

## A HSST trainee's journey

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for health and  
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## Who am I?

- HSST (in service) Imaging Physics, cohort 2
- BSc in 2006
- ‘Old’ training scheme with MSc
- Clinical scientist in 2011
- Started HSST in 2015 (band 8a)
- Current post: band 8b principal physicist



# Caveat



## What has gone well?

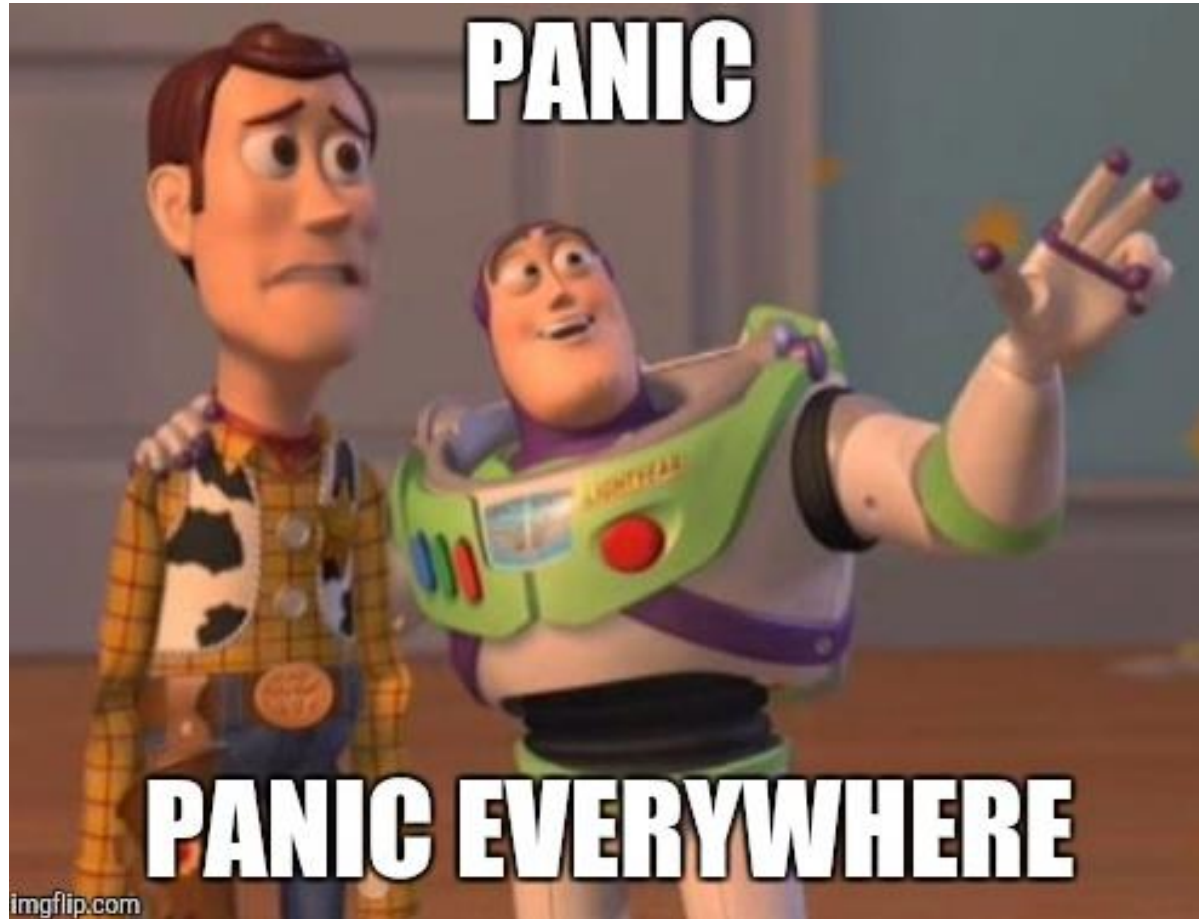
- Local agreement for study time
- Support and engagement of local department and supervisors
- The challenge of being outside my comfort zone
- NSHCS/MAHSE open to feedback

# Golden ticket!



# What has gone 'not so well'?

- General lack of understanding of HSST
- Volume of work
- Expectations from B modules
- Too focussed on DClinSci and not on workplace based experience





# How can my supervisor help?

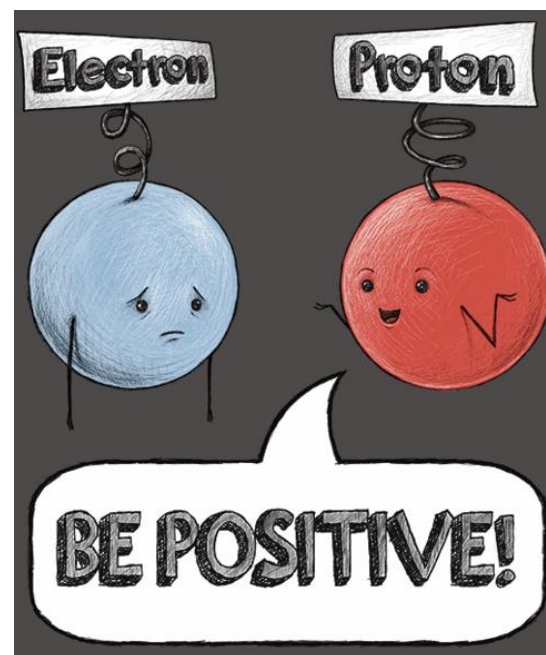
- Be interested
- Ensure regular time is provided as agreed
- Always think of us: are you doing anything that could be good experience/evidence for us
- Share your stories
- Check up on us

# What have I learnt from HSST?

- A whole new world of social science...
- Better understanding of how NHS works
  - Values, visions, cultures
  - Challenges, change agents, quality improvement
- New subjects e.g. genomics, teaching
- Networking
- How to write essays
- Time management

# What advice would I give myself/ others?

- Start gathering evidence at the start
- Use HSST as an excuse to do new things
- Don't think of it as a PhD
- Make every assignment about things relevant to the workplace
- Most importantly:



# THE EMOTIONAL ROLLER COASTER OF ~~ENTREPRENEURSHIP~~ HSST

