

21st January – 8th February 2019

In this Zone there were three healthcare workers taking part as individuals, and four healthcare teams taking part as a group. The individuals were:

- **Neel Halder**, a consultant psychiatrist in both the NHS and private sectors, due to start as a clinical director in a brain injury and autism unit. Neel was the winner of the Mental Health Zone.
- **Ed Freshwater**, a Mental Health Nurse who qualified for his role in 2015, during his 30s, having worked in other mental health service roles prior to this.
- **Annabel Butcher**, the head of Human Resources (HR) in a West London trust, responsible for managing and advising a wider team.

The teams:

The Arts Therapy Team, who use art and psychotherapy to help people to understand the way they think and feel. Members of this team who took part in live chats were:

Richard - Art Therapist and Manager Mandy - Art Therapist Cat - Music Therapist
Claire - Art Psychotherapist

The Southwark Home Treatment Team, who work with those experiencing a mental health crisis. The members who took part in this team were incredibly diverse, including:

Annie - Advanced Nurse Practitioner Jane - Social Worker Julie - Clinical Service Lead
Aaron - Registered Nurse/ Discharge Coordinator Steven - Senior Community Support Time Recovery Worker Michael - Advanced Nurse Practitioner
Jan - Mental Health Nurse Nicky - Consultant Psychiatrist Muna - Practitioner
Ramatu - Business Manager Kiki - Psychologist

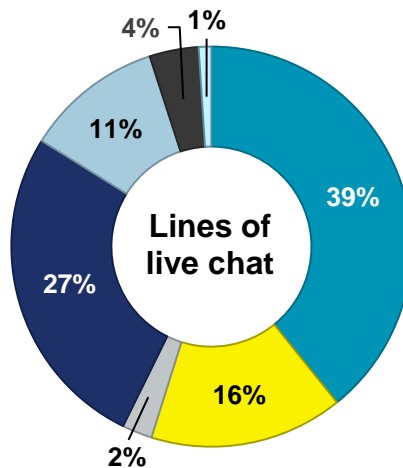
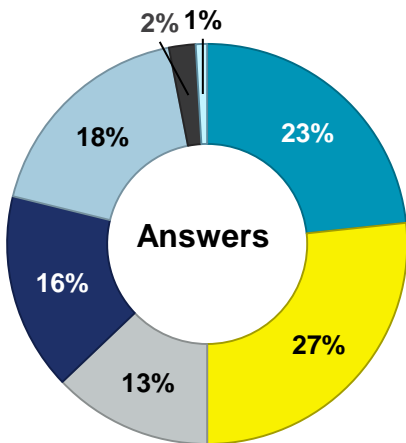
The Sheffield Psychiatry Ward Team, who work on multiple psychiatric wards. Team members who took part in live chats were:

Emma - Doctor, working in Psychiatry Jennifer - Mental Health Nurse and Deputy Ward Manager Edelle - Mental Health Nurse and Ward Manager
Gemma - Doctor, training in Psychiatry

The Early Intervention in Psychosis Team (EIP), who provide better access to mental health support in the South of England.

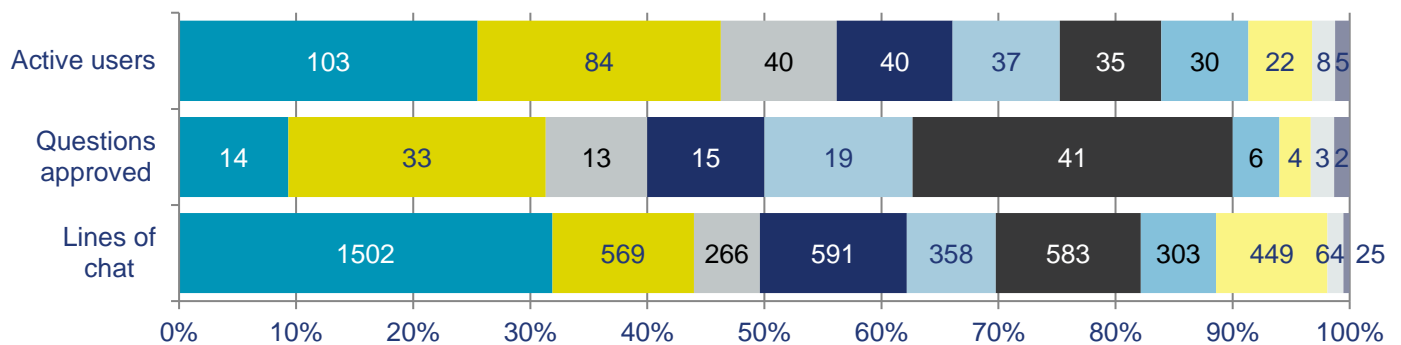
Dawn - a Carer who helps EIP staff better understand the needs of families and individuals experiencing psychosis
Sarah - Mental Health Nurse / Senior Programme Manager

Healthcare worker activity



HEALTHCARE WORKER/TEAM	PROFILE VIEWS
Neel Halder	537
Sheffield Psychiatry Ward Team	411
Ed Freshwater	375
Home Treatment Team	354
Arts Therapy Team	294
Early Intervention Team	179
Annabel Butcher	176

School data at a glance



School	No. Classes	Year/s	HEE Priority
The Deanery CE High School, Wigan	5	8, 9	3
St Ambrose Barlow RC High School, Manchester	4	8	2
Overton Grange School, Sutton	2	8	3
St Anne's RC High School, Stockport (WP)	3	8	2
The Elton High School, Bury	2	8, 9	1
The Wellington Academy, Ludgershall (U)	1	8	1
St Mary's Catholic High School, Croydon	2	9	1
John F Kennedy School, Hemel Hempstead (U)	1	8	4
Somervale School, Radstock (U)	2	10, 11	1
Blacon High School Chester (WP/U)	1	Mixed	1

We want to increase the participation of under-represented groups going into STEM and healthcare careers. Find out what we mean by under-served (U) and WP schools (WP) at: imamedic.uk/about-the-project/

Schools on this table have been given a HEE Priority number, from 1 (high priority) to 5 (lower priority).

Key figures from the Zone and comparison to previous years' Zones averages

PAGE VIEWS	JAN/FEB 2019 ZONE	JAN/FEB 2019 AVERAGE	2017-19 ZONES AVERAGE
Total zone	14,580	16,164	10,739
ASK page	1,132	1,276	546
CHAT page	1,571	2,034	945
VOTE page	1,368	1,398	488

	JAN/FEB 2019 ZONE	JAN/FEB 2019 AVERAGE	2017-19 ZONES AVERAGE
Schools	10	10	12
Students logged in	478	526	293
% of students active in ASK, CHAT or VOTE	85%	84%	78%
Questions asked	331	369	151
Questions approved	150	169	91
Answers given	326	266	250
Comments	78	49	30
Votes	313	330	149
Live chats	20	20	14
Lines of live chat	7,676	7,023	2,752
Average lines per live chat	384	351	201

Popular topics

A lot of students were interested in the wages of healthcare workers, asking “how much do you make” or “what is the best paid job in the NHS” frequently.

Students would often inquire as to what led to healthcare workers taking on the jobs they currently had, asking “what encouraged you to take this job?” and “what inspired you to start what you’ve done?”

Students often also asked about qualifications, both those that the healthcare workers held and what they would need to attain certain roles within healthcare. These were mostly focussed on GCSE qualifications, as opposed to A Levels.

When discussing mental ill health, students focused heavily on commonly-known mental health illnesses such as depression and anxiety, as well as how to discuss or treat them.

The Arts Therapy team interested students greatly, asking a lot of questions as to what the arts therapists do to help patients, and the efficiency of their therapy methods.



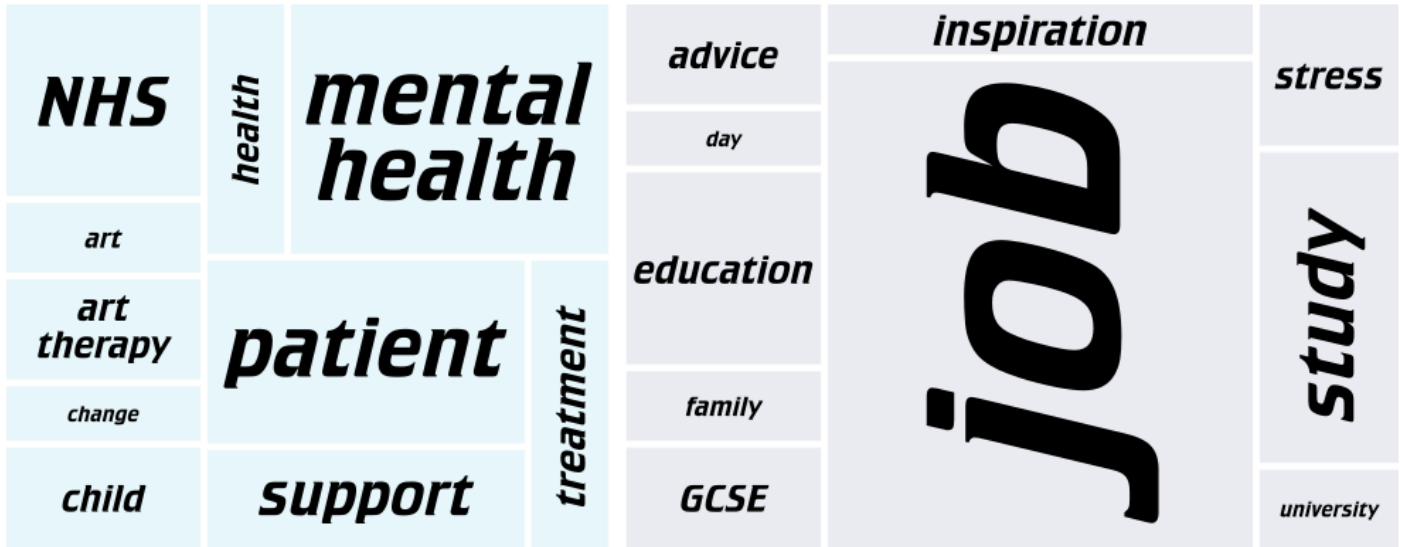
Frequent words used in live chats in the zone. Size of the word represents its popularity





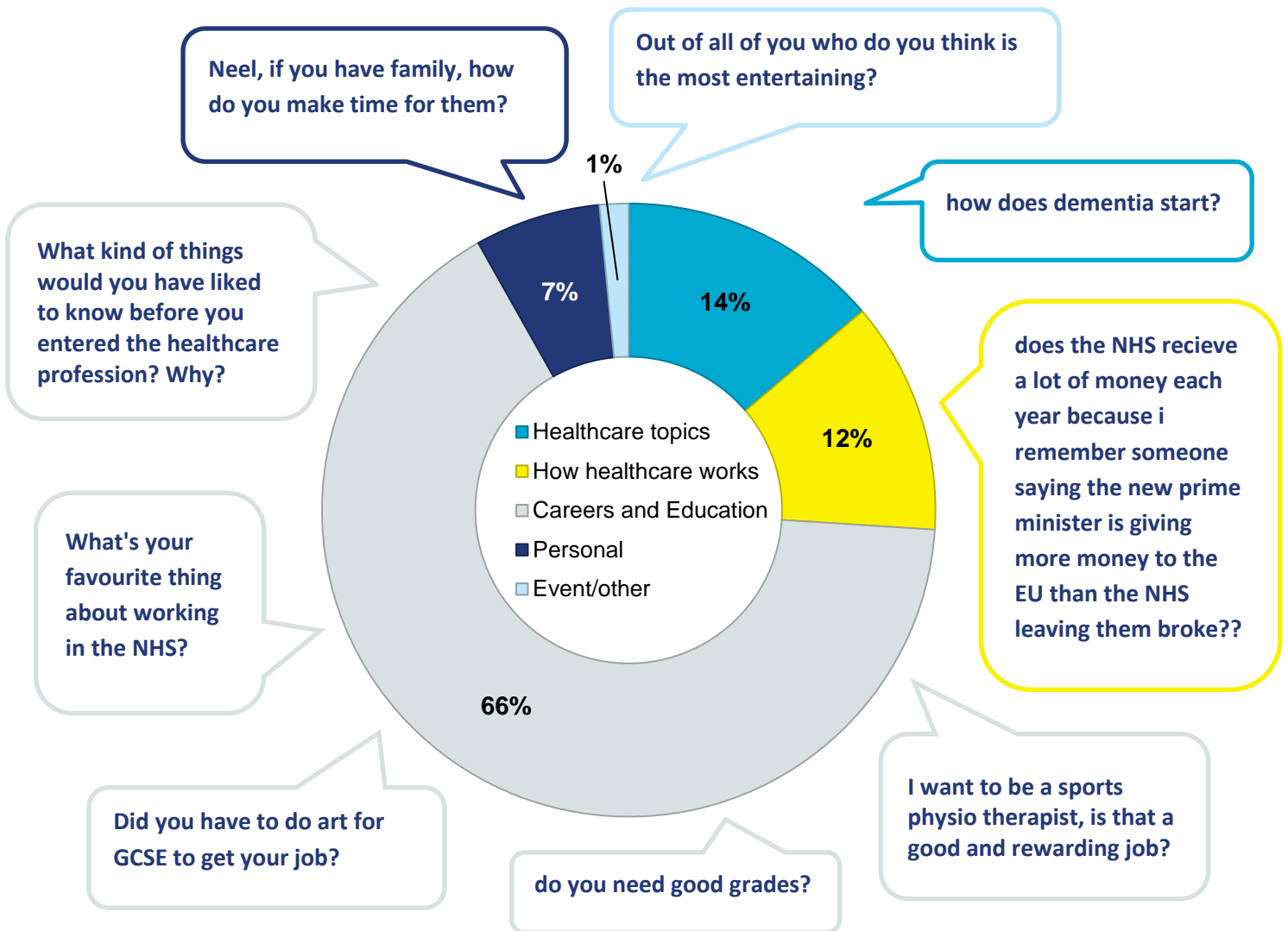
Top Keywords of questions approved in the Zone

Area represents frequency of use



■ Healthcare topics
 ■ Being a healthcare worker

Question themes and example questions in the Zone



Find out about how we've coded the questions at about.imascientist.org.uk/student-question-coding

Examples of good engagement

The students showed an interest in the NHS, particularly what it was like to work for them and why. One student in ASK wanted to know what the healthcare workers' favourite thing was about the NHS:

Question: what's your favourite thing about working in the NHS?



Ed Freshwater answered on 5 Feb 2019:

I like that, despite all the bad news you hear in the press, I still get to make a big difference to someone's life, and I work with loads of people who are dedicated to helping.



Neel Halder answered on 9 Feb 2019:

I think it feels like working with a big family. You feel supported and well connected. It's an amazing organisation and the envy of the world.



Psychiatry Ward Team commented on 5 Feb 2019:

Emma here 😊

I just love the opportunity to meet and work with and help SO many different types of people. Mental health problems can affect anyone and it's great to be able to make a difference to them. I love going to work and feel proud to work as part of one big family who all want the best for our patients.



Arts Therapy Team commented on 7 Feb 2019:

Richard: Here: The people, the passion and care my colleagues bring to their roles, everyday is different, even on difficult days, we have such as a supportive culture.



Students also asked about entry requirements and universities. One student in particular was very engaged with discussions of work experience and Russell Group universities:

'Where could I go for useful work experience and how long would you recommend doing it for?' – Student

'Unis want to see that you are committed to the specialty. This usually involves volunteering or work experience in a caring setting. I volunteered in an old people's home washing pots for 2 months, and in a hostel for people with MH issues' – Psychiatry Ward Team

'Go to hospitals and ask to do placements. I did mine for a couple of weeks and it was great' – Neel

'Neel thanks, I'm almost 16 so would they let me in a hospital or is there alternatives?' – Student

'Some places will – I managed to have a 16 year old do a placement with me. But some are funny about under 18s- you need to ask to find out' – Neel

'You can also arrange work experience at a local hospital: www.stepintohenhs.nhs.uk/work-experience. Definitely try and arrange this sooner rather than later as it was many months before I actually stepped foot in the hospital!' – **Psychiatry Ward Team**

'How do i increase my chances of being accepted for universities, medical schools etc?' – **Student**

'Concentrate on the CV and finding out opportunities to shadow or placements etc' – **Neel**

'Get some experience, do your research and keep up to date with news' – **Julie, Home Treatment Team**

'How long would you recommend doing work experience?' – **Student**

'I only had about 2 weeks work experience' – **Neel**

'Do you feel 2 weeks was enough or would you have done more?' – **Student**

'I think it gave a taster to things to come. You learn the rest at med school and while training' – **Neel**

'Do you think you need to go to what's considered a "good uni" (russel groups like cambridge, oxford, etc) to be accepted into med school?' – **Student**

'Definitely not. You can get into medicine form any Uni. I went to Manchester' – **Neel**

'Not at all - when it comes to applying for jobs and working as a doctor, no-one cares as long as you have a Medical degree! (IMO!) however some Unis have better opportunities eg research' – **Emma, Psychiatry Ward Team**

'For us its being state registered so any of the unis offering arts therapies training are fine. you need to keep up your prof development once doing the job' – **Mandy, Arts Therapy Team**

'@all thank you very much' – **Student**

'you're welcome' – **Neel**



Mental Health Zone winner: Neel Halder

Neel's plans for the prize money: "Working as a team can help you achieve so much more than working alone. To that end I aim to add my winnings to a dedicated branch of the Royal College that aims to promote psychiatry as a career to students.."

Read Neel's [thank you message](#).

Student winner: faith

For great engagement during the event, this student will receive a gift voucher and a certificate.

Feedback

We're still collecting feedback from teachers, students and the healthcare team, but here are a few of the comments made about the Mental Health Zone...



Wellington Academy
@wellingtonacad

Some of our Year 8's are currently in a live chat session with medical professionals from [@imamedic_uk](#) 'Im a Medic', these students have chosen to be involved in this as they are interested in a medical career - today they are talking to mental health professionals.



"I've enjoyed seeing people trying to think about the actual work and realistically the stress – not just our favourite foods whatever.

I think it's so hard thinking ahead to a career – I never did! It's great that people are more aware of what might be out there." – **Arts Therapy Team**

"I loved finding out more about this field, I had very little knowledge about it before!" – **Student**

"I liked being able to get a proper insight on what the work is like, and not get lost amidst a sea of questions" – **Student**

"The really insightful and thoughtful questions – they show real enthusiasm and with that level of curiosity I think you will all make fantastic psychiatrists! ;-)

It's great to see people thinking about stress etc – we need our future generations to be resilient and aware of their limitations and you guys have been really great at thinking about this." – **Psychiatry Ward Team**

"I have learnt not everything in movies is correct. I know now what is like now to be a psychiatrist. I have a better understanding of mental illnesses." – **Student**

"I learnt that there is more to certain jobs than helping people you get to meet different people around the world and find cures for diseases of illnesses that will help the future generations survive" – **Student**