



Get into  
operating  
department  
practice

# What is operating department practice?

Operating department practice (ODP) is an integral part of healthcare, providing support and resilience in operating theatres. ODPs are part of a multi-disciplinary team caring for patients at each phase of the perioperative process:

## ANAESTHETIC PHASE

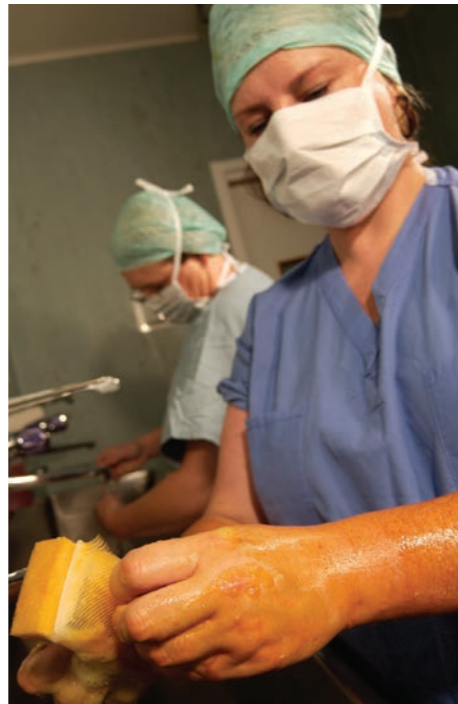
- > preparing specialist equipment and drugs, ensuring the patient is safe during anaesthesia
- > assisting the anaesthetist with local and general anaesthesia of the perioperative patient
- > safely transferring and supporting the patient's transfer into theatre and the post-anaesthetic unit

## SURGICAL PHASE

- > preparing the surgical environment, equipment and instruments relevant to procedures from a variety of surgical specialities
- > assisting the surgical team, maintaining a surgical field, aseptic technique, providing the relevant surgical instruments
- > supporting the scrub practitioner and team during surgical procedures

## RECOVERY PHASE

- > assessing, monitoring and responding to the patient's vital signs, airway, breathing, fluid balance, pain management and haemodynamic status in the post-surgical phase, and preparing them for safe discharge



**Perioperative:** relating to the time before, during, and after a surgical operation

The goal of **perioperative care** is to provide the best possible health and safety conditions for patients before, during and after their surgery.

## Am I the right kind of person to become an ODP?

You are one of the last people a patient sees before their operation and one of the first people they see when they recover from the anaesthetic.

You need to be able to work in a highly technical theatre environment with a multidisciplinary team.

ODPs come from all backgrounds. If you have the right skills, characteristics and drive, you're the right person for the job.

You'll need to be...



calm, careful and thorough

caring and compassionate

able to concentrate for long periods of time

organised

good with people

an excellent communicator

unfazed by scenes of surgery and blood

a strong team worker

good at reassuring others and making them feel safe

able to work well under stress

happy working in a hospital setting

hard working, punctual and reliable

# Career opportunities for ODP graduates

A job with the NHS, a private hospital or the armed forces

A physician associate

An interesting and varied career in the operating theatre

Clinical leadership and management

A specialism in surgery, anaesthetics or post-anaesthetic care

Work in robotics, neurology, ophthalmic, cardiothoracic and orthopaedics

Teaching, training and mentoring

A great CV, full of varied work experience and transferrable skills

# What do I need to become an ODP professional?

A degree in ODP approved by the Health and Care Professions Council (HCPC).

To get a place on an ODP degree at university you usually need GCSE passes at grade 4 (grade C) or above, in English and maths, as well as 96 UCAS points from A Levels, or equivalent.

If you don't have the qualifications to get onto an ODP degree, you can complete them at a local college. Contact us if you need advice about entry requirements.

## What's it like to study ODP at Teesside University?

# BSc (Hons) Operating Department Practice Studies

UCAS code: B990 BSc/ODPS

You gain the knowledge, skills and understanding to contribute fully to healthcare delivery in a dynamic and fast-moving surgical environment.

This patient-centred course leads to the achievement of the Health and Care Professions Council (HCPC) Standards of Proficiency for ODP.

On successful completion of the course, you are eligible to apply for registration with HCPC as an ODP.



### BSc (Hons) Operating Department Practice Studies (Apprenticeship)

We also offer an apprenticeship route, so you can study a degree in ODP whilst being employed.

To access the apprenticeship you must be employed in an appropriate healthcare setting and have full support from your employer.

For more information [tees.ac.uk/ug/health](http://tees.ac.uk/ug/health)

## Diary of an ODP student

MONDAY (in uni today)		FRIDAY (in practice today)	
9:30AM	lecture - anatomy and physiology for perioperative care	7:50AM	get in early to change into scrubs
11:00AM	break - meet Alex for coffee at The Garden on campus	8:00AM	meet mentor and set up theatre
11:30AM	group work, discussion and feedback on legal ethical and professional concepts in perioperative care	9:00AM	scrub for surgical procedure, set up trolley and surgical instruments
12:30PM	lunch - meet course friends in SU	9:30AM	assist surgeon and ODP mentor with surgical procedure <i>amazing!</i>
1:30PM	😊 simulation session (using the mannequins) 🌟	11:30AM	clean up and prep theatre
2:30PM	break - write up notes in library	12:00PM	go for lunch in canteen
3:00PM	simulation session and feedback	12:30PM	assist with set up for surgical procedure
4:30PM	home	1:00PM	circulate for surgical team and assist with procedure, counts and support
* * *	work on poster presentation tonight 😊	3:00PM	assist with transfer of patient to recovery, clean and restock theatre
		4:00PM	home time ***

## James Cane

### BSc (Hons) Operating Department Practice Studies

#### Why university and why ODP?

I had an interest in anatomy and physiology and the perioperative environment, so I explored possible careers. I researched the role of an ODP and found that nationally there is a shortage, so graduate employment is fairly good and University placements can potentially lead to permanent employment.

#### Best thing about your course?

It's delivered well and engaging, with opportunities to discuss and collaborate. You explore anaesthesia, scrub, circulating to recovery. Modules focusing on infection control, perioperative practice, anatomy and physiology and legal, ethical and professional concepts directly link to placement practice, providing good insight into the role of an ODP. There is a great blend of theory and hands-on practice.

#### What do you think about the campus and the services?

The campus heart is central to university life. There are lots of facilities including the gym, Library and Students' Union.

#### What do you think about Middlesbrough and the surrounding area?

The campus is in the town centre, close to all the shops, restaurants, nightlife and transport links. The surrounding area has coastal towns like Redcar and Saltburn and countryside such as Roseberry Topping, which are worth a visit especially in the summer.

#### Have you been on a placement?

I have recently been on anaesthetic and recovery placement at James Cook University Hospital. The placements are very hands-on and develop knowledge of the role and day-to-day duties. Staff share knowledge of practice, creating collaborative environments to really focus on the theory and role of an ODP.

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*Come to an open day, visit the facilities and spend some time on campus.*



#### What skills have you gained?

Enhanced time management, academic writing and critical analysis skills. Placement develops an understanding of practical skills, roles, responsibilities and duties of an ODP.

#### Future ambitions?

To work as an ODP, study a master's and progress into roles such as anaesthesia associate, surgical care practitioner or advanced critical care practitioner. I also would love to teach future generations of aspiring ODPs.

#### Would you recommend Teesside and your course?

Yes, it's a fantastic university with a great vibe and excellent student experience with facilities to achieve your potential. Staff are supportive and provide good delivery of the content. The cohort has a family vibe, and it's nice to see everyone grow and develop as friends and one day fellow work colleagues.

#### Any advice to anyone thinking of studying here?

Come to an open day and spend some time on campus. Visit the town centre, visit the shops and restaurants and enjoy what Middlesbrough has to offer.

## Christopher Lloyd

### Christopher is now a surgical care practitioner

#### Tell us about your course

My course blended theory and practice. The theory provided the underpinning knowledge which was then put into practice during my placement experience. After completing the training I was mentally and physically prepared for the rigours of the role.

#### Did you do an industry placement?

My placement involved providing care for a variety of patients, adult and paediatric, for elective and emergency surgery across specialities including orthopaedics, trauma, colorectal, ear, nose and throat, gynaecology, urology, ophthalmic, obstetrics and general emergencies. I rotated between the different roles and specialities every six weeks which gave me a well-rounded experience within the health sector.

#### What have you done since graduating?

I joined County Durham and Darlington NHS Foundation Trust as an anaesthetic practitioner and continued studying some short courses at Teesside including contemporary anaesthesia, core skills in critical and high dependency unit care, and research methods. I was then promoted to surgical first assistant in orthopaedics, assisting surgeons in theatre.

I now perform surgical interventions such as carpal tunnel decompressions, removing metalwork, intra-articular steroid injections and suturing surgical wounds. I also run a post-arthroplasty service looking after the long-term care of knee and hip replacement patients. I also organise and deliver orthopaedic and trauma training days with students and qualified theatre practitioners across the region to ensure we continue to deliver the highest standards of patient care.

Without Teesside University I wouldn't have the qualifications I need to do my job today and for that I am so grateful.

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## Abigail Hutchinson

Senior lecturer in operating department practice

I qualified as an ODP at Teesside and began my career at Sunderland Royal Hospital. Working as a scrub and recovery practitioner in obstetric operating theatres, I helped deliver hundreds of babies through caesarean section and assisted in the recovery of the mother and child (and sometimes the father!).

I transitioned into the anaesthetic role and provided holistic care to patients of all ages under all classifications of surgery. I have also gained valuable experience in digital theatres for vascular cases but also in robotic-assisted theatres.

My ODP career is very exciting, no two days are the same, and I'm proud to have helped make a positive patient outcome.

I'm a senior lecturer in ODP, and also support additional surgery lists which means I can demonstrate new practices or equipment in my teaching. I'm studying MSc Human Factors and Patient Safety with a view to progressing to a DrPP in Professional Practice. I am passionate about sharing my knowledge and experience with student ODPs – it's an amazing career.



## Facilities and support

Teesside University's ODP students engage in simulation practice in our replica theatre suite with scrub sinks, anaesthetic machines, surgical instruments, sutures, airways, intubation equipment and SimMan.

SimMan is an advanced patient simulator that can display neurological and physiological symptoms. It is simple to engage with and features technology such as drug recognition, it can even be intubated and ventilated.



# More information

Teesside University **tees.ac.uk**

College of Operating Department Practitioners **unison.org.uk/codp**

Health and Care Professions Council **hpc-uk.org**

**nationalcareersservice.direct.gov.uk**

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