A Busman’s holiday: having your cake and eating it. Making the curriculum real.

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Aims

To discuss:

• globalisation
• diversity and culture
• preparation of future nurses
• enhancing employability
• integrating theory into practice
The beginnings
JUST ANOTHER DAY...

Nurse!!!
Code Blue!!!

Nurse call system

Call off list

Northern Lights
Halfmarathon = 10km
January

Polar Night Halfmarathon
Tromso Norway
World map NASA (vegetation)
Do you know which of these glaciers/ice-fields is **not** retracting?
Mount Ararat and K2
Reconnaissance Trip – September 2012 and student trip in 2013
Pilot study

Reconnaissance trip/lessons learnt

• Communication/training/the right team/leadership
• Stressors
• logistics/time line
• Sources of information
• The need for mentorship/de-briefing
• Risk assessment
• Theoretical frameworks (systematic approach....6 C’s, MECC, SWOT, logical frameworks, action research principles)
Plan

• Self-funding
• 1000 word statement & application
• 3 learning objectives & evidence
• Selection/assessment/residential weekends in UK

3 phases in Nepal

• Culturalisation
• Trek/visits
• Kathmandu: hospital visits/orphanage
The learning....... 

- First aid/ simulation scenarios 
- High altitude and applied physiology 
- Walking, camping, mountain skills, kit 
- Boot camp... Fitness 
- Health (mental health) and well being (diet, BMI etc) 
- Reflection/goal setting/PPD plans/self awareness 
- Team working/problem solving 
- Media training 
- Blogging 
- Learning about other cultures/health care systems 
- Language/communication skills 
- Sharing field knowledge expertise 
- Fund raising 
- Employability skills
Reflections/motivations pre study tour

Sarah

The reasons I applied to go to Nepal was “the challenge, potential for my CV, the experience”

I have loved every moment of the journey so far and I can’t wait for Nepal!”

“The thing I have found most difficult/demanding is adapting to different characters of people”
Lauren

“ I am a second year student nurse focussing on Adult care. Recently I have had an incredible, once in a lifetime opportunity presented to me by the University I study at, which is to travel to Nepal with fellow nursing students, to experience the culture, with the added opportunity of climbing to base camp”.
Andrea.

RAF secondee

“ I have enjoyed the team cohesion, everyone can rely on everyone and can all laugh and joke together”
Mary

“I have become more organised, this trip is a big commitment and if you are not organised with things such as time management, vaccinations, kit etc it becomes very difficult to get everything done and enjoy the experience”
John
“This is the most caring group I have ever worked with. The care they showed towards each other during the exercises was incredible and enabled them to succeed in most tasks. It must be something to do with the fact that they are going to be nurses where caring for others is of primary importance”
Impact on locals
Namche Bazar
Teaching sherpa crew first aid
The pyramid....Lobuche
Hospital visits
Evaluation of post earthquake work to schools and health posts. May 2018
NGO workers and Government and regional ministers.
Regional district hospital
“Registered nurses provide leadership in the delivery of care for people of all ages and from different backgrounds, cultures and beliefs. They provide nursing care for people who have complex mental, physical, cognitive and behavioural care needs, those living with dementia, the elderly, and for people at the end of their life. They must be able to care for people in their own home, in the community or hospital or in any health care settings where their needs are supported and managed. They work in the context of continual change, challenging environments, different models of care delivery, shifting demographics.”
DEVELOP A BALANCED VIEW OF THE WORLD
Suggested reading


• National stem centre (2010) Top 10 Employability skills [http://www.nationalstemcentre.org.uk/dl/728cbf50384dfa733a8e783316c1581b97bf5e0a/3058-Employability_skills_guide.pdf](http://www.nationalstemcentre.org.uk/dl/728cbf50384dfa733a8e783316c1581b97bf5e0a/3058-Employability_skills_guide.pdf)
“Success is not final. Failure is not fatal. It is the courage to continue that counts”

Winston Churchill
THANK YOU FOR LISTENING AND KEEP CLAPPING