

Life under lockdown as an apprentice

Samantha shares her experience so far...

What I do...

Hi, my name is Samantha and I am a business administration apprentice within the Northumbria Healthcare Foundation Trust. I am based in Cardiology and Cardiac Investigations at North Tyneside General Hospital. I support the secretaries for the consultants and the nurses. Some of my daily jobs include dealing with incoming and outgoing post for the department, transcribing dictated letters for GP's and Patients and dealing with patient files.

A big change

When we first went into lockdown, I felt very anxious and nervous about being in the house all the time and not being able to see friends and family. For the first 4 weeks of lockdown I worked from home, but I have now returned to work on a reduced hours basis, I normally work 5 days a week but I am only working 3 at the moment.

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Working in a hospital during lockdown

As I work in a hospital the lockdown has massively impacted my work. As no patients are coming into the hospital the secretaries and I are focusing on transcribing letters that are going out to GP's and Patients. As there are normally quite a few secretaries in each office we have all had to spread out, change offices and use different desks to adhere to social distancing measures.

Making weekends count

I do a few things to make the weekends feel different to weekdays. I don't wear any makeup; I tie my hair up in a messy bun and wear comfy clothes! I also love putting a nice face mask on and just chilling and forgetting about everything that is going on in the outside world.

Staying connected to family and friends

I am finding it extremely hard not being able to actually see and spend time with my friends and family and as my godparents are both over 70. We have been able to set up Skype which is making it a lot easier as we can see their faces as well as hearing their voices.

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Keeping busy

Since having to work from home for a few days a week at least I have been able to complete a lot of e-learning courses and I am really enjoying being able to put a lot more time on my coursework and making it my main focus.

I am keeping in regular contact with my assessor and training provider with over-the-phone reviews and daily emails.

I hope you are all keeping well and staying safe!

#NHS #Stayhome #NHCFT