

Swapping recommendations for General paediatric LST Rota (073)

Week No.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	20:30 - 08:45	20:30 - 08:45	20:30 - 08:45	20:30 - 08:45	00:00 - 00:00	00:00 - 00:00	00:00 - 00:00
2	08:15 - 17:00	08:00 - 17:00	09:00 - 17:00	09:00 - 17:00	20:30 - 08:45	20:30 - 08:45	20:30 - 08:45
3	00:00 - 00:00	00:00 - 00:00	00:00 - 00:00	08:30 - 17:00	08:30 - 17:00	00:00 - 00:00	00:00 - 00:00
4	08:15 - 17:00	08:00 - 17:00	08:30 - 17:00	08:30 - 17:00	08:30 - 17:00	00:00 - 00:00	00:00 - 00:00
5	08:15 - 21:00	08:00 - 21:00	00:00 - 00:00	00:00 - 00:00	08:30 - 21:00	08:30 - 21:00	08:30 - 21:00
6	00:00 - 00:00	08:00 - 21:00	08:30 - 17:00	08:30 - 21:00	08:30 - 17:00	00:00 - 00:00	00:00 - 00:00
7	08:15 - 21:00	08:00 - 17:00	08:30 - 21:00	00:00 - 00:00	08:30 - 21:00	08:30 - 21:00	08:30 - 21:00
8	08:15 - 17:00	08:00 - 17:00	08:30 - 17:00	00:00 - 00:00	00:00 - 00:00	00:00 - 00:00	00:00 - 00:00
9	20:30 - 09:00	20:30 - 09:00	20:30 - 09:00	20:30 - 09:00	00:00 - 00:00	00:00 - 00:00	00:00 - 00:00
10	08:15 - 17:00	08:00 - 17:00	08:30 - 17:00	00:00 - 00:00	20:30 - 09:00	20:30 - 09:00	20:30 - 09:00
11	00:00 - 00:00	00:00 - 00:00	00:00 - 00:00	08:30 - 17:00	08:30 - 17:00	00:00 - 00:00	00:00 - 00:00
12	16:00 - 00:00	16:00 - 00:00	16:00 - 00:00	16:00 - 00:00	00:00 - 00:00	00:00 - 00:00	00:00 - 00:00
13	08:15 - 17:00	00:00 - 00:00	08:30 - 17:00	08:30 - 17:00	16:00 - 00:00	12:00 - 00:00	12:00 - 00:00
14	00:00 - 00:00	08:00 - 17:00	08:30 - 21:00	08:30 - 21:00	08:30 - 17:00	00:00 - 00:00	00:00 - 00:00
15	08:15 - 17:00	08:00 - 17:00	08:30 - 17:00	08:30 - 17:00	08:30 - 17:00	00:00 - 00:00	00:00 - 00:00

Recommendations

Nights Line 1 (Monday + Tuesday + Wednesday + Thursday)

Swap line 1 (Monday + Tuesday + Wednesday + Thursday + Friday) with line 4 & 15

Swap line 1 (Monday) with line 11 & Swap Line 1 (Wednesday + Thursday) on line 1 with line 8

Nights Line 2 (Friday + Saturday + Sunday)

Swap Friday + Saturday + Sunday + Monday + Tuesday on line 2+3 with line 3+4

Swap Friday/Saturday on line 2 with line 3/4/8/11/15

Swap Sunday/Monday on line 2+3 with line 1+2 & 3+4 & 14+15

Long Days Line 5 (Friday + Saturday + Sunday)

Swap Thursday + Friday + Saturday + Sunday + Monday on line 5+6 with line 3+4

Swap Friday/Saturday on line 5 with line 3/4/8/11/15

Swap Sunday/Monday on line 5+6 with line 1+2 & 3+4 & 14+15

Swap Sunday on line 5 with line 3/4/6/11/14

Long Days Line 7 (Friday + Saturday + Sunday)

Swap Friday/Saturday on line 7 with line 3/4/8/11/15

Swap Sunday on line 7 with line 3/4/6/11/14

Nights Line 9 (Monday + Tuesday + Wednesday + Thursday + Friday)

Swap line 9 (Monday + Tuesday + Wednesday + Thursday + Friday) with line 4 & 15

Swap line 9 (Monday) with line 11 & Swap Line 9 (Wednesday + Thursday) on line 9 with line 8

Nights Line 10 (Friday + Saturday + Sunday)

Swap Friday + Saturday + Sunday + Monday + Tuesday on line 10+11 with line 3+4

Swap Friday/Saturday on line 10 with line 3/4/8/11/15

Swap Sunday/Monday on line 10+11 with line 1+2 & 3+4 & 14+15

Twilight line 12 (Monday + Tuesday + Wednesday + Thursday)

Swap line 12 (Monday + Tuesday + Wednesday + Thursday + Friday) with line 4 & 15

Swap line 1 (Monday) with line 12 & Swap Line 1 (Wednesday + Thursday) on line 12 with line 8

Twilight line 13 (Friday + Saturday + Sunday)

Swap Friday/Saturday on line 13 with line 3/4/8/11/15

Swap Sunday/Monday on line 13+14 with line 1+2 & 3+4 & 14+15

Please note that these recommendations are valid at the beginning of the post without changes to the rota.

For more advice and information contact Medical Deployment on
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