

# Learning Environment



Preston Birth Centre

# Learner Booklet

## Welcome

We would like to warmly welcome you to Lancashire Teaching Hospitals NHS Foundation Trust (LTHTR). Incorporated on the 1st of April 2005, LTHTR was the first trust in the county to be awarded “Teaching Hospitals” status.

We have created this pack as a useful resource to help you to settle in with us. The purpose of this booklet is to provide you with information to help you on your learning environment.

## About LTHTR

### We have three equally important strategic aims:

- To provide outstanding and sustainable healthcare to our local communities
- To offer a range of high-quality specialist services to patients in Lancashire and South Cumbria
- To drive health innovation through world class education, training and research

We provide a range of Hospital based health services for adults and children and cover a range of specialities. These include cancer services such as radiotherapy, drug therapies and surgery, disablement services such as artificial limbs and wheelchair provision. Other specialities include vascular, major trauma, renal, neurosurgery and neurology including brain surgery and nervous system diseases.

### Our five core values:

- Being caring and compassionate
- Recognising individuality
- Seeking to involve
- Building team spirit
- Taking personal responsibility



We deliver care and treatment from three main facilities:

- Royal Preston Hospital
- Chorley and South Ribble Hospital
- Specialist Mobility and Rehabilitation Centre, Preston

In relation to car parking, please refer to your Induction to the Trust, for information regarding car parking. Additional information can be found on our Intranet page.

<https://legacy-intranet.lthtr.nhs.uk/car-parking-documents>



## Learning Environment

*Hello and welcome!*

We would like to welcome you to your learning environment and give you some information prior to starting here with us at Preston Birth Centre.

### **Orientation to the ward**

Preston Birth Centre is situated within the Sharoe Green Unit (Level 1) at Royal Preston Hospital and is an alongside birth centre. This is one of our four birth place options for women and families within LTHTR, consisting of 4 birthing rooms, 2 postnatal rooms and a triage room. It is a midwifery led unit with women experiencing a normal pregnancy choosing to birth here, however we do support women with more complex pregnancies on the birth centre who have an appropriate care plan in place.

Our birth centre provides a homely, comfortable and relaxing environment including integrated birthing pools in each of our birthing rooms. We provide a variety of birthing equipment including birthing balls, stools and couches which all help accommodate optimal positioning during the labour process.

### **What to bring on your first day**

- Uniform
- ID badge
- Fob watch (useful to have)
- Lunch; we have a fridge in our staff room you can use, please ensure a sticker with your name and date is placed on any items stored in the fridge otherwise its at risk of being disposed of. We have a canteen and shops in the unit should you wish to buy your lunch on the day.
- Drinks bottle – its very important to keep hydrated on shift, we have a 'hydration station' in our office where you can keep your bottle stored and is easily accessible.
- Note pad and pen – you may find it useful to keep note of any important information/guidance to aid your learning journey throughout your time on placement.

### **Changing/Catering facilities**

We have a locked staff room where you can store your personal items in a locker or use to get changed should you wish. There is also space in this room to relax on your break or there is a seating area in the canteen as another option. We have a microwave you are welcome to use, a geyser to make hot drinks and cutlery available which should be washed after use.

### **Sickness policy**

If you are unable to attend your shift due to sickness or for any other reason, its important you make us aware of this. You can do this by contacting the shift coordinator and university before your shift is due to commence. If you are absent

without reason this will be noted and reported to the university. Please also email [learner.absences@lthtr.nhs.uk](mailto:learner.absences@lthtr.nhs.uk)

### **Hours of work**

You will be notified of your shifts prior to starting placement and these are the shifts you may be rostered to work:

- Early** = 07.30 – 15.30 (30 minute break)
- Late** = 12.30 – 20.30 (30 minute break)
- Long Day** = 07.30 – 20.30 (2x 30 minute breaks)
- Night** = 20.00 – 08.30 (2x 30 minute breaks)

### **Learning opportunities available**

Normal Birth	Care in the immediate postnatal period
Care in the latent, 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> stage of labour	Breastfeeding support
Abdominal Palpation	Blood spot test
Venepuncture	Postnatal check on mum and baby
Waterbirth	IT skills (including use of badgernet)
Fetal Heart Auscultation	Safeguarding
Vaginal Examination	Risk Management
Artificial rupture of membranes	Medical Device training
Observations	Infection Control
Pain management	Safe sleeping
Venepuncture	Communication Skills
Obstetric emergencies (shoulder dystocia, PPH, breech birth, cord prolapse, neonatal resuscitation)	Use of interpreter services
Perineal Suturing	Observe daily huddle
Active and Physiological third stage	<u>Daily equipment checks</u>

### **Team structure**

An expected shift on the birth centre would consist of 2 midwives and 1 maternity support worker. 1 midwife on shift would be 'shift lead' (which is predominantly a staff member from our core team) who coordinates activity and staffing on the birth centre, liaising with delivery suite coordinator, matrons and other areas as required. We take part in a daily huddle at 09.15, which includes a member of staff within each area of maternity, to have an overview of staffing/activity within the service. It would be a good learning opportunity to join the huddle when you are able to do so within your placement time. As well as midwives, we have experienced members of staff on our birth centre, including our ward clerk, domestic, maternity support workers and liaison admin staff who offer a wealth of knowledge and would always welcome you with any queries or experience you may wish to achieve.

### **Commonly used medications**

- Paracetamol
- Dihydrocodeine
- Pethidine
- Diclofenac
- Ibuprofen
- Entonox

Please discuss with your mentor or access a BNF for correct dosage/use.

### **Contact telephone numbers**

<b>Preston Birth Centre</b>	01772 528223
<b>Preston Community/Liaison</b>	01772 524592
<b>Chorley Community/Liaison</b>	01257 245193

### **Sources of help and advice**

Should you encounter any problems during your time on placement you can access support from:

- Your Practice Assessor
- Shift Coordinator
- Student Clinical Link Midwife
- Any member of staff you have confidence in
- Human Resources
- Occupational Health
- Pastoral Care
- Information available on the intranet for Staff Support

### **Expectations/Professional Values**

Please familiarise yourself with the trusts uniform policy and infection control – these can be found on the intranet under ‘policies and guidelines’. We remind you that:

- Hand hygiene is essential
- Only simple studs should be worn if you wish to wear earrings
- No wrist watches/bracelets or necklaces to be worn
- No false nails/nail varnish
- Remember ‘*bare below the elbow*’ - when entering a clinical space you should be bare below the elbow and jackets should not be worn unless outside of a clinical area and adheres to trust policy.

Regular audits are conducted within all departments to ensure professional standards are met and monitored. Whilst on clinical placement please remember

your responsibilities in accordance with the NMC guidance on professional conduct for nursing and midwifery students.

Our values and our culture at LTHTR:

- Compassionate
- Respectful
- Empowered
- Collaborative
- Performance focused

We look forward to welcoming you to our birth centre and sharing our knowledge to the future workforce of maternity. Please feel free to ask lots of questions and we hope you enjoy your time working with us!





## Induction

The Local Induction process will take place throughout the first week of your placement.

This will comprise of:

- Trust and department orientation, including housekeeping information
- Location of emergency equipment
- IT access
- Reading & acknowledgement of Mandatory Trust policies such as Health & Safety, Fire Safety, Infection Control, Information Governance, Staff Code of Conduct, Social Networking and Dress Code policies.
- Adult Basic Life Support training if applicable
- Trust Moving & Handling Training if applicable
- COVID-related policies & procedure
- Orientation
- Professional voice: - freedom to speak up, datix, chain of command, open door policy
- An awareness of our Educational Governance Team- evaluation and importance of feedback
- Inter-professional Learning Sessions
- Practice Assessment Record and Evaluation (PARE) training, if applicable
- Collaborative Learning in Practice (CLiP™), if applicable
- How the role of Practice Development Facilitator can support you, where applicable





## What to bring on your first day

- Uniform: All other items in the dress code policy must be adhered to <https://legacy-intranet.lthtr.nhs.uk/search?term=uniform+policy>
- A smallish bag which would fit into a small locker.
- You may wish to bring a packed lunch and a drink on your first day.

## Inter-professional Learning Sessions and eLearning Resources

At our Trust, our Education Team facilitates a yearly programme of Inter-professional Learning (IPL) sessions. This programme consists of various teaching sessions, delivered by our Specialist Teams, to support and enhance our learners and trainees' learning experience with us.

Inter-professional learning is an important part of your development and allows you to build professional relationships and communication skills with the wider multi-disciplinary teams. Our IPL sessions are valuable in supporting you to stretch your knowledge and experiences to enhance your clinical practice. They also help bridge the gap between theory and practice, allowing you to hold a deeper understanding of the topics discussed. Our sessions are open for all learners and trainees on placement at our Trust to attend and these learning opportunities are an extension to your learning environment; therefore, these hours need to be recorded on your timesheets. We encourage our staff to facilitate enabling a learner/trainee to attend these sessions.

**Please note: You must inform your learning environment prior to attending a session.** These IPL sessions need to be discussed in a timely manner with your learning environment.

You are required to complete a reflection on each of your IPL sessions, as well as documenting on your HEI documentation what you have learnt and how this relates to your current placement.

You can book onto our IPL Sessions by accessing this link <https://elearning.lthtr.nhs.uk/login/index.php> and searching for 'IPL'.

You can access our policies and procedures via our Intranet page, which will help expand and stretch your knowledge.

## Support with evidencing your learning outcomes or proficiencies

We encourage you to use the Trust learning logs to collate and evidence your skills, knowledge and abilities achieved. You can then present your completed learning logs to your Practice Assessor/Educator during your assessment meetings. Any staff member who is involved in coaching you can complete your learning log feedback.

You can request time during your placement hours to complete these and request feedback prior to the shift ending. To obtain a copy of our learning logs, please visit our Health Academy Webpage on the link below, where you will see a copy of our CLiP™ Learning Log available for you to download, on the right hand side - <https://healthacademy.lancsteachinghospitals.nhs.uk/support/clinical-placement-support/collaborative-learning-in-practice-clip/>

## Chain of Command

Keeping patients safe, providing the best care that we can and learning in an environment where you feel safe and valued is important to us. Speaking up about any concern you have on your learning environment is also important. In fact, it's vital because it will help us to keep improving our services for all patients.

There may be occasions where we witness, experience or are asked to do something that causes us concern. Often, these concerns can be easily resolved, but sometimes it can be difficult to know what to do.

Our Clinical Placement Support Team are available Monday – Friday, 8.00am – 4.00pm should you need to contact them in relation to any concerns regarding your learning environment. If your concern relates to patient safety and/or your concerns are outside of these hours, please follow the chain of command in your learning environment and speak with the person in charge.

Please visit our Freedom to Speak Up page on the Intranet for more details.



## We value your feedback

Our Trust values your feedback. To continuously improve, we offer opportunities for our learners and trainees to provide feedback regarding both your learner experience and your learning environment. We would encourage you to kindly complete your end of placement evaluation, within your clinical hours.

We will keep you updated with the improvements that we make based on the feedback you provide us with.

## Learning Environment Improvement Forum

Our Learning Environment Improvement Forum began in November 2021, with key stakeholders attending; Learners, Trainees, Clinical Staff, Education Leads and our Nursing Directorate. Monthly meetings are held to share new and innovative ideas as to how we can collaboratively enhance our learning environments, to support both learners, trainees and staff.

All attendees at the Learning Environment Improvement Forums contribute their suggestions and guidance on our projects. Collaboratively, exciting improvements are implemented to enhance our learning environments.

Innovative changes made by our Learning Environment Improvement Forum, within Academic Year 2021-2022;

- NEW Learner Boards designed and placed on our learning environments
- Learner booklets made available on our Health Academy webpage to prepare our learners and trainees for their clinical placements, as suggested by our learners and trainees
- PARE and CLiP™ training embedded into our Learner and Trainee Inductions
- Quick Reference Guide designed and created to welcome our learners and trainees to the Trust and prepare them for their clinical placements

We welcome any of our staff, learners and trainees at the Trust to attend our Learner Environment Improvement Forums, to contribute your ideas and suggestions for our new and innovative projects. You can join via the E-Learning Portal - <https://elearning.lthtr.nhs.uk> and going to Courses, then selecting the tab 'Inter Professional Learning', where you will see our forum listed.