

# A Day as a Geriatrics SHO

Geriatrics/Care of the elderly comprises of two wards, ward 20/20a, and ward 40. I work on ward 40.

## **A typical weekday (assuming you're on-call that day) goes like this:**

8:30 – Go to ward 20 to get any handovers from the night team

8:30 – 9:00 – Read about new patients and any updates on old patients overnight. Start preparing notes if you have the time

9:00 – 9:40 – Board rounds where we sit with the multidisciplinary team and quickly go over all the patients in your area including discharge plans or outstanding investigations.

9:40 – 11:00 – Ward rounds with the consultants or SpR, where they see new patients and sick patients, or ALL patients (usually done at the start of the week)

11:00 – 13:00 – Do jobs from ward rounds

13:00 – 14:00 – Departmental teaching on Tuesdays and Thursdays/Lunch/Ward jobs

14:00 – 16:00 – F2 teaching on Thursdays/Ward jobs

16:00 – 17:00 – Rounding up the day, taking handovers from colleagues who are not on call. On Fridays, there's a handover document on the geriatrics drive to fill out. This alerts the weekend doctor of any outstanding weekend jobs, or sick patients to be aware of.

17:00 – 20:30 – On-call ward cover

20:30 – 21:00 – Handover urgent jobs and sick patients to the night team

## **A typical weekend on ward 40 goes like this:**

8:30 – Go to ward 20 for handover from night team

8:40 – 9:00 – Prepare notes for new patients on the ward. Be aware of any sick patients you would like the consultant to review

9:00 – 11:00 – Ward rounds with consultant, seeing mostly new patients and very sick patients

11:00 – 13:00 – Ward jobs, jobs from the Friday handover document

13:00 – 13:30 – Break

13:30 – 16:00 – Ward jobs

16:00 – 16:30 – Break

16:30 – 20:30 – Ward jobs

20:30 – 21:00 – Handover to night team

\*On a day you're not on-call, you go straight to the wards at 8:30 and you leave at 17:00.

\*Ward jobs include – Preparing TTOs, speaking to family members, making patient referrals, ordering and chasing up investigations, other practical jobs like inserting cannulas, taking bloods, attending to sick patients, escalating to seniors as necessary.

**\*Other rota jobs include:**

- W 12 Nights, where you clerk patients through the night with the Registrar, or do ward cover in AMU W12

- Ward nights, where you cover all the medical wards with another SHO, registrar and the hospital-at-night team

- MDU long days, where you clerk patients in MDU before they are seen by consultant or registrar and a plan is made regarding their care.