



Year 10 Hands on Training (HOT) **Nursing Course**



SIRCH onto another winner with HOT

Edith Cowan University's Systems and Intervention Research Centre for Health (SIRCH) in collaboration with the Department of Health of WA is celebrating another successful Hands On Training (HOT) course. This is the fourth year the program has been conducted. More than 30 Year 10 students volunteered to give up the first week of their school holidays in April to take part in the Joondalup-based course.

The course provides Year 10 students who have an interest in nursing as a possible career choice with four days of practical, 'hands-on' and fun experiences, which give them a taste of the profession.

'HOT' coordinators Danni Urzillo and Janet Jenkins organise sessions with undergraduate and postgraduate lecturers (from the School of Nursing, Midwifery and Post Graduate Medicine) and industry nurses who take the students on tour in Joondalup Health Campus and Osborne Park Hospital. Students enjoy seeing "what goes on behind the scenes" at the hospitals and talking to professionals from various fields of nursing.

Sessions include a focus on healthcare hygiene (hand-washing, gowning and gloving), disability (students experience simulated blindness and mobility impairment), manual handling (e.g. lifting properly) and emergencies (students

learn about cardiopulmonary resuscitation (CPR) and also get a 'hands-on' trial on a simulated patient). They also do health assessments (taking blood pressures and temperatures) and procedures such as wound care. The undoubted 'hit of the week' is the midwifery session, which includes simulated midwifery birthing.

Parents and career advisors attend the final session of the week where students are presented with certificates and students showcase sessions experienced throughout the program.

Danni Urzillo remarked that the last day was very relaxed and rewarding for everyone involved and the opportunity to be involved was a very humbling experience. "When you hear the students and their families tell you how much they've enjoyed the week and how they would do it again a heartbeat – it makes it all worthwhile."

Due to an overwhelming response, with more than double the number of students compared with places available, further funding has been sought and provided by the Department of Health to run another course during the September school holidays to accommodate all the applicants from the April recruitment. The SIRCH team are hoping this year's success will enable them to continue with the program next year – funding permitted.