

# T Level destination case study:

## Health



**NAME:** AMELIA TRACHEL

**T Level:** Health

**College attended:** Kendal College

**Industry placement employer:**  
University Hospitals of Morecambe Bay NHS  
Foundation Trust

**Destination:** Midwifery degree at UCLAN  
(University of Central Lancashire)

### Why did you choose a T Level?

I liked that the T Level gave you a variety of options for placements, and you got the theory as well as the practical. It was the best of both worlds.

### What are you studying now?

Now I'm doing a Midwifery degree at UCLAN, and it's been really great. I've just done my first placement, and doing the T Level really helped.

### What topics did you learn on your T Level?

We covered a lot, in terms of both health and the science behind it too. We also did all the basics that you need for any career in healthcare - like handwashing, safeguarding, looking after patients.

At college we had access to all these different beds with patient training manikins, and loads of different healthcare equipment like stethoscopes, bandages and moving & handling equipment. Being able to actually do the practical things, like handling and washing the patients (manikins), was really beneficial.

### Tell us about your industry placement

My industry placements were at the Royal Lancaster Infirmary. My first placement was working with women on the acute frailty ward.

I was with a Clinical Support Worker most of the time, which was really nice because they teach you a lot, you get insight into everything. I helped do all the rounds. This involved things like helping wash the patients, making the beds, supporting patients with anything they need help with, like getting changed or getting to the toilet. I also got to observe other tasks that nurses did, like putting a catheter in.

I also did a placement in maternity. It was great to be in that environment, to see what was going on, and I was able to learn all the right terminology. You got the best of both worlds because even if you couldn't do everything yet, you still got to see how it all works.

What we learned in the classroom really helped, and it was nice to be able to put it into practice. It was like 'this is actually real. This is what people do for a living.'

### What was your favourite part of the industry placement?

Seeing the difference we made. It was hard because some of the placements were during covid restrictions, so some patients had no visitors. I remember one patient, I got to sit down and have a conversation with her and she was laughing and smiling for the first time in ages. We always say that students make a difference because they can have that time to get to know patients, and it was so lovely to do that.

### What made you decide to do Midwifery at university?

I always knew I wanted to go to university, but it was between Adult Nursing and Midwifery. On my T Level, I was able to do a placement in both areas, and it helped me decide that midwifery is what I really want to do.

I want to be a community midwife, and in my maternity placement on my T Level, I was able to do some house visits and work with the midwives. It was much more specialised and I got a lot of information, got to see what the differences were.

It was nice to get a taste of it, to get that experience before going to university and committing to a course.

### Did your T Level help prepare you for university?

Oh definitely, in every way. I have a lot of transferable skills that I've been able to use in my midwifery course. Like, as a midwife, you are always reflecting - and the T Level taught me how to reflect, to use reflective cycle models, and how to use references. I feel like I've had a head start.

The practical elements were the best though - because that's what you'll be doing at the end of the day, you'll be in a healthcare setting and working with patients.

### Would you recommend a T Level to other students?

Definitely. If you're thinking of going into healthcare, it will help prepare you. You'll get all the basics and you'll be able to try different placements out and see what really is for you.

### How would you sum up your T Level experience?

It was amazing and it helped me so much. It was such a positive experience.

*"My favourite part of my industry placement was seeing the difference we made."*

