

APPRENTICES SUPPORTING THE FRONT LINE COVID-19 EFFORT: A CASE STUDY



Meet Mushtag Kahin a Trainee Nursing Associate at South London and the Maudsley NHS Foundation Trust.

Mushtag is a 2nd year Trainee Nursing Associate apprentice.

A decision has been made by the Trust to put the Trainee Nursing Associate programmes on hold for four months to support the front line clinical effort and Mushtag is currently working on a male acute Mental Health ward.

We spoke to Mushtag about how her apprenticeship has prepared her to support her employer and patients at this challenging time.

1

How has your role changed as a result of COVID-19?

A big change is that we have been barrier nursing our patients and allocated staff per shift to do the main interventions for the patients whilst wearing brand new green scrubs with the Trust logo.

We have specific rooms to don our PPE and use separate equipment labelled as COVID and specific plates and utensils to minimise risks.

Patients are encouraged to take a shower every day and change into a clean set of clothes.

We have also decided to be proactive and check temperature for every patient during the morning medication round as well as checking the temperature of staff as a precautionary measure.

This has displayed beautifully the importance of looking after physical health whilst also taking care of mental health.

2

How are you feeling about this? Do you feel your apprenticeship has helped you to prepare for these unprecedented times?

I feel scared as this a new virus with little knowledge. I have been actively reading articles and news feeds from trusted sources about COVID-19. It was interesting to observe the different approaches from governments worldwide and WHO compared to the UK.

I feel that the Nursing Associate apprenticeship has prepared me for it in some way due to doing courses about the human anatomy and physiology, completing an OSCE in handwashing and medication, Health Policies, leadership and teamwork and completing a service improvement in terms of audit.

Currently we are writing down the amount of PPE used per shift and preparing enough for the rest of the day and night shift to minimise waste.

3

How will your experiences contribute to your apprenticeship and learning when you return to programme?

I will be more confident and keen to learn. It has made me confident in my leadership skills and allowed me to practice what I have learned so far.

This has inspired me even more to do my best and become a registered Nursing Associate and complete my studies as a Registered Nurse up to PhD level.

For apprenticeship updates, resources and guidance related to Coronavirus (Covid-19) please visit [HASO](https://haso.org.uk).

