

STUDENT NURSE: Practice Placement Information

ABOUT THE STATE HOSPITAL

The State Hospital provides assessment, treatment and care in conditions of special security for individuals with mental disorder who, because of their dangerous, violent or criminal propensities, cannot be cared for in any other setting. We are a Special Health Board as part of the NHS in Scotland.

The Hospital is a national service for Scotland and Northern Ireland and our aim is to provide care and treatment of the highest standards whilst ensuring public safety. Our patients are helped to recover from their illness in order to ensure safe transfer to appropriate lower levels of security where possible.

The majority of patients have a primary diagnosis of schizophrenia. Significant numbers have a secondary diagnosis relating to substance abuse (drugs/alcohol) and personality disorder.

Patients are admitted to the Hospital under the provisions of:

- The Criminal Procedures (Scotland) Act 1995.
- The Mental Health (Care and Treatment) (Scotland) Act 2003 / 2015.
- And other related legislation because of their dangerous, violent or criminal propensities.

The Hospital has 140 high-secure beds for male patients; 12 of these beds are specifically for patients with an intellectual disability. Wards are spread across four units known as 'hubs', with each hub hosting three 12-bedded wards. Hubs also contain a range of therapeutic activity rooms. All members of the Clinical Team are based within the hubs; this facilitates a whole-team approach to patient care and ensures that the patient is firmly at the centre of care delivery.



Hub and Cluster (Ward area)

"Patients were very approachable and made me feel welcome. They were confident about sharing their experiences with student nurses."

Student quote

The Hospital's website provides a wealth of additional information; visit www.tsh.scot.nhs.uk

The State Hospital is one part of the pathway of care that should be available for those with secure care needs. There is a national drive to provide a modern service which meets the needs of patients, protects staff and the public, and enables patients to move on from The State Hospital to more appropriate local care as they recover from their illness.

More information can be found at the Forensic Mental Health

Services Managed Care Network website:
www.forensicnetwork.scot.nhs.uk

This information leaflet is intended for nursing students commencing a practice placement within The State Hospital. It aims to provide an insight into the role and function of the Hospital and, more specifically, the role of the nurse within a service model that embraces a multi-professional approach to patient-centred care. We also hope it provides some helpful tips and information as you prepare for your placement.



Skye Centre (for patient therapy and activity)

ABOUT NURSING

The focus of forensic nursing is to improve patient care through the development and maintenance of positive relationships with patients, their family and carers. It is underpinned by values-based principles of caring and empathy; respect and dignity; equality and diversity and individual rights.

Nursing is by far our largest staff group and delivers the greatest proportion of direct patient care. As part of the Clinical Team, nurses are instrumental in co-ordinating and implementing person-centred care in line with the patient's care and treatment plan.

Day-to-day nursing care is co-ordinated and delivered through the Key Worker / Associate Worker model. Comprehensive, evidence-based assessment of each individual patient's strengths and needs forms the basis of the nursing care plan.

Nurses deliver a range of therapeutic interventions for a broad spectrum of healthcare needs; both physical and psychological. As a student nurse, you will be actively involved in assessing, planning and delivering patient care during your placement.

Nurses offer individual support, guidance and protection for each patient enabling them to contribute to their own recovery. They provide intensive nursing care for patients who, due to the nature of their illness or presenting behaviours and risks, may require high levels of nursing interventions and interaction. This is carried out in a manner which is intended to promote a sense of dignity and self-worth in the patient, in an environment which maintains safety to both the patient and the staff involved in their care.

Incident minimisation is also an important daily feature of the nursing role and is achieved through in-depth patient knowledge, both current and historical, together with the understanding of the nature of their particular illness processes, identifying patterns or triggers to behaviours, developing strategies to overcome them, and assisting and supporting patients to develop positive coping techniques to deal with their problems.

As a student on placement, you will also have the opportunity to work closely with nurses in charge of the ward to ensure you experience all aspects of daily ward management.

"I was able to facilitate the Clinical Team meetings which has further enhanced my communication skills and confidence."

Student quote

"I spent days at different departments, i.e. Health Centre, CBT and anger management."

Student quote

You will also be able to develop your communication skills, from therapeutic interaction with patients to professional communication with other disciplines, relatives and carers.

The Hospital has a number of Clinical Nurse Specialists, Advanced Nurse Practitioners and Specialist Nurse Practitioners. They are nurses with an in-depth knowledge of the nursing needs and care of a particular patient group. Their knowledge is such that they are able to advise and teach all healthcare professionals. Many work within the Psychological Therapies Service (PTS) and are involved in the delivery of various psychological treatment programmes (with adapted versions available for patients with an intellectual disability).

You will have an opportunity to work closely with these nurses during your placement in order to develop your knowledge and skills in these areas.

Other nurses work within the Practice Development Department and their work includes:

- Values-Based Practice and Recovery.
- Leading on specific practice development initiatives such as Assessment and Care Planning, and Clinical Supervision.
- New to Forensic Educational Programme.
- Infection Control.
- Prevention and Management of Violence and Aggression.

Registered nurses are governed by a professional code of conduct. Moreover, all members of nursing staff are subject to the professional policies and procedures of The State Hospital. Patient confidentiality is of key importance and as such all patient information must be held in the strictest confidence in line with the Data Protection Act 2018.

AIMS AND OBJECTIVES OF THIS PLACEMENT

Prior to commencing your placement, you should consider your practice placement objectives as well as your assessment requirements and Nursing & Midwifery Council (NMC) proficiencies.

You will need to take these into account when reading this leaflet in order to plan your learning requirements and opportunities. The information in this leaflet outlines the key areas your Practice Assessor / Supervisor expects you to develop during your placement, and we hope that this will assist you in planning your learning.

Listed below are some specific aims and objectives relevant to this placement. These will be useful at your final assessment when you should be able to demonstrate a general understanding of the:

- Function of The State Hospital including knowledge of its role and purpose, its links with prison services, criminal justice services and mental health services throughout Scotland and Northern Ireland.
- Legal mechanisms relating to patients' detention within conditions of special security.
- Common diagnoses of patients' resident in The State Hospital.
- Challenges of planning care considering the complex relationship between mental disorder and offending.
- Legal, ethical and professional issues in working with mentally disordered offenders.
- Role of the nurse in risk assessment and management of mentally disordered offenders.
- The importance and complexities of the therapeutic nurse-patient relationship in forensic nursing.
- Skills involved in nursing assessment, care planning and evaluation.
- Pharmacological, psychological treatments and recovery strategies used to assist patients in their progress through The State Hospital.

Final year students during this placement in a highly specialised area of mental health nursing will have the opportunity to enhance and consolidate skills in conveying nursing theory to practice. Additional reading around these areas is recommended.

"Excellent placement for experience. All or most students, studying mental health, should experience a high secure setting."

Student quote

THE LEARNING ENVIRONMENT

We are committed to partnership working with education providers to ensure appropriate clinical placements for students.

We acknowledge and promote the value of practice learning as part of a balanced approach to the preparation of pre-registration nurses.

Involvement in student training is an enjoyable and stimulating learning experience for everyone involved.

During your placement you will be allocated to one ward, however as part of the nursing team, you will experience multi-disciplinary working throughout the whole hub, in line with the New Hospital's Clinical Model. You will have the opportunity, with patients, to visit the Skye Centre for patient therapy and activity. There are several patient activity and recreational centres in the Skye Centre:

- Craft & Design Centre.
- Gardens & Animal Assisted Therapy Centre.
- Health Centre.
- PARS Access Centre.
- Patients' Learning Centre.
- Sports & Fitness Centre.

Referral to therapeutic activity services for patients is based on assessment, need and future planning, using a single integrated system. Patients also have the opportunity to exercise and walk within the extensive Hospital grounds.



Gardens & Animal Assisted Therapy Centre

PRACTICE ASSESSORS/SUPERVISORS

The Practice Assessor & Supervisors are a crucial support to students in practice areas, where students apply their knowledge, learn key skills and achieve the required proficiencies for registration.

Prior to commencement of your placement you will be allocated a Practice Assessor. Each ward also has an additional team of Supervisors who will contribute to your learning and will support you during your placement.

Mentor quote

“Being a student mentor is an enjoyable experience for me. It helps me ensure that my skills, knowledge and practice are of a high standard.”

Your Practice Assessor / Supervisor will use a range of teaching and learning strategies to help you achieve your learning outcomes, such as demonstration and role modelling, supervised practice, discussion, and reflection on practice. You will receive regular feedback throughout your placement. In return, we ask that you are assertive in your learning and make every attempt to benefit from the knowledge and expertise of the staff within The State Hospital.

Your Practice Assessor / Supervisor will undertake your assessments, and as part of your final assessment interview, you should be able to discuss and demonstrate knowledge of the specific aims and objectives that apply to this placement as detailed earlier in this leaflet.

“I had a fantastic placement at the Hospital and honestly would not change a thing about it. Everything was made available for me and I took opportunities to achieve what I was there to achieve.”

Student quote

“I had the opportunity to attend courses, i.e. CBT workshop, suicide awareness and prevention training, and values-based-practice training.”

Student quote

“The staff are the kind of staff that students need. Supportive, encouraging and very easy to get on with.”

Student quote

END OF PLACEMENT EVALUATION

You will be asked to complete a questionnaire at the end of your placement to help us evaluate the effectiveness of clinical placements at The State Hospital. This questionnaire, will be available through QMPLE, and will be completely anonymous; in no way will the feedback you give be personally identified to you.

We also periodically undertake surveys / questionnaires to gain your views. This enables us to identify any areas for improvement. It is our aim to give every student the best possible experience whilst on placement at The State Hospital.

Your comments are valued and could positively influence the practice placement experience of future student nurses.

“Great learning experience. Staff involved me always with learning opportunities and I learned lots which benefitted my course and practice.”

Student quote

“The experience was positive and changed my mindset of a secure hospital.”

Student quote

DRESS CODE

During your placement, you must adhere to your University guidelines on dress and personal appearance. At The State Hospital, you are expected to wear your approved uniform supplied by your university; this usually takes the form of trousers and a tunic and appropriate footwear.

You should familiarise yourself with the Hospital's Uniform Policy.

You will be required to wear a belt to attach a pouch, personal attack alarm (PAA), and Hospital keys to it. Without a belt and keys, you will not be able to enter the Hospital.

SHIFTS

At The State Hospital, we believe that working nursing shifts, particularly with your Practice Supervisor, will vastly improve your learning experience and help you to achieve your learning objectives.

We therefore strongly encourage you to work day shifts and back shifts where possible. We appreciate there are some issues such as public transport access that may affect your ability to achieve this, and we aim to be as flexible as possible when arranging your off duty.

Within The State Hospital student nurses are not permitted to work long days. The exception to this is under prior arrangement due to extenuating circumstances such as substantial travelling distance.

PRACTICE EDUCATION FACILITATOR (PEF)

The State Hospital has one Practice Education Facilitator (PEF) who works directly with Universities and the Hospital's practice placement areas to enhance the quality of the practice learning environment. The role of the PEF is to support and develop student-nurse mentors, thus ensuring that the student experience is of the highest quality and enables the greatest benefit for individual clinical learning.

A full induction package for student nurses is delivered by the PEF. This will take place on the first day of your placement and you will find details in the welcome letter accompanying this leaflet.

Please feel free to make contact with the PEF if you have any questions or concerns prior to, or during, your placement. Contact details can be found on the final page of this leaflet, and more information about the role of the PEF can be found by visiting www.nes.scot.nhs.uk

"The Learning Centre was fantastic as are the staff there."

Student quote



Staff Learning Centre

THE STAFF LEARNING CENTRE

The Staff Learning Centre is an excellent resource that provides a one-stop location for a wide variety of training and development opportunities as well as offering all library services. Staff and students are able to access books and DVDs which can be utilised in the comfort of the Learning Centre or taken out on loan to use elsewhere. Also available is a wide range of journals and electronic articles.

"I completed online training and received certificates for same."

Student quote

Within the Learning Centre, there are PCs with Internet access and a TV / Video and DVD player that can all be used within normal working hours. Out-of-hours access can be arranged by contacting the Learning Centre staff.

All Hospital policies and procedures can be found on the Hospital's Intranet. You can access the Intranet through any Hospital PC. If you do not have a dedicated PC, you can access the computers in the Learning Centre. These PCs have Internet access and allow connection to your online University materials and resources.

The Learning Centre is in the Harris building.



Harris

STUDENT SUPPORT

We acknowledge that working within a high secure setting with mentally disordered offenders can often be challenging and stressful.

There is an ongoing need to ensure that all staff, including student nurses, receive appropriate support.

Fundamental to this is the relationship between the student nurse and their Practice Assessor / Supervisors and this should be the primary source of support during your placement. All of our staff wish to help you get the most from your placement.

Please do not hesitate to contact your Practice Assessor / Supervisor about anything that concerns you. During the student induction programme, you will be made aware of additional support structures available while you are here e.g. Occupational Health Services and PEF support.

YOUR SAFETY AND SECURITY

We do hope you will enjoy your placement. Please be assured that The State Hospital is an extremely safe environment in which to work, however you must adhere to the following:

- State Hospital staff ID passes must be worn at all times when in the Hospital. Passes, belts and pouches will be issued from Reception and must be returned at the end of your placement.
- Attendance at the security induction is mandatory to ensure you have an awareness of protocols within the Hospital.
- Following this induction and a brief tour of the Hospital, you are permitted to move around the whole site unsupervised.
- As a minimum, you will receive level 1 training in personal safety and breakaway techniques. This mandatory training should be undertaken within your first four weeks of placement, and prior to having unsupervised 1:1 patient contact.
- Regular and prompt attendance at activities arranged by your Practice Assessor / Supervisor is expected.
- You must adhere to any instructions or advice given to you by any member of staff.

"Supportive, friendly and very helpful staff which made my time at the Hospital very enjoyable and educational."

Student quote

"My experience has been extremely positive and I am unable to provide an example of any areas which could have improved my experience. The State Hospital should take great pride in the support and encouragement which is shown to students."

Student quote

KEY CONTACTS DURING YOUR PLACEMENT

We hope that you find this information valuable. If you require further information, please contact The State Hospital's PEF who is happy to take your enquiry.

Michelle McKinlay
Practice Education Facilitator
01555842038
michelle.mckinlay@nhs.scot

Alternatively, any member of the Practice Development Team can help.



The State Hospital
Carstairs, Lanark ML11 8RP
Tel: 01555 840293 – Fax: 01555 840024
Email: tsh.info@nhs.net
Website: www.tsh.scot.nhs.uk

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