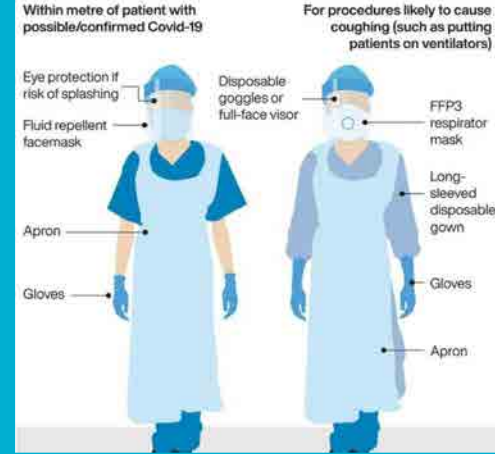


# Health & Social and Childcare

Transition work

## Personal Protection Equipment (PPE) for health workers



  
THANKSAMILLIONNHS.CO.UK



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# Context

During these times of the Covid-19 pandemic there are a number of professions that may not be in the news but are essential roles in the fight to get people well and working again.

We would like you to research at least one of these professions and present in any way you choose (video, presentations, poster, fact sheet, report etc) the points covered on the next slide.

Please share your work with [lshearer@stcyres.org](mailto:lshearer@stcyres.org) and [mmeddins@stcyres.org](mailto:mmeddins@stcyres.org)

There will be prizes for those students who cover all the professions.

This work will help you with the coursework element of the AS course.



## Professions

Adult speech and language therapist

Occupational therapist

Theatre Practitioners

Physiotherapists

Bonus - a bit more tricky - the role of occupational health team in the NHS

What to cover:

- Training needed (qualifications)
- Which universities (at least 2) that you can study at and entry requirements
- Skills and qualities
- Day to day duties
- Salary
- Particular role during Covid-19

Please don't just copy and paste big chunks from the internet. Use your own words and reference any sources used.

# Resilience

**Transition work**

When the going gets tough,  
only the tough get going.



# Difficult times

We have have been experiencing difficult times during the Coronavirus Pandemic. Many have lost loved ones or are worrying about their own safety and the safety of friends and family. Those on the front line have to deal with trauma on a daily basis. During times like this it is important to have resilience.

We have also recently experienced the 75th anniversary of VE day. During the 6 years of war people had to show resilience. They were fearful of the future, they lost work colleagues, friends and families and had to do very stressful jobs.

An illustration of two business professionals, a man and a woman, walking up a staircase. The man is in the foreground, wearing a light blue shirt and dark pants, carrying a brown briefcase. The woman is behind him, wearing a pink dress and carrying a brown handbag. To the left of the staircase is a white sign with a pink border and the text "NOW HIRING" in pink. The background is a light blue grid pattern. The staircase is represented by two dark blue diagonal lines on a light blue background.

**NOW  
HIRING**

# Resilience

“The ability to overcome serious hardships.” Public Health Wales

An individual’s resilience is demonstrated by their ability to cope with/ adapt to, difficult life events such as divorce, bereavement and illness.

Resilience in a person is influenced by;

- Personality (Internal)
- External factors such as poverty, education, abusive relationships, caring relationships.



# Personality (Internal Factors)

A person's personality can affect how resilient they are regardless of external factors. These include:

- Social skills
- Optimism (Do they think the glass is half empty or half full???)
- Sense of humour
- Hardworking/ motivated attitude

# External Factors

These are *social and economic circumstances or events* that can affect an individual in a positive or negative way.

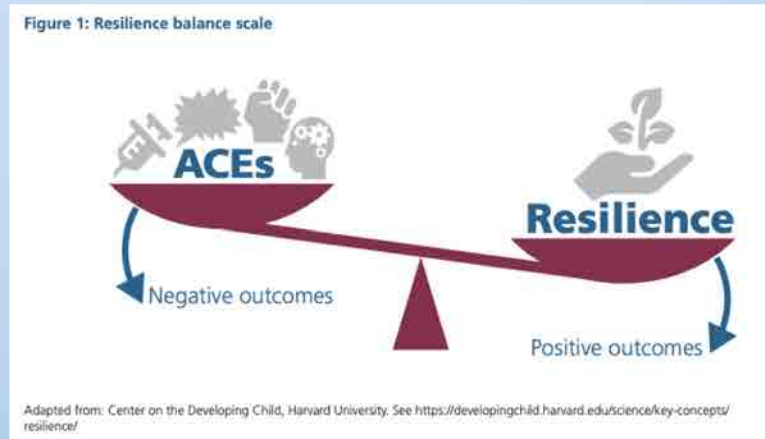
Even the most positive person can experience a traumatic event which can affect their resilience such as witnessing a terrorist attack

- Neglect in childhood
- + Affection and care from others

\*In your booklets complete the table about factors that have a positive or negative affect on resilience.

# ACEs and Resilience

- The more ACEs (Adverse Childhood Experiences) a person has the *less resilient* they tend to be.
- They are far more likely to suffer with mental illness.
- The most important factor in developing resilience is having at least one positive and stable relationship with a parent/caregiver or other adult (Belis et al 2017)



# Building Resilience (using MIND website)

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/stress/developing-resilience/#collapseba032>

*Using the “Mind” Website above describe how a person can make different changes in their life to enable themselves to be more resilient.*

- Explain how lifestyle changes can help to develop “Resilience”
- Explain how physical changes can help a person to develop “Resilience”
- Explain how taking a break can help a person develop “Resilience”
- Explain how developing a good support network can help a person develop “Resilience”



# Corrie Ten Boom

*Corrie ten Boom and her family who were committed Christians, hid Jews in the Netherlands during the Second World War. Eventually, the whole family were arrested and sent to a concentration camp. Only Corrie survived, having watched her sister die slowly in front of her in the appalling conditions of the camp. When the war was over, she was able to encourage others all over the world with her story.*

What was the nature of Corrie's difficulty, challenge or tragedy, and how did it impact her life?

How did she cope – were there support networks, belief systems or other coping strategies in place?

What did Corrie do to help others, in spite of, or because of, her personal struggles?

How did this help her well-being?



“Worry does  
not **empty**  
tomorrow of  
its **sorrow.**  
It empties today  
of its **strength.**”

Corrie ten Boom