Nursing & Midwifery
UNDERGRADUATE DEGREE PROGRAMMES
It is a very exciting time to be studying nursing or midwifery in The Department of Health Sciences at the University of York.

Learning disability nursing students have won Student Nursing Times Awards two years running.

Additionally, the most recent official course data from Unistats highlights that 100% of our nursing and midwifery students gained professional employment within six months of graduating.

We are a large, vibrant, multidisciplinary department and are especially proud of our international reputation for the quality of our research and education - but we are small and friendly enough to get to know you individually and guide you in developing your career.

We provide a broad range of educational programmes, from undergraduate to postgraduate degrees, and a wide variety of Specialist Skills & Post Registration Development (SSPRD) courses.

We look forward to meeting you.
A REWARDING AND VIBRANT STUDENT LIFE

The campus
• Beautiful, green campus
• Lively student life
• Many eating places and bars
• Food stores and bookshop
• Cash point facilities
• A fully-equipped sports centre
• Film theatre and concert halls
• Health centre.

Accommodation
• Accommodation on campus for first year students
• Membership of one of the University’s eight colleges
• Colleges have a TV room, bar, common room and laundrette.

The City of York
• Easy to reach from other parts of the UK
• London is less than two hours away.

Things to do in York
• Shop in York’s medieval streets
• Visit the Minster and walk on the city walls
• Explore something new at one of the city festivals
• Relax in cafés, pubs, restaurants and riverside bars
• Unwind in cinemas, theatres, galleries, clubs and music venues.

Beyond the city
• Impressive and attractive countryside
• The Pennines, the Dales, the North York Moors and Dalby Forest within easy reach
• Seaside towns of Whitby and Scarborough
• Harrogate, Leeds and Bradford nearby.
ALL ABOUT US

We offer a BSc (Hons) Nursing programme which leads to both an academic award and professional registration as a nurse in one of four specialist fields of practice: Adult, Learning Disability, Mental Health or Children’s Nursing. This degree will enable you to develop a clear sense of purpose and strong professional identity, and prepare you to lead nursing practice in a modern healthcare setting.

We are proud of all our students and their achievements. Recent accolades include:

- Nursing Times Outstanding Contribution to Practice Placement award winner
- Our students were invited to attend the official NHS Change Day celebrations following their innovative approach to changing practice
- The development of NurSoc – a nursing society run by nursing students for nursing students

ALL ABOUT YOU

You will be compassionate, with the ability to think critically under pressure and respond effectively to the diverse needs of people in your care. What matters to them will matter to you.

Your work as a nurse may involve supporting a child at home, managing acute illness in a critical care unit or working alongside a family struggling with the impact of substance misuse. You may even help a young person with a learning disability understand their diabetes and healthy eating.

In whatever context, the commitment and responsibility is considerable, but you will have the opportunity to make a real difference to people’s lives.

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The student nurses at our presentation from the University of York were the stars of the day. They assured us with passion and conviction that they were learning and practising both the what and the how of nursing. If they are the future then nursing is turning out very well indeed.

Rosemary Cook, Director of the Queen’s Nursing Institute: Cook, R (2012) Is Nursing’s Image Going Through a Professional Adolescence? nursingtimes.net

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ADULT NURSING

In the adult field of practice you will learn about the nature and causation of disease and disability, specific client problems and nursing interventions. You will develop the personal and professional skills to become adept at delivering high standards of patient and family-centred care, whilst promoting individual and community health and wellbeing.

The adult field of practice prepares you for your future role as a skilled and reflective nurse, able to work and learn in different healthcare settings. You will practise in various areas which may include hospital and community settings:

- Medical and surgical wards
- Theatre and recovery rooms
- Elderly rehabilitation placements
- Day units
- High dependency areas
- Community care practices.

By sharing relevant learning with your colleagues in other fields of practice, you will learn to work together in multidisciplinary teams.

“ The nursing course at York provided a wonderfully varied and realistic experience of nursing. The course aimed to educate caring and compassionate nurses, able to manage the daily challenges of the job. 
Zoe – graduated in 2013. ”
CHILDREN’S NURSING

This field of practice will prepare you to be able to care effectively for the child and his or her family.

The programme is challenging and demanding and uses various teaching methods, from lectures and group work, to presentations and simulation training. Working with children and families requires the ability to communicate and build relationships and we aim to develop your skills to enable you to do this.

You will enhance your understanding of both the healthy child and adolescent, before progressing to explore the healthcare needs of the sick child in a variety of environments. The needs of children with mental health issues, learning disabilities and acute illnesses are addressed in the many environments where you may encounter children. Making sure you can advocate for the child and their family is paramount in both practice and theory preparation.

Your practice experience will cover the whole of North Yorkshire and may also include a chance to work in the Leeds Teaching Hospital. You will benefit from a wide range of experiences in different localities, from coastal towns to rural communities. You may care for children in the community, in hospital, special care baby units, children’s hospices, health visiting and school nursing and might even spend time in theatres and Accident and Emergency.

Clinical practice and theoretical learning in years 2 and 3 is integrated.

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The nurse training at the University of York, along with the guidance and support from the staff and tutors, equipped me with the skills and knowledge I needed to secure my dream job!

Kirsty – graduated in 2010.
Nurse at Great Ormond Street Children’s Hospital.
This field of practice prepares you to work with people with learning disabilities across a range of community-based settings. It extends your knowledge and understanding towards analysing and evaluating the effects of the provision of services, as well as general life issues that influence the health of people with learning disabilities. Your work in practice will link you directly with individuals with learning disabilities, including adults and children in their family homes and residential and day services across a range of agencies. You will be able to develop your own portfolio of skills whilst gaining experience in a wide variety of health and supporting services, including the voluntary and independent sectors.

The programme has a particular focus on the involvement of users of learning disability services. The outcome of this should enable you, as a learning disability nurse, to work within a multidisciplinary multi-agency team of professionals.

At York, our learning disability programme follows a practice experience model called individual-led practice. This places the focus of your experience firmly on people who have a learning disability and not on the service that supports them. Throughout this process you will work in a person-centred way on health-related interventions, negotiated by the person who has a learning disability and whoever supports them.

“I love the career choice I have undertaken in becoming a learning disability nurse. We are innovative, we are passionate and above all, we are champions for our client group.”

Michelle – graduated in 2014.
MENTAL HEALTH NURSING

Our mental health field of practice is based on the philosophy of person-centred care. We believe in working in collaboration with service users and carers, taking into account their culture, hopes and expectations.

The basis of all work with clients is the ability to develop a therapeutic relationship and you will learn how to do this. You will also learn specific communication skills and therapeutic techniques to enable you to help these people, as well as the skills to help them with their basic physical problems and needs. You will work with social workers, psychologists, physiotherapists and doctors both in the community and in hospital settings.

You will help people of all ages from childhood through to old age and from all backgrounds. Your clients may have problems which could include anxiety, depression, anorexia nervosa, substance misuse or bipolar disorder amongst others. You will work in a variety of settings, from hospitals to community units, GP surgeries and clients’ own homes.

As a mental health nurse you will have considerable independence in planning and delivering care, whilst at the same time you will be a key player in a multi-agency team. Our mental health nurse training programme is designed to equip you with the knowledge and skills you will need to meet the challenges offered by contemporary mental health services.

“I chose mental health nursing firstly because I believe I have a particular kind of skill and aptitude when it comes to listening to people and actually hearing what they’re saying, what they’re describing and the experiences they might have had.”

Jono – graduated in 2012.
HOW WE TEACH

Our nursing programme is three years full-time study and runs over 45 weeks of the year, during which time you will develop theoretical knowledge and undertake practical experience.

Your time between theory and practice will be split 50/50 over the three years to ensure you have a solid grounding of practical skills and ability, with the theoretical knowledge to back up your practice. Practice experience is viewed as equal in value to academic work and is awarded academic credit. This contributes directly to your final award, making everything that you study directly related to your practice, preparing you for qualification.

This programme aims to develop you from a lay person to a capable and accountable practitioner, giving you a clear sense of your new identity as a nurse and equipping you to meet the responsibility the role holds.

Assessments
You will be assessed throughout the programme in both theory and practical elements. You will be required to complete all areas successfully to be able to progress. A variety of assessment methods, including presentations, essays, reports, simulated scenarios and examinations will be used.

Your practice experience will be assessed by a designated mentor in each practice base who will be able to observe how you develop in confidence and skill and be best placed to make judgments on your nursing ability. You will maintain and complete an electronic portfolio, PebblePad, which will provide you with guidance on the practice experience assessment process and will also act as a way of recording and monitoring your developing practice.
The Department of Health Sciences maintains close relationships with local healthcare providers and your base practice experience may take place in the wider community, in hospital, in patients' or clients' homes, or clinics across the whole of North Yorkshire and beyond.

Practice experience will be gained over the full 24 hour period; you will be required to work a full pattern of shifts, including nights and weekends, early and late shifts. You will be expected to arrange your own travel to placements which could be anywhere within the North Yorkshire region.

The practice experience available in the spokes is devised to enhance the learning in the base and may include working alongside some of the voluntary agencies that make such a major contribution to the health and wellbeing of people.

"Jemma's outstanding contribution to practice demonstrates how she has developed insight, skills and empathy to respond in a way that shows she has the ability to unpick very complex and demanding situations to give the best support for the clients in her care."

Paul Evans, Learning Disability Field Lead.
ROUTES INTO NURSING

Foundation Degree in Health and Social Care: Associate Practitioner

This is a two year work-based programme, designed to prepare health and social care support staff to work at Assistant/Associate Practitioner level. Candidates who would like to undertake this programme must already be in employment as a support worker and have the backing of their manager. Successful students are ensured progression to the BSc (Hons) Nursing at York.

More information can be found on our website: www.york.ac.uk/healthsciences/support-worker/foundation-degree

Access to HE Diplomas in a health related topic

Many further education colleges run Access to Higher Education Diplomas in Nursing or health-related subjects so you should make enquiries in your own locality.

Further information can usually be obtained from your local college’s customer services.
Students applying for the MNursing will already be on the second year of the BSc (Hons) Nursing adult field. To access this programme, you need to consistently meet specific criteria during your first and second years. The four year programme has been developed in close collaboration with our local service commissioners, to reflect the national change in primary healthcare delivery and leads to a Masters in Nursing and first level registration as a nurse.

What will I learn?
The focus of the programme is to prepare students to work collaboratively across health and social care settings. In preparation for this, you will study medicines management, health behaviours and develop person-centred consultation skills. All masters students will undertake a professional internship. The aim of the internship is to enable students to fully engage and embed within the culture of the healthcare organisation whilst following the patient journey around the delivery of patient-centred care. MNursing interns may be placed in primary care practice teams or acute clinical services which are directly involved in service improvement and development projects.

How to apply and your finances
During the summer term of the second year of your BSc (Hons) Nursing, you can apply for the MNursing.

Additional information about the application process and funding is available on the course website: www.york.ac.uk/healthsciences/nursing/m-nursing
YOUR CAREER OPPORTUNITIES

As a nurse it is possible to work in many settings, including hospitals, GP surgeries, clinics, nursing and residential homes and occupational health services, voluntary organisations that run hospices and residential care, and the pharmaceutical industry, to name but a few. Nurses also work in the prison service, university education, on leisure cruise ships, or for the armed forces.

The future of nursing is moving towards enabling people to be cared for in the community and not just in hospital, removing the restrictions that ill health had, in the past, placed on many.

Nurses’ roles in the community can include:

- Practice nursing
- Community mental health nursing
- Community learning disability nursing
- District nursing
- Community children’s nursing
- Health visiting and public health nursing.

In every context, the commitment and the responsibility is considerable, but nurses have the opportunity to make a real difference to people’s lives.

“I went straight from qualifying into primary care nursing and no day is ever the same. There are always new health promotion campaigns being introduced, especially within vaccinations, and there is always something new to learn.

I am also back at university studying part-time modules within chronic disease management and cervical cytology which will enable me to look after more patients. I will be studying things such as women’s health, management of diabetes, and asthma.

Emma Wilkinson, Practice Nurse.”
We’re proud to be one of the UK’s most popular midwifery programmes. What makes us special is what makes you stand out...

Our BA (Hons) Midwifery Practice aims to develop midwives who are safe, clinically competent, autonomous practitioners, able to undertake the role of the lead professional for women accessing maternity care. It confers Registered Midwife (RM) status on the Nursing and Midwifery Council Professional Register.

The programme prepares insightful midwives who have highly developed interpersonal skills, able to work in partnership with women and families in complex social contexts, respecting diversity of social, cultural and ethnic backgrounds.

We are a Baby Friendly higher education institution and have achieved BFI standards. We are committed to delivering education to a reliable and consistent standard to maximise mothers’ chances of breastfeeding successfully. There is strong evidence that Baby Friendly accreditation in practice increases initiation and duration of breastfeeding and accreditation is a key recommendation of the National Institute for Health and Care Excellence (NICE) Postnatal Guidelines.

As a student on the BA (Hons) Midwifery Practice programme, you will work towards and demonstrate achievement of the UNICEF Baby Friendly standards and learning outcomes for higher education institutions.
ALL ABOUT YOU

You should be passionate about becoming a midwife, with some insight into the role and an aspiration to provide woman-centred care. You should seek to work as part of a multi-professional team providing safe and sensitive care for women and their families.

Throughout the programme you will develop a range of skills, building on those that you have already gained.

“From the start you are with the midwives in the community, meeting women and families and really working with them. The placements are integrated, rather than six-week block placements, so you spend part of the week in practice and part on campus – it means you have regular support from tutors and you get to touch base with your theory and apply it to practice.

Ellie
The philosophy of the BA (Hons) Midwifery Practice at York is based on the premise that women are central to the planning and provision of their maternity care, which takes into account their culture, hopes and expectations. Care should be provided by midwives who are confident and caring, able to transform practice in response to changing needs and in the light of the available evidence.

This is a Bachelor of Arts programme and the content and philosophy reflects this focus. One of the aims of the programme is to develop midwives who are able to identify their own continuing development needs as independent learners. This programme will facilitate such a transition by providing you with a range of practice and academic opportunities, through which you can develop in a safe, supported and supervised environment. Educational activities will facilitate the transition to adult learning in which you will take responsibility for your learning, be self-motivated and become orientated to your professional role.
A woman and family focused philosophy of care.
The curriculum is underpinned by many disciplines with an emphasis on the psychosocial influences on the midwife-mother relationship.

The development of excellent communication and interpersonal skills.
Opportunities are provided to enable you to fine-tune your ability to engage with women from diverse social and cultural backgrounds.

The integration of best evidence with practice.
Learning is facilitated by a dedicated team of midwifery lecturers, supported by clinical midwives from the local maternity units, and lecturers from the Department of Health Sciences and the wider University.

Midwives able to work in a range of clinical settings.
A variety of clinical opportunities are afforded to students at the University of York including home birth and experience in Midwifery Led Units. You are allocated a ‘home’ trust where the majority of your community and hospital midwifery experience is gained. You have the opportunity to explore different models of maternity care by attending another unit in the region and an elective clinical placement in the second year, which may be taken in this country or abroad.

The promotion of public health.
There are many factors that influence the health and well-being of women and their families and these issues are explored throughout the programme.

Case loading.
You are encouraged to identify a case load of women during the third year of your programme. Building a dedicated relationship with the mother and her family helps improve your confidence in performing the lead carer role.
WHAT YOU STUDY

Each year is made up of four terms. The first six terms of the programme focus on the care of women and families throughout the normal pregnancy, labour, birth and postnatal adaptation to motherhood. The emphasis is on facilitating the development of knowledge, skills and understanding of normality so that you can then be alert to situations and clinical presentations that deviate from this.

Subsequent modules introduce the theory and skills required when caring for women experiencing complicated maternities. You will access practice areas that support this development, for example, the Special Care Baby Unit and Antenatal Day Assessment Unit.

The third year develops your ability to support women with complexities. You will explore how the midwife can facilitate optimal maternal and neonatal health in these circumstances.

HOW WE FACILITATE LEARNING

As you move from novice to expert, you have the opportunity to draw on different learning styles and teaching methods to support your learning. A diverse range of teaching and assessment methods are used to achieve and demonstrate learning outcomes. These include clinical analysis, exams, case studies, presentations, use of the virtual learning environment (VLE) and vivas.

Practising for practice is a key element in the development of your communication and interpersonal skills along with skills to support breastfeeding women.

You are offered a variety of opportunities to ‘practise for practice’ through simulated learning. A dedicated Clinical Simulation Unit (CSU) based within the Department at York is well equipped to support the development of relevant clinical skills.
Clinical practice and theoretical learning are integrated throughout the programme, each year comprising 45 programmed weeks. You will be placed in maternity care settings from the first term of the programme, supported and supervised by a clinical midwifery mentor. Clinical experience will be gained in both hospital and community settings, throughout North Yorkshire, giving you the opportunity to observe and experience a range of midwifery practices and philosophies of management and care. You will also access medical and surgical nursing placements.

**Elective Placement**
You will have the opportunity to undertake an elective placement of your choosing, either in this country or abroad. This is a four week opportunity in your second year for you to gain experience of an alternative model of maternity care provision. Previous students have visited Australia, the USA, Canada, Africa and other European countries.

**For some of my elective placement, I chose to go to The Farm, in Summertown, Tennessee. I went on a week long workshop run by the inspirational midwife Ina May Gaskin. I chose to do this as I have read Ina May’s work and really wanted to listen to her teaching. It was almost like a midwifery retreat and I found it very refreshing.**

Larissa
The Clinical Simulation Unit (CSU) within the Department of Health Sciences is a purpose-built education facility in the Seebohm Rowntree Building, designed to meet the needs of contemporary healthcare education. It provides the perfect facility in which you can develop and enhance your clinical skills in a safe and supportive learning environment.

The CSU provides facilities which replicate a number of areas where you may work; from the home environment and primary care clinics to acute hospital wards and critical care areas. The CSU has two, four bedded hospital bays, an intensive care suite, and a bedsit. You will practise clinical procedures using state of the art skills trainers. The CSU is also equipped with high fidelity adult, junior and baby patient simulation manikins which replicate a range of physiological signs and symptoms. These manikins enable you to practice responding to real-time clinical scenarios including medical emergencies.

In the summer of 2013 the CSU was extended and modernised to ensure that this facility would continue to meet the needs of contemporary healthcare education well into the future.

More information about our CSU can be found on our website: www.york.ac.uk/healthsciences/nursing/facilities/
HOW YOU ARE SUPPORTED

Personal Supervisors
Every student will be allocated a personal supervisor who is an academic member of staff based within the Department of Health Sciences. Supervisors have a variety of functions; they are usually the person you ask for advice about academic support and guidance and will assist you either personally or by placing you in touch with others regarding your particular aspect of student support.

Mentors
The practice mentor is an appropriately qualified person, normally a registered nurse or midwife. They will have undertaken preparation and regular updating to enable them to facilitate student learning, and to assess students during practice experience. The role of a mentor begins when they first meet you at the beginning of a practice experience and ends with an assessment of your practice and when all relevant documentation and processes have been completed.

The Student Information Service
The Student Information Service team supports all Health Sciences students and acts as a first point of contact if you need information or assistance with a problem. They are experienced in dealing with a diverse range of enquiries and student contact is undertaken in a sensitive and confidential manner.

Additional information:
www.york.ac.uk/healthsciences/student-intranet/student-support
How to apply

- BSc (Hons) Nursing (Adult) – B742
- BSc (Hons) Nursing (Child) – B732
- BSc (Hons) Nursing (Learning Disability) – B763
- BSc (Hons) Nursing (Mental Health) – B762
- BA (Hons) Midwifery Practice – B720

You can apply for the degree course through UCAS: www.ucas.ac.uk

An offer of a place on any programme is made on the basis of a successful interview and may be subject to academic qualifications. Offers are conditional upon a satisfactory health assessment and a full Disclosure and Barring Service check.

Information afternoons

Each year we hold Nursing and Midwifery Education Information Afternoons for those interested in our degree programmes.

Visit our website for information: www.york.ac.uk/healthsciences/information-afternoons

Nursing

Application advice can be found on our website: www.york.ac.uk/healthsciences/nursing/admissions/app-advice

Our website provides up to date details on current entry requirements: www.york.ac.uk/healthsciences/nursing/admissions/entry

To enable you to identify whether you have the required entry qualifications visit our online tariff at: www.york.ac.uk/healthsciences/nursing/admissions/entry/criteria

Midwifery

Application advice can be found on our website: www.york.ac.uk/healthsciences/midwifery/apply/mid-advice

Our website provides up to date details on current entry requirements: www.york.ac.uk/healthsciences/midwifery/apply/entry

To enable you to identify whether you have the required entry qualifications visit our online tariff at: www.york.ac.uk/healthsciences/midwifery/apply/entry/tariff