Dear readers,
Hello and welcome to the New Graduate Bulletin. 

With spring being on our doorstep and new projects being under development I must say that this month has been full of successful and exciting moments.

I am settling in to my role as the Education Liaison Officer lots of new ideas. Every week it takes me to new places I haven’t been to before which is amazing; what makes me appreciate my job even more, is the people I meet from students to qualified professionals. The passion in their eyes and the contribution they make to the profession is tremendous.

For those who haven’t had the bulletin before, this quarterly publication is aimed at supporting new graduates and final year students by keeping you up to date with news, resources and opportunities, and helping you to make the most of your membership.

As you might remember from the previous publication, we are reviewing the Learning and Development Standards for Pre-registration Education and we are getting lots of helpful feedback. In addition, we have made great progress in our efforts to launch a new research agenda to develop new research priorities for Occupational Therapy in the UK. Watch this space for more updates during summer.

Now let me share the current opportunities available for you, resources, upcoming events and ways to get involved in different campaigns.

On page 3 you will find an updated version of our CPD resources, everything gathered under one page on the website to save you time and guarantee easy access to everything you need.

For final year students there is a great opportunity on page 4 - a four-week placement with Cochrane UK. Check the article for more information.

I also thought that it would be useful to explain a little more about our personalisation report and Improving lives, Saving Money campaign (see page 6).

Wishing you a pleasant read through this publication. If you have any questions you can find my contact details on the last page.

Sofia Lypiridou
Education Liaison Officer
Occupational Therapy students step up the career ladder thanks to first ever UK training

Occupational Therapy students got ahead of their peers today (14 March), becoming the first in the country to complete new training to help them work with older people living with frailty.

The University’s Occupational Therapy suites were ‘turned into’ an approximation of the home of ‘Millie’, a fictional person who is experiencing frailty.

Throughout the day students completed a series of immersive clinical simulation sessions designed to help them develop their skills at identifying and assessing the impact of frailty on ‘Millie’s’ everyday life.

Through discussion and analysis, the students completed assessments in the kitchen, bathroom and bedroom of the OT suite to decide which recommendations might help people like ‘Millie’.

The students are deep in discussion in the OT kitchen at Waterside, considering how they can best help ‘Millie’ maintain her independence.

The key outcome was that ‘Millie’ retains her independence and continues to enjoy a high quality of life, a cornerstone of occupational therapy practice.

The clinical simulation was aligned against a national capabilities framework for frailty, meaning that all University of Northampton occupational therapy students will be “fit for frailty”.

This greatly enhances their employability as they enter the profession and University of Northampton is the first programme to align this level of training in an undergraduate programme.

The day concluded with students taking up the chance to make a pledge and become a ‘Frailty Friend’.

This new scheme was launched recently and demonstrates their commitment to meet the needs of an ageing population, contributing to the effectiveness in delivering the NHS’ Long Term Plan. By making a pledge as a Frailty Friend, they promise to raise awareness about frailty and its effects on both older people and their carers and to be able to identify, assess and plan care that is timely in meeting the needs of those experiencing frailty in Northamptonshire.

Northampton students are also the first in the country to have this opportunity.

Emma Holman, Year 2 student (pictured at top) said of the day: “Your immediate thoughts when you hear the word ‘frailty’ tend to be negative. But throughout the day, as you consider how you can help from a person-centred perspective, I saw how Occupational Therapy can turn a negative condition like frailty into a positive outcome. This was a really enjoyable day and I’m glad to be Frailty Aware”.

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Kim Stuart, Senior Lecturer in Occupational Therapy and who is leading the University’s Frailty initiatives said: “There has been momentous drive across the health and social care to better understand and support people who are living with frail in Northamptonshire, reflecting the University of Northampton’s ethos of having social impact and sharing resources, skills, time and expertise to meet a social or environmental need.

“Occupational Therapists are a key professional group in working within older people experiencing frailty and we will continue to work with Northamptonshire services in ensuring that all our undergraduates and postgraduates are fit for frailty for now and in the future. I’m very proud of our students who took part in today’s training and what they will go on to achieve.”

University of Northampton Occupational Therapy Practice Educators received a glowing commendation last year following a course validation by the Royal College of Occupational Therapists, noting that graduates were “much in demand.”


Attend the #RCOT2019 for just £79* (*Full price £239)

As a student you save £160 on the price on a delegate ticket to #RCOT2019!!

Join in and be part of the largest gathering of RCOT members in the UK.

With over 100+ sessions to choose from and the chance to meet with some of the profession’s leading lights such as Susan Rastrick, Dr Sarah Kantartzis and Philip Allen; you really are getting value for money.

Don’t miss out, book today!

If you are coming: don’t forget to add an ‘I’ll be there’ badge to your Twitter profile! It’s a fun way to let your friends and followers know you’ll be attending and to see which of your contacts will be there. We hope that this will generate excitement, conversation and lots of pre-conference networking!

If you are interested in keeping up to date with research and research opportunities, sign up to the R&D@RCOT fortnightly bulletin. To sign up contact Pauline.McDonald@rcot.co.uk with your BAOT membership number to be added to the mailing list.

New Library catalogue portal
The RCOT Library is pleased to launch a new library catalogue portal which offers:
- faster access to resources - including ebooks and electronic theses, features better content displays throughout a modern, responsive interface that will work just as well on your phone or tablet as on a desktop computer, a streamlined export process, easier to amend and filter results.
- You can find a guide to using the portal, as well as other useful documents on accessing resources, on our Information Skills page
- You have access to a variety of online resources including: hOT topics, evidence fact sheets, quick facts and over 50 e-journals, 100 e-books and multiple e-thesis.
  - Start with looking at the hOT topics which provide an overview of key reading in a subject area. Available at: https://www.rcot.co.uk/practice-resources/library-resources/hot-topics
  - Evidence Fact Sheets provide facts and evidence on key service areas. Check out the latest on: Admissions to A&E Departments at: www.rcot.co.uk/about-occupational-therapy/ot-evidence-factsheets
  - The list of available e-journals can be found at: https://www.rcot.co.uk/practice-resources/library-resources/journals-and-e-journals and e-books at: https://www.rcot.co.uk/practice-resources/library-resources/e-books
  - E-theses may be available for immediate download through the RCOT library catalogue at: www.rcot.co.uk/practice-resources/library-resources/borrow-thesis

Interested in research?
The web page contains learning resources and opportunities condensed in a user-friendly and easy to navigate layout, to support your continuing professional development. There are a range of products for use across all career levels.

There are CPD short courses, toolkit templates and other activities that have been designed using adult learning principles.

https://www.rcot.co.uk/cpd-rcot

The principles for continuing development and lifelong learning in health and social care supersede those in the current RCOT Code of Ethics in Appendix 2 and these will be updated in due course.

Members should use the Inter-professional principles in concert with the existing Code of Ethics to guide their lifelong learning activity.


Resources

GO ONLINE
For the latest resources
Engage

Placement Opportunity

Cochrane UK is offering four-week student placement from Monday 2nd September 2019 for up to six students currently registered on a health-related course (under-graduate or post-graduate) in the UK or Ireland who have a keen interest in and enthusiasm for evidence-based healthcare practice. The placement offers a structured induction programme to Cochrane UK’s team and work, opportunities to work and learn more about all key aspects of Cochrane’s UK work, particularly Students 4 Best Evidence, and supervision/guidance to enable them to undertake and complete specific pieces of work. More information is available here:

https://uk.cochrane.org/our-work/student-visitors

Follow RCOT on Instagram

Have you seen our new Instagram account yet? Follow us for updates on occupational therapy news, publications and, of course, some lovely images!

www.instagram.com/the.rcot

Aspiring to a clinical academic career?

- Are you considering a Clinical Academic career?
- Are you looking for guidance on what to do next?
- Do you have questions and queries about what an HEE/NIHR Integrated Clinical Academic Award (from Internship through to Clinical Doctoral Research Fellowship levels) or other similar clinical academic award, involves?
- Would you like advice and tips on what increases the chances of an application being successful?
- Would you like to network with others with similar aspirations?

The Royal College of Occupational Therapists is hosting an event in collaboration with the National Institute for Health Research Academic Training Advocates for Occupational Therapy. The workshop aims to demystify the requirements associated with the HEE/NIHR Integrated Clinical Academic Programme and provide guidance for aspiring clinical academics across the UK.

Date: Thursday 6th June 2019
Venue: The Priory Rooms, Quaker Meeting House, 40 Bull Street, Birmingham, B4 6AF
Time: 10am-4.30pm
Cost: Free to attend. Support may be available to assist with travel costs

https://www.rcot.co.uk/events/aspiring-clinical-academic-career
As occupational therapists know, personalised care places the individual at the heart of their health and social care, focusing on prevention and wellbeing. While the need for personalised care is increasingly shared at a policy level, what is needed now is a profound cultural shift in the way care is thought of and delivered – one that makes individuals active participants, not just passive receivers, of care. Experts in personalised care, occupational therapists are ideally placed to lead this shift. For the profession, personalised care is about focusing on people’s strengths and enabling individuals to carry out the activities they want and need to do in their lives. It is intrinsic to the profession, and always has been.

Key recommendations in the new report (available here) are:

1. Focus on people’s strengths, balancing choice and risk
2. Maintain people’s occupations (daily activities)
3. Connect people to their community, family and friends

**What can you do?**

Get together with your colleagues and plan how you will engage your managers to make this happen in your services.

Help RCOT make this happen, and let us know about your activities around personalised care by emailing clare.leggett@rcot.co.uk

The report is the sixth report published as part of RCOT’s Occupational Therapy: Improving Lives, Saving Money campaign. The reports are available here and cover a wide range of practice. All demonstrate how occupational therapy improves lives and saves money, based on examples.

**The overarching messages** from the campaign are:

To empower people to manage their health and wellbeing, occupational therapists should be deployed across the health and care system to:

- Intervene early within primary care
- Embed personalised care through training and supervising others
- Develop wider partnerships to further innovative
- Expand the number of therapy-led services
Engage

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- Expand the number of therapy-led services

Shifting the emphasis of practice of the profession to earlier in a person’s interaction with services will increase the reach of occupational therapy and enable the profession to be positioned for the 21st Century – one of RCOT’s strategic aims.

RCOT is always looking for examples of how you make a difference – these are called data impact examples and demonstrate the value of occupational therapy and are with stakeholders. If you would like to work with colleagues and submit one for your service please use the template here. The RCOT professional advisors can help with fine tuning if you don’t have all the details. For more information contact clare.leggett@rcot.co.uk

Following on from the success of our 2018 event the RCOT Northern and Yorkshire regional group are delighted to present another unique networking event for Occupational Therapists working in diverse roles, kindly hosted at Leeds Beckett University. We have expanded the event to have even more fantastic speakers this year, yet there will still be a very relaxed and informal feel to the day with lots of opportunities for networking and sharing of best practice. We are very pleased that representatives from HCPC, RCOT and WFOT will be joining us too for what will be an exciting day!

Are you an Occupational Therapist working in a diverse role? Do you work within a charity or the third sector? Maybe your job title isn't occupational therapist any more but you still feel you are using your occupational therapy skills and strengths in a broader sense. Are you interested in working in non traditional settings and want to network and meet like minded people?

If you will have any queries about the day please email: Mandy Graham — m.c.graham@leedsbeckett.ac.uk

https://www.eventbrite.co.uk/e/rcot-ny-occupational-therapists-in-diverse-roles-networking-day-2019-tickets-59044550841
Thank you for reading this issue of the New Graduate Bulletin, I hope you have found this publication useful. Please get in touch if you have any feedback - email Sofia.Lypiridou@rcot.co.uk or twitter @RCOTStudents. Issue 15 of the New Graduate Bulletin will be out in June, until then keep shouting about the profession and celebrating the fantastic work you are doing.

Sofia Lypiridou

Education Liaison Officer—Pre-registration