



# Medical / Healthcare Careers Post Covid-19

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## Pause and Reflect



# Our Route Map



- Drivers of Post Covid-19 Career Changes
- The Post Covid-19 Career Hotspots
- All Change- The Transition Mindset
- Seizing The Future- Next Steps
- Tools & Resources

# Healthcare Careers

## Post -Covid-19

### Drivers



- Soaring Work / Career Confidence Index ( LinkedIn June 2020)
  - ? Job Satisfaction
- Rapid Digital Transformation Progress
- ↓F2F OPA appointments
  - 65% telephone , 18% video, 51% ( webcams) ( RCP)



## Healthcare Careers Post -Covid-19 Drivers

- Soaring Work / Career Confidence Index ( LinkedIn June 2020)
  - **? Job Satisfaction**
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  - 65% telephone , 18% video, 51% ( ~~webcams~~) ( RCP)



- ↑Remote Working- 53% confident can WFH\*
- BAME staff disproportionate Covid-19 mortality ( 44% of Drs, 95% of deaths!, 20% of nurses, 71% of deaths)-HSJ Apr'20
- 40% ↑ in GP Well-being support services in the last 3 months.



## “NHS REBOOT & RESET”

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- Telemedicine & Telehealthcare
- [www.doctorinthehouse.net](http://www.doctorinthehouse.net)
- Attend Anywhere
- Remote learning & training
- Staff Health & Wellbeing Initiatives
- BAME staff support
- BAME community initiatives



- Health Informatics
- Health Change Project Management
- Health Economists
- Public Health Medicine\*
- Psychiatry\*
- Public Mental Health\*
- Occupational Medicine
- Health Training Consultancy



**Healthcare / Medical Career Hotspots**



- Clinical / organizational psychologists\*
- Bereavement counselling services
- Advanced Clinical Practitioners

- Physician Associates
- Specialist Nurse Practitioners
- Non Medical Prescribers
- **Emerging non-existent roles**



**What is the most  
important tool you  
need in transition?**

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**MINDSET & RESILIENCE**



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## FIXED MINDSET

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- Intelligence is static
- Fears and avoids challenges / failure
- Gives up easily
- Sees effort as worthless
- Takes negative feedback personal
- Threatened by success of others



- Intelligence can be developed\*
- Embraces setbacks as a learning experience
- Resilient & persistent\*
- Sees effort as path to mastery
- Welcomes and learns from negative feedback\* ( HEE)
- Finds inspiration & motivation in success of others\* ( Nonnie story)



Building RESILIENCE

IN CAREER

PROGRESSION

(C) Abir Ghazali

MBTI





## Next Steps to Seize The Future

- Research opportunities
  - <https://www.healthcareers.nhs.uk/explore-roles/compare-roles>
- Take a career assessment
  - <https://www.stepintohenhs.nhs.uk/careers/take-the-test>
- Find a mentor\*
- Prepare for your next appraisal/ job plan meeting\*
- Seek secondment or study openings



- Shadow a senior in the role\*
- HEE Courses- Assertiveness, Negotiation, Communication skills, Msc.
- Third sector experience counts
- Become a resource person
- Open a CPD Journal\*
- Carry out QiP
- Begin to write\* ( Blogs, LinkedIn)



# RESOURCES

- [www.edx.org](http://www.edx.org) ( Ulab Leadership Courses)
- [www.kingsfund.org.uk](http://www.kingsfund.org.uk) Kings Fund Website
- [8 Steps To Choosing A Career https://www.thebalance.com/steps-to-choosing-career-525506](https://www.thebalance.com/steps-to-choosing-career-525506)
- <https://www.kent.ac.uk/careers/explorer.htm> ( Career Explorer Tool)
- <https://www.healthcareers.nhs.uk/explore-roles> ( Details of 15 health career categories)
- <https://www.healthcareers.nhs.uk/explore-roles/compare-roles> ( Comparison tables for up to 3 roles of your choice in health)
- <https://www.thecompleteuniversityguide.co.uk>
- [www.medschools.ac.uk](http://www.medschools.ac.uk) ( medical school councils website)



# Thank You

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( Closed Support Group )

