

Swapping recommendations for Neonatal LST Rota (088)

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

Recommendations	
Nights Line 1 (Monday + Tuesday + Wednesday + Thursday)	
Swap line 2/3 with line 15/1	
Swap Monday Line 1 with line 8	
Swap Tuesday on line 9 with line 14 then swap Tuesday on line 1 with line 14 (THREE WAY SWAP)	
Swap Wednesday/Thursday/Friday* on line 6 with line 3/8/13	
Nights Line 2 (Friday + Saturday + Sunday)	
Swap Friday/Saturday with line 3/13	
Swap Saturday/Sunday with line 8	
Long Days Line 2 (Wednesday + Thursday)	
Swap Wednesday/Thursday on line 2 with line 3/8/13	
Long Days Line 4 (Monday + Tuesday)	
Swap Monday Line 4 with line 8	
Swap Tuesday on line 9 with line 14 then swap Tuesday on line 4 with line 14 (THREE WAY SWAP)	
Long days Line 4 (Friday + Saturday + Sunday)	
Swap Friday/Saturday with line 3/13	
Swap Saturday/Sunday with line 8	
Nights line 6 (Monday + Tuesday + Wednesday + Thursday)	
Swap Monday Line 6 with line 8	
Swap Tuesday on line 9 with line 14 then swap Tuesday on line 6 with line 14 (THREE WAY SWAP)	
Swap Wednesday/Thursday/Friday* on line 6 with line 3/8/13	
Long days Line 7 (Monday + Tuesday)	
Swap Monday Line 7 with line 8	
Swap Tuesday on line 9 with line 14 then swap Tuesday on line 7 with line 14 (THREE WAY SWAP)	
Nights line 7 (Friday + Saturday + Sunday)	
Swap Friday/Saturday with line 3/13	
Swap Saturday/Sunday with line 8	
Long days Line 9 (Saturday + Sunday)	
Swap Saturday with line 3/13	
Swap Sunday with line 8	
Long days Line 10 (Wednesday + Thursday + Friday)	
Swap Wednesday/Thursday on line 10 with line 3/8/13	
Nights Line 11 (Monday + Tuesday + Wednesday + Thursday)	
Swap Monday Line 11 with line 8	
Swap Tuesday on line 9 with line 14 then swap Tuesday on line 11 with line 14 (THREE WAY SWAP)	
Swap Wednesday/Thursday/Friday* on line 11 with line 3/8/13	
Long Days Line 12 (Wednesday + Thursday)	
Swap Wednesday/Thursday on line 12 with line 3/8/13	
Nights Line 12 (Friday + Saturday + Sunday)	
Swap Friday/Saturday with line 3/13	
Swap Saturday/Sunday with line 8	
Long Days Line 14 (Monday + Tuesday)	
Swap Monday Line 14 with line 8	
Swap Tuesday on line 9 with line 7 then swap Tuesday on line 14 with line 7 (THREE WAY SWAP)	
Long Days Line 14 (Friday + Saturday + Sunday)	
Swap Friday/Saturday with line 3/13	
Swap Saturday/Sunday with line 8	

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
leedsth-tr.LGIDeployment@nhs.net or 0113 39 22107