



Case Study

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Current role: Lead Nurse for Child and Adolescent Mental Health at UCLH

How was useful to your job & development?

Something I found helpful that I hadn't anticipated, was hearing how different the mental health provision is for young people across the UK, and what systems they have in place. There were some hospitals who were resourced very well, and who had come up with innovative ideas around patient care, and then others that were really struggling with managing.

It was really insightful to meet with a range of people (Consultant, Reg's, Nurses, HCAs) and learn from each other.

What did you specifically find useful?

Being able to practice in a non-clinical setting a real-life scenario with the actor, was great. The way the simulations are set up are very trauma informed for staff, with the option of pausing and rewinding.

Did you feel the learnings were clear & how to implement them within your role?

Staff are understandably anxious about working with this client group, potentially saying the 'wrong thing' and making the young person feel worse. This give staff of all bandings and backgrounds the opportunity to practice, in a way you may not want to do in a real-life scenario for fear of doing harm.

This is a course that will be useful for paediatric nurses, resident doctors and consultants in addition to other disciplines, as we all have something to give and something to learn.

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