

Resources for Study Skills

Free online Resources for (coming back to) work in the NHS

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It can be confusing and intimidating when returning to work after many years doing other things. Often those other things are incredibly useful in building your life-skills, such as raising a family, caring for an ill or elderly relative, or running a marathon! But some of the practicalities can be really frustrating and affect your confidence. A large amount of training and support is only available if you are already working in the health service. It is always a good idea to try to gain some experience for about 6 months before you formally come back to the NHS in a role which will demonstrate these changes without being too intimidating. We wrote this paper to suit all returning staff and started from a position that all these resources have to be useful, easy to access, and genuinely free for the user. We hope you find them helpful.

If you haven't signed up to [the Edge](#), we highly recommend you do. It has just launched via **NHS Improving Quality**.

"The Edge is a free virtual hub for all who are committed to bold thinking and swift action for change in health and care; from patient leaders to front line change activists, improvement specialists to educationalists and researchers to senior leaders."

E-Learning for health

Some of the key changes you will notice is the commitment to NHS Values so undertaking some Equality & Diversity training, [compassion awareness](#) training or safeguarding while you are studying is a nice way to read up on these topics and their importance in the workplace, E.g. [Introduction to compassion](#). The primacy of the Patient experience is everywhere and it's useful to listen to the [patient voices](#). This transfer of power from the hierarchy to the patient can be seen at every stage of care.

MOOCs

Massive Open Online Courses are a new development in distance Education (2012) with the emphasis on free, web-based courses often offered by some of the world's leading universities. There are two main ways of using these courses. You can either sign-up for an on-demand one and go at your own pace, or register for a scheduled series of lectures where there is an online component including forum discussions and peer-teaching aspects.

Here is a list of the [best free online courses](#) in organisational development, change management, etc., curated with a view to NHS staff by *the Edge*.

The **Open University** has started to move into MOOCs with [FutureLearn](#) which:-

"integrates the discussion right alongside the content. You can click a button, even in the middle of a video, and make a comment, ask a question or answer one. OU facilitators can come in. Learners can choose to follow

particular facilitators or fellow students. We have peer review. Learners can write short pieces and then discuss each other's work. We put discussion steps into the course materials" this is a level of interactivity which is better than the original US MOOCs developed by Harvard and MIT (EdX) and Stanford (Udacity).

Important: Even if these courses have already started, you can register your interest in the next course.

A useful OU course is [A Beginner's Guide to Writing in English for University Study](#) with the next course starting in January 2015.

Or this OU course which started on the 24th November for 4 weeks [on Falls](#) which leads to a Certificate.

Confused by the acronyms? Check each one out with this useful [Acronym Buster](#) from the NHS Confederation.

PROMs & QUALYs? From February 16th 2015, you can study [Measuring and Valuing Health](#), and "*Learn how Patient Reported Outcome Measures and Quality Adjusted Life Years can compare treatments and inform healthcare spending*"

Skills for OU Study [available here](#):

These are available online although not all content is accessible without logging in.

- [Notetaking techniques](#)
- [Making the most of your learning style](#)
- [Strategic study techniques](#)
- [Postgraduate study skills](#)
- [Computing help and support](#)
- [Preparing assignments](#)
- [Types of assignment](#)
- [Writing in your own words](#)
- [Writing for University](#)
- [Time management skills](#)
- [Reading and writing maths](#)
- [Giving presentations](#)
- [Critical reading techniques](#)
- [Developing academic English](#)

OpenLearn:

These are [free courses](#) provided by the OU and include:

- [Essay and report writing skills](#)
- Developing [good academic practices](#)
- [Extending and developing your thinking skills](#)
- [Learning how to learn](#) (There are several modules under this heading)
- [Information on the web](#)
- Key skill assessment unit: [information literacy](#)

[businessballs.com](#)

Businessballs contains free to use ethical learning and development resources for people and organisations. Useful resources include:

- [Time management tips](#)
- [Assertiveness and self-confidence](#)

Software & Apps:

Health Education West Midlands has developed a [software package for medicines calculation](#) for student nurses.

The NHS [resources for Carer's](#) may be a good source of tips and tricks to looking after yourself and building emotional resilience

Social media & Blogs

This is probably the biggest change you will notice. People using all sorts of different pieces of technology to gather and transmit information, seeing it as normal. In the next few years as you learn to navigate and understand these tools and resources, essentially you will be bridging the [digital divide](#). The good news is, if you can google information, send an e-mail or access Facebook, you're already more than halfway across that bridge!

How the [NHS uses Twitter](#). 10 [top tips](#) for NHS Professionals using Twitter.

The extraordinary success of the "[Hello my name is](#)" campaign started by terminally ill Dr Kate Granger has shown how small steps can build quickly via social media into large scale change movements.

The Guardian's Healthcare follows [more than 100 NHS organisations](#) on Twitter. You will probably find it easier to follow people in your healthcare group and then see who they are following, see for example the [@weNurses](#) Twitter feed. @WeNurses runs regular Twitter chats and helpfully tells you how to use this resource. [Tips for live-tweeting an event](#)

APPS

Software applications which can be accessed from your phone, tablet, or laptop provide ways of learning that suit you. Don't let the language get to you, each time you click on the internet logo on your phone, you are using an app. See how you can refresh your anatomical learning with this free app from iTunes:- **Pocket Body Lite**

Developer Description: *"(This) full body app, with its elegant design and nine layers of musculoskeletal, neurovascular, and internal organ visual content, contains over 70,000 words of learning material."*

One of the most underutilised free resources out there is iTunesU, there are free apps in a variety of useful areas

- [Health & Medicine](#)
 - [*Anatomy & Physiology](#), [*Behavioral Science](#), [*Dentistry](#), [*Diet & Nutrition](#), [*Emergency Medicine](#), [*Genetics](#), [*Gerontology](#), [*Global Health](#), [*Health & Exercise Science](#), [*Immunology](#), [*Neuroscience](#), [*Nursing](#), [*Pharmacology & Toxicology](#), [*Psychiatry](#), [*Radiology](#)

Local Universities in Kent Surrey Sussex Provision

University of Surrey

Library & Learning Support provide short downloadable guides to support study.

<http://www.surrey.ac.uk/library/splash/online/studyguides/index.htm>. These include:

- Critical writing, *Essay writing, *Planning essays, *Smarter not harder reading, *Time management

University of Brighton

ASK – Academic study kit <http://about.brighton.ac.uk/ask/aboutask/> includes resources for:

- Essays and assignments, *Critical thinking, *Making notes, *Digital literacy

University of Kent

[Academic Integrity](#) contains a number of downloadable resources and links to useful websites including:

- ASK – Assignment Survival Kit, *Evaluating internet sources, *Guide to instruction words, *Time management tips

Learnhigher – free teaching and learning resources

- [Time management](#)
- [Assessment](#)

Nursing & Midwifery Council

Downloadable guidance: <http://www.nmc-uk.org/Publications/Guidance>

- Record keeping,
- Raising concerns

Further resources

NHS Scotland recommends an Australian resource – Conflict Resolution Network <http://www.crnhq.org>

- [12 Skills summary](#)
- [CR Kit](#)

Portal for more USA oriented MOOCs is [Coursera](#) with apps for any kind of mobile device (no more boring waiting in traffic, train journeys etc.,!)

Conclusion

It's dizzying, mystifying, intimidating, thrilling, exciting and challenging and if you've managed to read down this far you're already across that bridge to practice! We hope you've found these resources useful, rest assured there are far more tailored resources available for your work area as soon as you return to practice like [these from NHS Professionals](#). Welcome Back!