of the James Joyce Library Building).



## **UCD Student Counselling Service**

The UCD Student Counselling Service is a confidential service available to all registered students, free of charge. The aim of the service is to provide easily accessible professional psychological support to assist students with personal challenges that affects their lives as University students.

Some of the typical reasons for students seeking support from the UCD Student Counselling Service include difficulties in day-to-day coping, relationship difficulties, issues around identity, academic concerns, family difficulties, social anxieties, mood changes, stress or past/ present traumatic events. The university counsellors are professionally qualified psychologists and psychotherapists who employ a range of psychological therapies depending on the presenting issues and assessed needs of students who attend. The counselling team appreciates the different needs of students coming from other cultures and backgrounds.

[student.counselling@ucd.ie](mailto:student.counselling@ucd.ie)

## **UCD careers**

UCD Careers Network sets out to offer services to all students at UCD to enable them to consider and plan their future career. We do this in many different ways, for example, by offering career consultations, credit bearing modules in career development, non-credit bearing programmes and Awards such as the UCD Advantage and a sophisticated online platform called MyCareer, packed full of information, job vacancies, e-learning and AI assisted CV development and online practice job interviews. [www.ucd.ie/careers](http://www.ucd.ie/careers)





# Health and Social Care Professionals

This is your invitation to join Fórsa today

*Fórsa is Ireland's largest public service union with over 80,000 members. 33,000 of those members work across the Irish Health Service in the HSE, in Section 38 organisations, in Tusla, across the wider community and voluntary sector, and in private healthcare facilities. Over a third of our health members are Health and Social Care Professionals (HSCP).*

As a union, we win better terms and conditions for our members, provide expert representation, give professional advice, offer workplace support and ultimately provide protection. You can also access financial and other benefits too (see overleaf). Most members pay less than €5 a week, deducted directly from their salary.

## Ambitious industrial relations agenda

We are currently engaged in active negotiations with the health service employers on a wide range of issues directly impacting on HSCP – the Community Healthcare Network Model, Children's Disability Network Teams, the Career Pathway Review Process to name a few. We know that when we have high density, we achieve better outcomes for the professionals working in these areas – consider joining today to support these negotiations.

## Regional Health Areas

The HSE is due to restructure into Regional Health Areas on the 1st January 2024. This will bring significant change to how services are provided at local level which will impact on HSCPs. The only way you are protected during this transition is by being a member of Fórsa. We will be involved at national level in negotiations with the HSE on what this restructuring means for our members. Each HSCP grade has an active national professional committee who will advise the National Health Office during these negotiations. You can only have a voice, if you are part of the union.

## Fitness to Practise

All Fórsa members who receive a Fitness to Practice complaint from CORU are protected by their union membership at no additional cost. Fórsa have dedicated staff who provide advice, support and case management on every individual case. We also have a dedicated legal provider who work with us to defend cases. Since the introduction of Fitness to Practise, we have represented over 100 different registrants and supported them through the process. The majority of cases defended by Fórsa are closed after consideration by the Preliminary Proceedings Committee.



**Health and Welfare Division**

## SOME OF OUR RECENT FÓRSA WINS INCLUDE:

- Return of the 35 hour working week
- 6.5% pay award under review of Building Momentum
- Introduction of a Blended Work Policy in the health service
- Introduction of a Chief HSCP role in the Department of Health
- Lodging claims for menstrual/menopausal health policies across the health service and paid domestic violence leave

## DID YOU KNOW?

- Over 30,000 staff across the health service are already members of Fórsa
- Fórsa has sole negotiating rights for most HSCP grades
- Women are more likely to be union members than men (Source: Union Voice in Ireland)
- Young people aged 16-34 are very positively disposed to voting for union representation (Source: Union Voice in Ireland)



**JOIN TODAY** [join.forsa.ie](https://join.forsa.ie)



# You're better off in Fórsa

*Fórsa members can save lots of money with our enhanced package of financial benefits provided or negotiated by the union. Some of these are free to all Fórsa members. Others are optional benefits, available only to Fórsa members, which can mean savings on insurance, salary protection, additional pension coverage and more.*

## Fórsa members are entitled to\*

- €5,000 illness benefit when out of work for more than 12 months
- €5,000 personal accident insurance
- €5,000 critical illness or death benefit
- Spouses or qualifying partners qualify for death benefit too
- Evacuation or repatriation expenses of up to €250,000 for members who die or are seriously ill abroad
- Free legal help in bodily injury cases
- Free 24/7 legal advice helpline
- Free 24/7 confidential counselling helpline
- Free 24/7 domestic assistance helpline
- Free will writing service

## Members can opt in to Fórsa-facilitated financial benefits

- Car insurance
- Home insurance
- Travel insurance
- Additional pension benefits
- Salary protection and life cover

## Fórsa members can also apply for

- Gaeltacht scholarships for their school-age children
- Industrial relations scholarships
- Benevolent grants for members in financial distress
- Fórsa group scheme ([www.forsa.group-login.com/login](http://www.forsa.group-login.com/login)).

\*Six months continuous membership is required to avail of services. Financial benefits are strictly subject to policy, terms, conditions and exclusions. See [www.forsa.ie](http://www.forsa.ie) for details.





Irish Nurses and Midwives Organisation  
Working Together

The INMO is the largest professional nursing and midwifery trade union in Ireland.

Members can avail of:

- **Advice, support, and representation** for workplace issues and Fitness to Practice referrals
- Access to the **Information Office** which provides a same day response service
- Access to **courses** provided by **INMO Professional Library**
- Access to the INMO specialist nursing and midwifery **Library**
- Access to a **24-hour counselling helpline** and a **24-hour legal advice helpline**



**Membership is FREE for undergraduate students**



[www.inmo.ie](http://www.inmo.ie)



**SHAPING  
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**A HEALTH  
SERVICE  
FOR ALL**



**SIPTU**

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# **IRELAND'S LARGEST TRADE UNION**

**GET THE FOLLOWING BENEFITS BY BEING WITH SIPTU. IT IS FREE FOR STUDENTS TO SIGN UP FOR UPDATES FROM IRELAND'S LARGEST TRADE UNION.**

**ADVICE ON YOUR RIGHTS AT WORK**

**CAMPAIGNING FOR BETTER TRAVEL &  
SUBSISTENCE FOR CLINICAL PLACEMENTS**

**FIGHTING FOR SAFER STAFFING LEVELS FOR  
YOU AND YOUR PATIENTS**

**PUSHING FOR GUARANTEED JOB OFFERS AFTER  
GRADUATION**

**ADVOCATING FOR FAIRNESS AT WORK AND  
JUSTICE IN SOCIETY**




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 **SIPTUHEALTH.IE**

 **@SIPTUHEALTH**

 **01-8586466**

 **HEALTHDIVISION@SIPTU.IE**

# PLACEMENT SURVIVAL



**GUIDE** 2023/24

UCD STUDENTS' UNION  
UNIVERSITY COLLEGE DUBLIN

SU@UCSU.IE  
01-716 3108

UCDSU.IE