



Student Handbook



Welcome to Rainbows Hospice for Children and Young People

Welcome to Rainbows Hospice for Children and Young People, we hope you enjoy your placement. This pack will provide you with information about the hospice and the organization as a whole. It is designed to give you some answers, but will also create questions. Please feel free to ask your Mentor or the education team at any time, regarding queries or concerns you may have.

The overall aim of Rainbows is to provide palliative care to children, young people, young adults and families with a life limiting / life threatening condition. Children with life limiting / life threatening conditions are not expected to live into adulthood; however, due to ongoing research, new medications and medical technology, we now care for young adults up to the age of 30. There are few services families can access to give short breaks and fewer can offer specialist care when a child or young person is dying. We aim to provide a comfortable home from home environment for the child, young person and their family. Children and young people who utilize Rainbows have all gone through a referral process. There are two types of stay:

Short breaks

Many children and young people will come to Rainbows for short breaks, during a time when their medical condition is stable. This gives families a chance to recharge their batteries without the demands of caring for their child or young person continuously. During short breaks families may stay here with their child or young person or leave them here and enjoy a break themselves, often with other siblings. We always encourage families to stay on the child or young person's first visit to the hospice. Some families use short breaks as a chance to spend time with their other children. We have on-going "sibling support" in which siblings of all ages are invited to come and join in fun days out and weekends. The emphasis is on "fun" and the siblings can mix with each other and share experiences.

Most children and young people come to Rainbows either Monday-Friday, or Friday-Sunday, however this is negotiable. Children and young people coming in for short stays make up the majority of our care workload.

Day Care:

After consultation with young people over 18 and their families, it became apparent that there was a need for an opportunity to socialise with peers, in a safe and stimulating environment. Day Care is an opportunity to meet these needs.

All young people over 18 who attend the Hospice will be invited to attend one of two Day Care services one day a week. The sessions are as follows:

Tuesday/Thursday Day Care for over 18's with complex needs and learning disabilities

Wednesday Day Care for over 18's with a Neuro Muscular disorder or similar condition

Day care is from 10.00 – 17.00 every Tuesday, Wednesday and Thursday. Young people need not stay for the full day.

Definition of children's palliative care

"Palliative care for children and young people with life-limiting conditions is an active and total approach to care, embracing physical, emotional, social and spiritual elements. It focuses on enhancement of quality of life for the child and support for the family and includes the management of distressing symptoms, provision of respite and care through death and bereavement".

"Association for Children with Life-threatening or terminal conditions and their families" (ACT, 2003)

Naturally when joining Rainbows you may have concerns about working within a hospice environment. Please do discuss any concerns with your Mentors during your induction.

Palliative / End of Life care

Children and young people also come to Rainbows for symptom control and end of life care, when their condition deteriorates and they are dying. These children and young people have individual physical, emotional, social and spiritual needs.

Our care embraces the whole family, together with caring for the child or young person. We have a variety of staff with specific knowledge and skills to ensure we provide and deliver a quality service to all children and families in our care, especially at this time.

Rainbows is not a sad place, a lot of hard work and effort is spent focusing on the positive aspects of life and encouraging children and young people to play, have fun and make individual choices. If you are in-experienced in this area you may feel daunted by the prospect of a child or young person with a profound disability or a child or young person that is dying. We understand this and reassure you that mechanisms of staff support are in place and as a team we strive to support each other.

Who's Who?

Chief Executive Officer:	Geoff Ellis
Director of Care:	Alison Cooke
Head of Care:	Sam Herrett
Medical Director:	Dr Sat Jassal
Director of Fundraising:	Patricia Brooks
Head of Human Resources:	Marion Borg
Head of Family Support:	Jo Sims
Deputy Head of Family Support:	Mandy Doran
Clinical Educator and Safeguarding Lead Nurse:	Sue Tittershill
Clinical Nurse Specialist Palliative Care:	Lynne De Melo
Clinical Nurse Specialist Respiratory Care:	Helen Kenny
Deputy Head of Care:	Emma Rees
Clinical Lead for Young People:	Isabel Warren

The Care team is made up of Nurses and Care Team Members from a wide variety of backgrounds, including Child, Learning Disability and Adult trained nurses. Members of the Care Team have lots of experience in caring for children and young people with complex needs in many settings.

Family Support Team

Rainbows recognize that the impact of caring for a child or young person with a life limiting condition is profound. The aim of the Family Support Team is to provide families with support from the time of referral, throughout the care of their child or young person and through bereavement.

Families do not have to utilise Rainbows in-house short break facilities to receive family support.

The family support team are:

Jo Sims, Mandy Doran, Pauline Lemon, Simon Hardcastle, Zoe Fairbrother, Alison White, Gail Unwin, Dannii Donovan, Sally Blower, Lindsey Preston, Julie Macauley, Trish Richardson and Ranjan Saujani

Bereavement Support:

On going support is offered to bereaved families. The service is flexible to ensure the individual needs are met.

Sibling Support: Sally Blower

Sibling support offers a valuable opportunity to bring children and young people together who have situations in their lives that are similar to each other. It gives them a chance to have a safe forum to voice their anxieties and gives them a realization that they are not alone.

Community Play: Lindsey Preston

Provision of structured and unstructured play appropriate to the child or young person's needs facilitated by the hospice play team. A variety of activities are always available to enable the children to have as much fun as possible.

Music Therapy: Neal Eaves

Let loose to play, have fun and make lots of noise doing it, Music Therapy enables Children who have difficulty expressing themselves to let their emotions come out, whatever they may be. Young people can also record songs for their family and friends to keep in years to come. Outreach service is also available.

Complementary Therapy: Brenda Penny

Aromatherapy and massage are offered to children and their families by a qualified complementary therapist.

Cultural Support: Ranjan Saujani

Rainbows offer care and support to families from a variety of cultures and ethnic origins and we aim to be as multi-culturally aware as possible.

Reflection Room:

The reflection room is available for use by parents, families or members of staff. The reflection room has been provided to enable each individual to spend time sitting quietly in reflection. There are Cd's and books available for people to listen to or read. There are also separate religious units which have all the required materials in them for the specified religion, e.g. in the Muslim religious unit, prayer mats and copies of the Koran can be found.

Rainbow's Student Placement Pack

Name:

Mentors Names:

Shift times	Early	07.30 – 15.00
	Late	14.00 – 21.30
	Night	21.00 – 08.00
	Long Day	07.30 – 21.30

Hospice Telephone Number:

01509 638000

Uniform:

This consists of a polo shirt with black or navy trousers or skirt. Please ensure that your student badge is worn at all times.

Black shoes, No trainers, Hair tied back: no jewellery or false nails.

Meals:

A luncheon voucher scheme is operated, which you can purchase from reception for £1.50. Of course you are welcome to bring your own lunch with you.

Outings:

We sometimes go on outings during shift times, therefore it is advisable to have a coat with you.

Resource Room:

This is available for your use during your placement. Various journals and articles can be found, and there is also a chance to use the internet via your Athens password to gain further research and information.

People you can meet during your placement:

Chief Executive
Director of Care
Family Support Team
Bereavement Support
Clinical Nurse Specialist for Palliative Care
Play specialists
Music Therapist
Complimentary Therapist
Fundraisers

Your Mentors will help you to arrange some of these meetings.

Mentors for students - please ensure that the student answers the questions below:-

On the first day everyone needs to know where the fire exits / equipment is and where to find emergency equipment. Please use the questions below to do this. Other Health and Safety information will be passed on by your mentor.

Student:

Name Mentor.....

1. Who are the appointed First Aiders?

2. Where is the accident book kept?

3. Which Assembly Point sign would you report to for roll call?

4. How would you raise the fire alarm ?

5. How many fire exits are there in the building?

6. Why is it important to have a Walkie Talkie radio with me in the hospice?

If you have particular learning outcomes from your placement here at Rainbows, please discuss these with your Mentors so that they can help you achieve them. If you encounter any problems with your placement please let a member of staff know so they can be addressed promptly.

PLEASE RING FOR YOUR OFF DUTY AT LEAST TWO WEEKS PRIOR TO PLACEMENT:

Isabel Warren: Isabel.warren@rainbows.co.uk 01509 638000

DAY OF WEEK	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

MENTORS

Please be aware that shifts can only be changed by a Senior Team Member. Rainbows works a 24 hour shift pattern, therefore you will be expected to follow the shift pattern of your Mentor.

Some suggested Student Nurse Objectives to complete during your placement

Objective Number	Objective	Achieved Evidence to be seen by mentor and signed off.	Comments (reasons for not achieving these objectives to be documented)	Date Of entry.
1	To observe and fully understand the booking in and out process of children for a stay at the hospice. Minimum requirement- to observe one booking in and out.			
2	Plan activities for one shift for a child taking into account the ability and age of the child. Evaluate how successful these activities were.			
3	To work with a member of the Play team and plan an activity for a group of children. This activity needs to meet the abilities and ages of the children.			
4	To manage the care of a child for a shift. (This care should always be under supervision).			
5	To observe the administration of medication to children and young people. Minimum requirement- one shift.			
6	To achieve competencies in Gastrostomy Care, Tracheostomy Care, Suctioning and Medication			
7	To meet the key members of the team. The individual appointments need to be made at the start of your placement.			
8	Provide written understanding of a minimum of 3 conditions which you have seen during your placement. Choose one of these conditions and produce a comprehensive pack for future students.			
9	To be familiar with the use of the quiet room and support offered to families including siblings, and to be able to locate bereavement care plan			
10	Find out what therapies are offered to children using the hospice during their stay at the hospice.			

Comments / Notes

Student Evaluation

Directions to Rainbows Children's Hospice, Lark Rise, Loughborough, Leics, LE11 2HS

From M1

Jct.23. Follow signs for Loughborough.

1st set of traffic lights, turn right – Snells Nook Lane, follow road to end.

At traffic lights and crossroads, turn left – Nanpantan Road.

2nd set of traffic lights, turn immediately right onto Valley Road.

Follow road round and take the 5th turn right – Grasmere Road.

Towards the end of the road, turn left onto Atherstone Road.

Follow road round and it becomes Fairmeadows Way.

Take the first Right onto Spindle Road Leading into Lark Rise

This takes you directly into Rainbows Children's Hospice Car Park

From Leicester A6

Follow A6 in from Leicester

At Roundabout take 2nd exit onto the A6004 towards Ring Road, Loughborough West

Next roundabout straight across

Next roundabout (MacDonald's on the Right) take first exit left onto Park Road

Go Past Tesco Superstore

After parade of shops on the left hand-side take the first Road on the left, Atherstone Road

Follow road round to the end, turn left onto Fairmeadows Way

Take the first Right onto Spindle Road leading into Lark Rise

This takes you directly into Rainbows Children's Hospice Car Park.

From Derby A6

At jct 24, follow signs for Kegworth, Hathern and Loughborough

Go straight through Kegworth and Hathern.

At 1st roundabout in Loughborough turn right onto Warwick Way.

At next roundabout turn left onto Epinal Way. Go straight over next 4 roundabouts.

At 5th roundabout turn right onto Park Road, past Tesco Superstore.

After parade of shops on the left take the first road on the left, Atherstone Road

Follow road round to the end, turn left onto Fairmeadows Way

Take the first Right onto Spindle Road Leading into Lark Rise

This takes you directly into Rainbows Children's Hospice Car Park

From Nottingham A60

Follow A60 into Loughborough

Past Brush Factory and the train station in on your right

1st set of traffic lights go straight over onto Nottingham Road

Next set of traffic lights turn left onto Queens Road to the end.

At traffic lights turn left onto Leicester Road

At 2nd set of traffic lights and T-Junction turn right onto Shelthorpe Road

Go straight over roundabout, and past Tesco Superstore.

After parade of shops on the left take the first road on the left, Atherstone Road

Follow road round to the end, turn left onto Fairmeadows Way

Take the first Right onto Spindle Road Leading into Lark Rise

This takes you directly into Rainbows Children's Hospice Car Park

