

Career Grade Trainee

How has your career developed?

I developed an interest in sexual health during my SHO post in genitourinary medicine, during which I completed my DFFP practical sessions. While finishing my vocational training scheme, I quickly realised that I was much more interested in sexual health.

I commenced work in at Sandyford as a CMO for 6 months while I sat my first part MFFP. When the career grade trainee post was advertised, I immediately applied.

What does your current role entail?

Career grade training is a 3-year modular scheme set up by the Faculty of Family Planning and Reproductive Health Care. Following a logbook structure, similar to the SpR logbook, it is designed to develop experience in all areas of sexual and reproductive health. It covers gynaecology, special needs, unplanned/unwanted pregnancy, genitourinary medicine, health promotion, management, research and teaching, as well as the core areas in family planning. Currently my

FACT FILE

Name: Cathy Johnman
Job title: Career Grade Trainee in Family Planning and Reproductive Health Care
Location: The Sandyford Initiative, Glasgow, UK
Qualifications: MB ChB, MFFP

working pattern consists of 40% service provision, 20% specialist services and 40% logbook.

What is an average day like for you?

Generally, I have one clinic and one logbook session. When not in clinic, I could be contributing to the annual reports, carrying out audits, research, administration (e.g. results processing and preparing a Powerpoint presentation), and so on. I also get the chance to visit related clinics and services to help develop a holistic approach to sexual health.

What are the best and worst elements of your job?

The best element to my job is its

variety. I can be doing vasectomies in the morning and then work at the young person's service in the afternoon. Hopefully, I am able to make a positive impact with each interaction. There is no 'worst element' specific to my job but it can be very busy at times (medicine in general!).

How do you see your job progressing in the future?

Career grade training was set up when the need for well-trained but non-consultant service leads was recognised. I see myself possibly managing one particular area of a large sexual health service but equally I would enjoy working as a lead clinician of a smaller or even rural service should such an opportunity arise.

FURTHER INFORMATION

Faculty of Family Planning and Reproductive Health Care:
www.ffprhc.org.uk (information on Career Grade Training and the Reproductive Healthcare Trainees Network)

School Nurse

Why were you attracted to nursing?

At an early age my mother was ill, and required a lot of care. It really felt instinctive from then on.

How did you become a school nurse?

Following RGN qualifications, I completed my midwifery training. I spent 3 years as a midwife in the Royal Air Force. Whilst my children were young I mainly worked on the hospital bank. I had also developed and used a lot of parentcraft skills. A friend then asked me to work on the measles campaign. I really enjoyed it and others noticed that I seemed very comfortable working with children. I took my first school nurse position 10 years ago.

What has been your career pathway since?

Some areas have a very structured career pathway for school nurses, but I have created my own along similar lines. I have done a two-part City and Guilds Teaching Certificate. Then I completed two diplomas in family planning and mental health. I have also completed a continence course and a learning disability course with the fpa (Family Planning Association).

FACT FILE

Name: Julie Biggs
Job title: Team Leader School Health
Location: Chippenham and Corsham, UK
Qualifications: RGN Registered Midwife, Diplomas in Family Planning and Mental Health

What are your current roles and responsibilities?

I am team leader with responsibility for 12 500 children and a team of three F Grade nurses and two B Grade assistants. I am also lead nurse for disability and undertake regular family planning sessions locally.

Can you tell me about an average day?

Our service is supportive and friendly. I get to the office for 8.00 am, answer any e-mails, and then travel to the family health centre to collect messages and liaise with another colleague in the team. I may have a few parents to contact. I may then have a 'one to one' session, for instance working with a 15-year-old with Down syndrome to discuss contraception. I may work on some health care plans at a school for any child with a special medical need. I may have some visits in the afternoon. On Monday I might visit a 15-year-old with depression, and then later do an enuresis review.

What do you enjoy most about your job?

I enjoy working with children and families, and also health promotion. In many ways I find school nursing and family planning complement each other.

What do you enjoy least?

Mainly trying to stick to the hours and trying to fit everything in.

What would you change about your job?

I would like there to be more school nurses, so we could spend more time in schools, as there is so much more we could do with the children if we had the time.

What are your future plans?

I am really keen to continue to develop the service, especially the continence service for children with special needs. I would also like to develop our working role alongside social services. I am currently doing a health promotion course, and would maybe like to do a degree in school/public health.

FURTHER INFORMATION

Royal College of Nursing: www.rcn.org.uk/
City and Guilds Teaching Certificate:
www.city-and-guilds.co.uk