

The STP Experience

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3rd year Biochemistry STP

Bolton NHS FT

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Application

- Research it before applying – it's a long, intense course with many different specialisms
- Show why you want to be on the STP, and how you know it's what you want to do
 - Talk to current STP students
 - Talk to lab staff
 - Get work experience!
 - Be specialism specific
- Online aptitude test can be nerve wracking, but don't be put off
 - Use the practice questions first

Picking your location

- Rank locations based on your preferences
 - Can also entirely rule out some locations
- Research each location and region, and what they have to offer
 - Tertiary labs or district generals?
 - Which specialist services does each lab provide?
 - Will you need to travel to placements?
 - How many places does each location offer?
- Be prepared to get placed somewhere other than your top choice

Interview

- Held in Birmingham
 - You will be given a specific time slot
- 4 stations, 10 minutes each
 - Specialism specific station
 - General scientific knowledge
 - Leadership and teamwork
 - Values
 - Rests in between
- Your thought process is just as important as the answer
 - If you don't know the answer, talk through the points that you do understand

Starting out

- Arrange a departmental visit before you start
 - Contact your training supervisor and introduce yourself
- STP induction day
 - Held in Birmingham
 - Full day introduction to the course and the NSHCS
- Regional inductions
 - Join your local healthcare science trainee networks
 - Some hold welcome events for new starters

One File

Competencies		Supporting Evidence	Progress
1	Identify the most appropriate test for at least two example clinical presentations, e.g. diabetes, acute coronary syndrome, acute kidney injury etc.	OLT1	■

Assessments		Supporting Evidence	Progress
Complete 1 Case-Based Discussions			
CBD1	Complete a CBD	CBD1	■
Complete 1 of the following DOPS / OCEs			
DOPS 1	Receive book process and store common clinical biochemistry specimens		■
DOPS 2	Perform serum osmolality	OLT1	■
DOPS 3	Undertake iqc procedure acceptance criteria		■
DOPS 4	Set up a daily analyser and undertake reagent top up		■
DOPS 5	Perform daily maintenance procedures		■
OCE 1	An appropriate activity agreed with your Training Officer. Include details within your submission evidence		■
9	Control infection risks in accordance with departmental protocols	OLT1	■
10	Minimise risks and hazards in compliance with health and safety policies	OLT1	■

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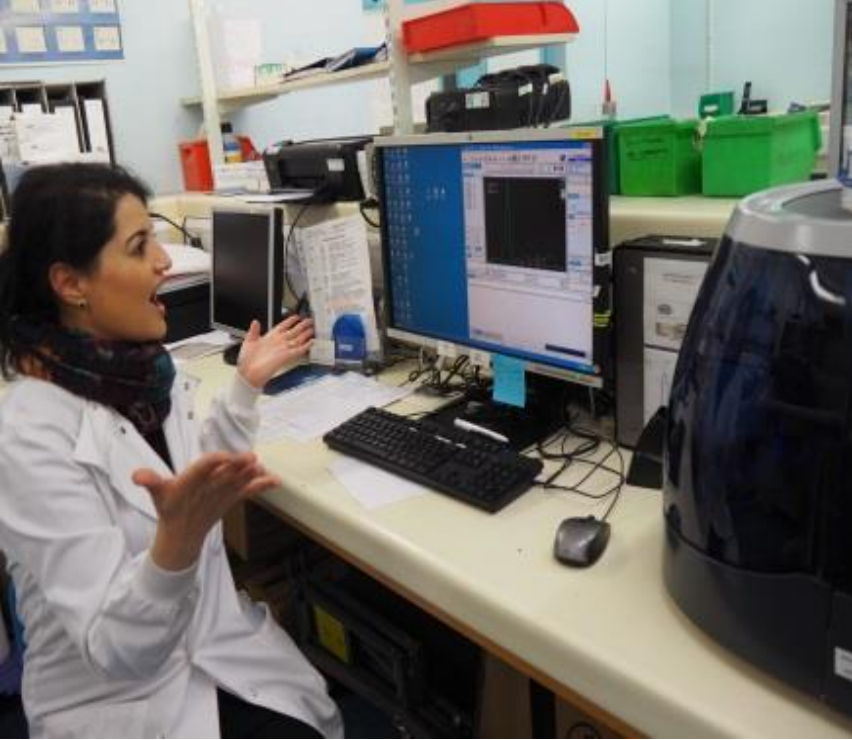
1st Year

- Rotate around your specialist theme
 - E.g. biochemistry comes under blood sciences
 - Biochemistry
 - Haematology
 - Immunology
 - Genetics

- First MSc lecture period

2nd Year

- Specialism-specific rotations
 - Specialist assays not performed in your base lab
 - Treat each rotation as an extended job interview!
- Settle into your role in the lab
 - Take part in meetings and discussions
 - Take on projects
 - Start MSc dissertation



Elective

- Go anywhere and do anything (healthcare related)
 - Chance to experience healthcare science in a completely different setting
 - Not limited to the UK!
 - 4 – 8 weeks

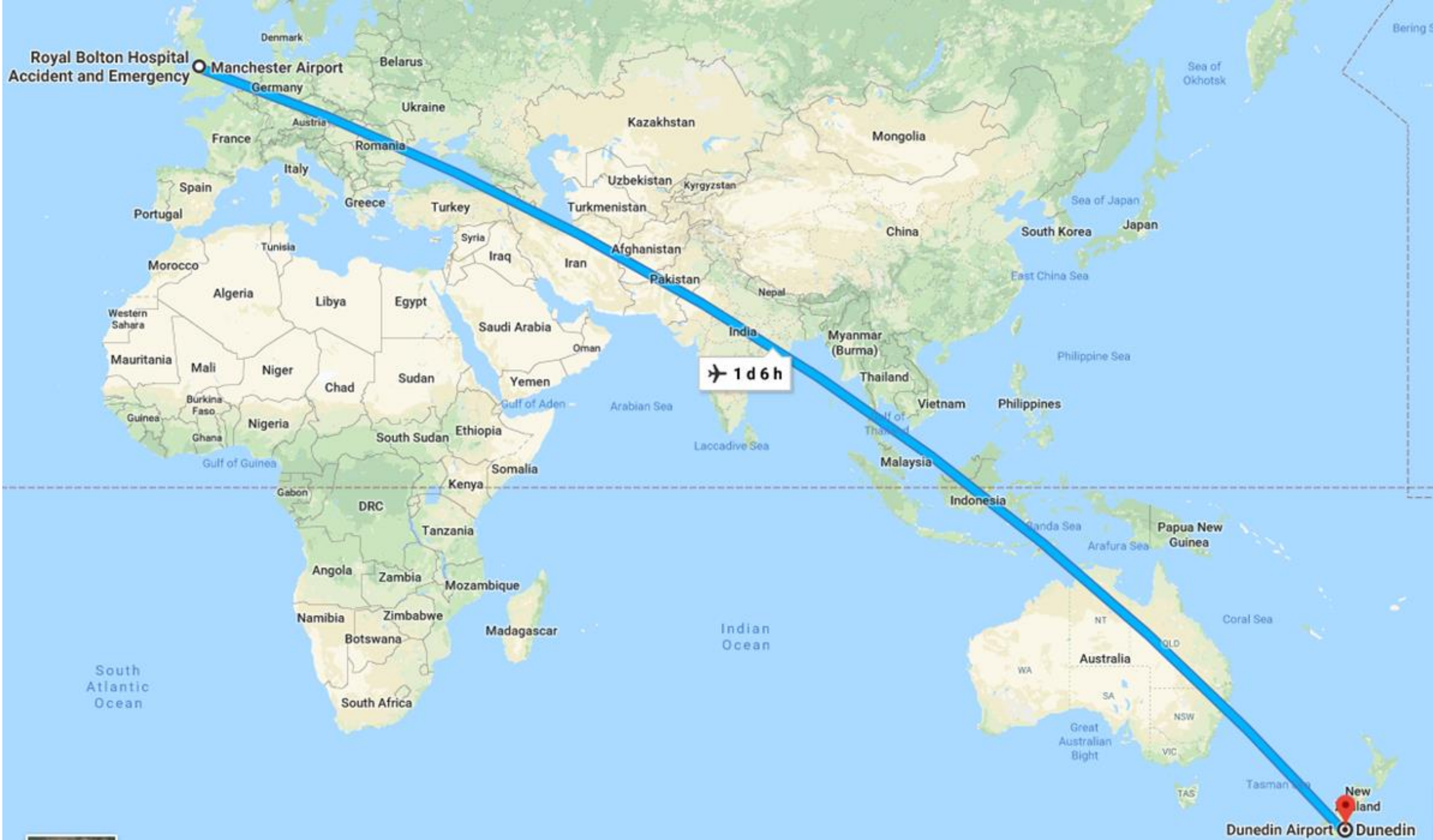
Royal Bolton Hospital
Accident and Emergency

Manchester Airport

✈ 1 d 6 h

Dunedin Airport

New Zealand





3rd Year

- Many deadlines
 - Dissertation
 - Portfolio
 - Final exams
 - OSFAs
- Increased responsibilities in your department
 - E.g. duty biochemist, staff teaching etc.
- Time management is critical

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Summary

- No STP experience is the same
- People skills are just as useful as scientific knowledge
- Intense, challenging course
- 100% worth it!

Thank you!

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