

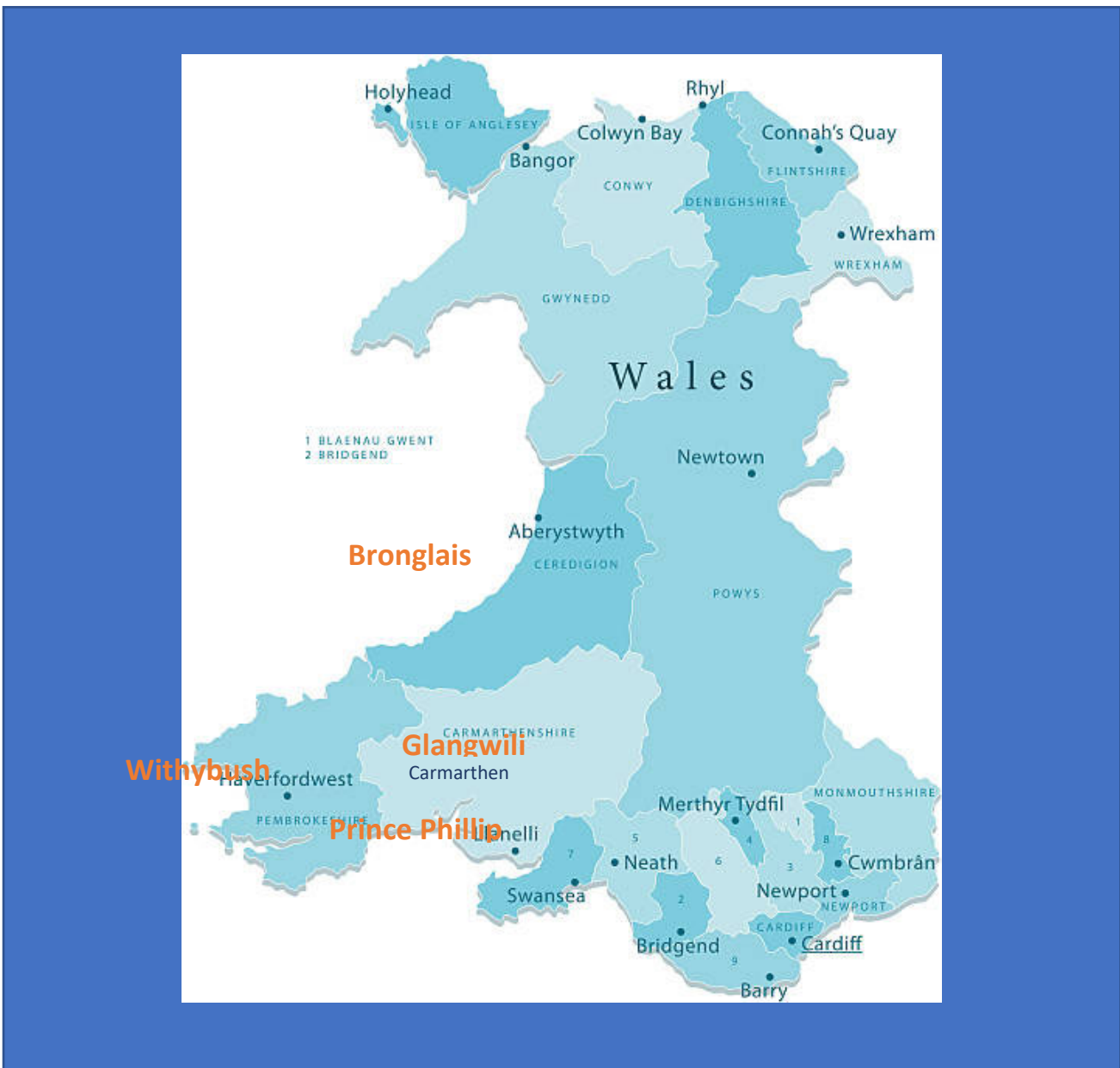


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Hywel Dda University Health Board Foundation Programme Year 1

Updated: September 2020



Welcome to West Wales

West Wales provides a wonderful lifestyle opportunity, each of our major sites in Hywel Dda are in coastal areas with beautiful beaches and spectacular mountains within easy reach. Exciting leisure pursuits such as surfing, mountain biking, fishing, sailing, hiking and walking are all available in this locality, famous for its outstanding natural beauty.

The Health Board serves a total population of around 385,615 throughout the counties of Carmarthenshire, Ceredigion and Pembrokeshire.

Working at Hywel Dda

University Health Board

The Health Board links with Aberystwyth, Swansea, Cardiff and Bangor Universities, as well as having a good working relationship with the National Library of Wales. Many of our Consultants are affiliated Lecturers, Senior Lecturers and Associate Professors.

Knowledge and Library Services

Hywel Dda University Health Board Library & Knowledge Services offer a wide range of resources, both print and online, and services to all Health Board Staff, Trainees and Students on placement.

Each Library is managed by a qualified Librarian and our friendly and knowledgeable staff are here to support your information needs for patient care, education, quality improvement and research.

Carmarthen



Carmarthen is an attractive town set on the banks of the River Towy with stunning landscapes and scenery, nestled between Pembrokeshire and the Gower Peninsula. Explore the idyllic coastline of Carmarthen Bay in the west, the beautiful Brechfa Forest at the centre, and the mountains of Brecon Beacons National Park in the east. Discover historic towns such as Laugharne, which inspired the work of Welsh poet, Dylan Thomas and explore the beautiful National Botanic Garden of Wales.





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Glangwili Hospital



Glangwili General Hospital, located in Carmarthen, is the largest of the four main hospitals in Hywel Dda University Health Board. The hospital provides emergency medicine, general surgery, trauma and orthopaedics and general medical services. Diagnostic and therapies, radiology, midwifery, woman and children's services are also available here.

Glangwili hospital also provides:

- A purpose-built Emergency Unit for emergency admissions.
- The Clinical Decisions Unit providing the highest standard of care for acutely sick patients
- A large modern Adult Critical Care Unit
- Stroke Unit with a dedicated stroke team
- Core cardiac services for the population of Carmarthenshire
- Gastrointestinal bleed services for the southern area of the University Health Board.

Transport Links

Carmarthen offers excellent transport links with close proximity to the M4. There are good road and rail links to Pembrokeshire in the west and Cardiff and England to the east.

Hospital Provided Accommodation

All Foundation Doctors in Wales are offered free hospital accommodation for the duration of their Foundation Year 1.

In the unlikely event that there is not accommodation available, you will be able to claim expenses for this period instead.

Below we have briefly outlined the accommodation that is available within this Health Board:

- The F1 doctor's accommodation is conveniently located on the Glangwili hospital site, in close proximity to the Medical Education Centre.
- All Foundation doctors have access to the Doctor's Mess which has Sky TV, Wifi, pool table and a kitchen area.
- Single rooms are provided, with some flats for married accommodation which may be available to rent, subject to availability.
- There is a carpark for residents' use on the hospital site.
- The Accommodation Officer is Anne Rice (anne.rice@wales.nhs.uk)



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Rotations – Master List

August 2021 to July 2022

The Programmes we have to offer are summarised below and detailed on the following pages. There are three vacancies per programme (A, B and C) which create the listed placements each in a different order.

F1 posts at Glangwili General Hospital

(Posts based in Prince Philip Hospital are marked with *)

Programme	Placement 1	Placement 2	Placement 3
FP/015 A	General Medicine / Gastroenterology*	Emergency Medicine	Rheumatology*
B	Emergency Medicine	Rheumatology*	General Medicine / Gastroenterology*
C	Rheumatology*	General Medicine / Gastroenterology*	Emergency Medicine
FP/018 A	General Medicine / Care of the Elderly*	Haematology	Emergency Medicine
B	Emergency Medicine	General Medicine / Care of the Elderly*	Haematology
C	Haematology	Emergency Medicine	General Medicine / Care of the Elderly*
FP/019 A	General Medicine / Diabetes	General Surgery	General Medicine / Cardiology
B	General Medicine / Cardiology	General Medicine / Diabetes	General Surgery
C	General Surgery	General Medicine / Cardiology	General Medicine / Diabetes
FP/020 A	General Medicine / Care of the Elderly	General Surgery	Emergency Medicine
B	Emergency Medicine	General Medicine / Care of the Elderly	General Surgery
C	General Surgery	Emergency Medicine	General Medicine / Care of the Elderly
FP/021 A	General Medicine / Respiratory	General Surgery	Anaesthetics
B	Anaesthetics	General Medicine / Respiratory	General Surgery
C	General Surgery	Anaesthetics	General Medicine / Respiratory



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FP/022 A	General Medicine / Gastroenterology	General Surgery	ENT
B	ENT	General Medicine / Gastroenterology	General Surgery
C	General Surgery	ENT	General Medicine / Gastroenterology
FP/023 A	General Medicine / Respiratory*	General Surgery	Palliative Care / Haematology*
B	Palliative Care / Haematology*	General Medicine / Respiratory*	General Surgery
C	General Surgery	Palliative Care / Haematology*	General Medicine / Respiratory*
FP/024 A	Anaesthetics	General Medicine / Care of the Elderly	Obstetrics & Gynaecology
B	Obstetrics & Gynaecology	Anaesthetics	General Medicine / Care of the Elderly
C	General Medicine / Care of the Elderly	Obstetrics & Gynaecology	Anaesthetics
FP/006 A	Urology	General Medicine / Care of the Elderly*	General Medicine / Gastroenterology
B	General Medicine / Gastroenterology	Urology	General Medicine / Care of the Elderly*
C	General Medicine / Care of the Elderly*	General Medicine / Gastroenterology	Urology
FP/115 (LIFT) A	Urology	General Medicine / Respiratory	Comm Sexual & Reproductive Health
B	Comm Sexual & Reproductive Health	Urology	General Medicine / Respiratory
C	General Medicine / Respiratory	Comm Sexual & Reproductive Health	Urology

Important Information

The placements and post descriptions provided are intended as a guide to inform applicants only. This does not form part of an employment contract and the Health Board reserves the right to alter any placements in line with requirements.

Programmes can change at short notice and banding may be amended. Please see the Wales Foundation School website for confirmation of any changes to our Programmes.



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2021-22 Placement Details

General Medicine / Gastroenterology	Prince Phillip Hospital, Llanelli
Programmes:	FP/015
Band 1B 40%	Rota is 1:20
<p>The trainee will have the opportunity to have exposure to, and be involved in the active management of a wide range of luminal and hepatology related conditions that are seen as an in-patient in Prince Phillip Hospital including complex inflammatory bowel disease, Decompensated liver disease, Gastrointestinal malignancies and advanced nutritional related pathologies. The trainee will benefit from regular consultant ward rounds and bed side teaching that will build knowledge and clinical reasoning. All members of the team are encouraged to seek out educational opportunities in particular attending outpatients to both observe and see patients themselves. Specialist clinics run regularly in PPH including complex IBD, Liver disease comprising of viral hepatitis and post liver transplant follow up alongside general gastroenterology referrals.</p> <p>There will also be an opportunity to attend the endoscopy department to observe both Upper and lower Gastrointestinal endoscopy which will include therapeutics, and all trainees are expected to complete the attachment being competent in performing abdominal paracentesis.</p> <p>Alongside their usual ward duties the junior doctor will also be part of the general medical rota and have the opportunity to see acutely unwell medical patients being admitted to the acute medical assessment unit while being a part of the Medical emergency Team (MET) and attending acute stroke thrombolysis calls.</p>	
Educational Meetings:	<p>Daily Consultant Ward Rounds</p> <p>Weekly F1 Teaching Med Meeting</p> <p>Monthly Whole Hospital Audit Meetings held regularly</p>
Educational & Clinical Supervisors:	Dr Ian Rees

Emergency Medicine	Glangwili General Hospital, Carmarthen
Programmes:	FP/015
Band 1A	Rota is 1:3
<p>The assessment and management of both minor and major presentations to the Emergency Unit under on-site Clinical Supervision. Trainees will be involved in RCEM audits, care of children and Cognitive Assessment in the Elderly.</p>	
Educational Meetings:	<p>Weekly F1 teaching</p>



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	<p>Emergency Department teaching – 3 hours Three hours bleep free teaching every Wednesday afternoon, 2pm – 5pm which usually consists of three one hour sessions covering the Emergency Medicine curriculum. Monthly Whole Hospital Audit Meetings held regularly</p>
Educational & Clinical Supervisors	Dr Lakshman Nangalia

Rheumatology	Prince Philip Hospital, Llanelli
Programmes:	FP/015
Band 1B – 49%	Rota is 1:7
<p>This post will introduce the doctor to the full range of rheumatological disorders through attending 4 outpatient clinics per week, the rheumatology day unit and seeing ward referrals with one of the 3 rheumatology consultants. There will be the opportunity to develop specialty specific procedural skills such as therapeutic intramuscular, intra-articular injections, and soft tissue injections depending on the preference of the doctor. Blood results from clinics will be the responsibility of the doctor to check daily and any unexpected abnormal results can be discussed with the clinician who last saw the patient in clinic.</p> <p>There will be time to become familiar with drug counselling and monitoring, pre-screening investigations for DMARDs and biologic therapies and to develop knowledge about chronic disease management. IT skills can be developed through the use of our electronic patient record and communication skills, by the doctor seeing patients in clinic and then presenting their findings to the consultant who will then see the patient with the doctor. There will be time during the week for a quality improvement activity, or case study to be done. There is an on call medical rota commitment and engagement with weekly junior doctor teaching, journal club and grand rounds will be encouraged.</p>	
Educational Meetings:	<p>Weekly Journal Club F1 teaching Grand Round Bi-monthly Hospital Audit Meetings</p>
Educational & Clinical Supervisors	Dr Jayne Evans

General Medicine / Care of the Elderly	Prince Phillip Hospital, Llanelli
Programmes:	FP/018
Band 1B 40%	Rota is 1:20
<p>Trainees will treat mainly unselected emergency Medical intake (no significant GI bleeds or Medical problems of pregnancy) with continuing care of the majority of patients seen.</p>	



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<p>Daily continuing care of acute Medical patients and Stroke rehabilitation ward. 1:3 care of emergency Stroke patients cover (on rota) of rehabilitation ward.</p> <p>Trainees will develop necessary basic skills including history taking, examination, bedside practical procedures, and management of complexity, Stroke and special interest of movement disorders. A busy DGH GIM/COTE Foundation post allowing development of necessary basic skills including history taking, examination, bedside practical procedures, management of complexity, stroke and special interest.</p>	
Educational Meetings:	<p>Daily Consultant Ward Rounds / Junior Doctors Ward Rounds</p> <p>Weekly Med Meeting FY1 Teaching Grand Round Department Teaching</p> <p>Monthly Whole Hospital Audit Meetings held regularly</p>
Educational & Clinical Supervisors:	Dr Granville Morris

Emergency Medicine	Glangwili General Hospital, Carmarthen
Programmes:	FP/018
Band 1A – 50%	Rota is 1:3
<p>The assessment and management of both minor and major presentations to the Emergency Unit under on-site Clinical Supervision.</p> <p>Trainees will be involved in RCEM audits, care of children and Cognitive Assessment in the Elderly.</p>	
Educational Meetings:	<p>Weekly F1 teaching Emergency Department teaching</p> <p>Monthly Whole Hospital Audit Meetings held regularly Simulation teaching</p>
Educational & Clinical Supervisors	Dr Lakshman Nangalia

Haematology	Glangwili General Hospital, Carmarthen
Programmes:	FP/018
Band 1b 40%	Rota is 1:22
<p>The F1 doctor is part of a team which includes two consultant haematologist, an associate specialist, staff grade doctor, an F2 doctor and a haematology specialist nurse. Consultant led ward rounds occur every Monday and Thursday. The team also has responsibility for day care patients attending for chemotherapy, blood and blood product transfusions in the chemotherapy unit and day hospital. Procedures that can be learnt, other than the core competencies, include</p>	



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bone marrow biopsies, PICC and Hickman line removals. There is also the opportunity to gain exposure to laboratory services including blood film and bone marrow reporting.	
Educational Meetings:	<p>Weekly Medical meeting F1 teaching. Haematology teaching</p> <p>Every 2 months Audit meetings Audit and quality improvement projects are strongly encouraged and supported during this post.</p>
Educational & Clinical Supervisors:	Dr Saran Nicholas

General Medicine/Diabetes & Endocrinology	Glangwili General Hospital, Carmarthen
Programmes:	FP/019
Band 1b – 40%	On call 1:11
<p>The Department provides excellent training opportunities in General Medicine as well as Diabetes and Endocrinology.</p> <p>The Team comprises of 3 Consultants, 1 SpR, 1 IMT, 1 F2, 1F1, 1 Clinical Fellow and 4 Diabetes Specialist Nurses.</p> <p>The duties include management of inpatients, attendance at Consultant ward rounds (2-3 per week), completion of discharge summaries, teaching medical students as directed, attendance at clinical meetings and outpatient clinics.</p> <p>There will be clinical meetings in Diabetes and Endocrinology and in General Medicine.</p> <p>Foundation doctors are expected to present clinical cases and contribute to the journal club discussion. All team members are encouraged to undertake a Quality Improvement Project or audit during the attachment.</p> <p>The F1 will be trained in the management of acute presentations in Diabetes and Endocrinology during their ward experience. Experience in the management of diabetes and endocrine disorders will be gained in outpatient clinics. Experience in managing the acutely unwell patients will be gained when attending the daily consultant post-take ward rounds on the admission wards.</p> <p>The duties include :</p> <ul style="list-style-type: none"> • to clerk and initiate investigation and management of acute admissions, • to provide medical cover to the wards, to ensure the inpatients are reviewed daily, • to complete a comprehensive electronic discharge letter, • to attend Consultant / senior ward rounds, • to attend and participate in departmental meetings and to provide cross-cover for other medical teams if needed. <p>F1s are expected to be flexible in their working arrangements.</p> <p>F1 will be assisting with the management of inpatients and liaise with seniors. There is a daily Ward Round that the F1 needs to attend and a detailed list of the inpatients that has to be prepared before ward round.</p>	



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There will be exposure to a variety of outpatient clinics and if interested, to work with multidisciplinary members of the Diabetes and Endocrinology team including specialist nurses, dietitians, and podiatrists.	
Educational Meetings:	Daily Ward Rounds – Consultant Ward Round twice a week Weekly F1 Core Curriculum Teaching Medical Meeting
Educational & Clinical Supervisors:	Dr Stamiatos Zouras

General Medicine/Cardiology	Glangwili General Hospital, Carmarthen
Programmes:	FP/019
Band 1B – 40%	Rota is 1:11
<p>The F1 is an integral part of the Cardiology team in GGH, working with an F2, Clinical Fellow/IMT/ANP (2 posts) an SPR and a specialty doctor. The team is led by 4 cardiologists who provide daily input to the wards and CCU. The team look after 6 patients in CCU, 6 in the cardiac step-down unit and 10 on Towy Ward (with occasional outlying patients). The junior doctors are given the opportunity to spend time gaining experience in ECG interpretation, basic echocardiography, basic pacing and angiography. More senior doctors are trained in some of the advanced techniques and the junior doctors are encouraged to develop a better understanding of these.</p> <p>F1s take part in a 1:11 on-call rota where they will be on-call with either an F2/Clinical Fellow/IMT or a middle grade. A 'twilight' doctor helps in the evenings. There is also a night nurse practitioner on at night to support. There is a consultant presence from 8am-8pm Monday to Friday and for much of the weekend. There is always a consultant on-call from home who is available 24/7.</p> <p>The F1s are supported to attend educational events in the postgraduate department and are given careers advice and support from the consultants. They are also supported to fulfil the curriculum requirements.</p>	
Educational Meetings:	Weekly F1 Teaching Medical Meeting with lunch Ward rounds
Educational & Clinical Supervisors:	Dr Eiry Edmunds

General Surgery/ Upper GI	Glangwili General Hospital, Carmarthen
Programmes:	FP/019
Band **2B – 50%	Rota is 1:11
<p>Elective and emergency management of surgical patients (general/upper GI/colorectal) in a typical district general hospital. Particular emphasis on minimal access surgery and endoscopic intervention. Management of critically ill surgical patients.</p>	



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This post offers rounded experience in General and Colorectal surgery across the breadth of speciality. The post also provides experience in assessment and management of emergency surgical and Critically Ill Surgical patients. Under clinical and educational supervision of experienced consultants, the doctor will have opportunities to achieve appropriate competencies and is encouraged to participate in Service Improvement Projects.

Post-holder is part of 5 FY1 doctors supported by ANPs, F2/CTs and Registrars under close supervision of Consultants. The work pattern comprises a combination of normal day, Day and Night On-calls on a fully compliant rota.

*Post-holder could be required to work across GGH and PPH to optimise their training experience.

^ The rota is being reviewed and could be updated prior to commencement of the post.

Educational Meetings:	<p>Weekly Lunchtime surgical teaching. MDT Wednesday mornings and Friday afternoons Mandatory F1 teaching programme Departmental teaching – The holder will be given topics to prepare and present at these meetings.</p> <p>Monthly Departmental M+M</p>
Educational & Clinical Supervisors:	Mr Ken Harries

Specialty/Care of the Elderly Stroke/Parkinson's disease/Rehabilitation	Glangwili General Hospital, Carmarthen
Programmes:	FP/020
Band ** IB - 40%	Rota is 1:22
<p>This placement provides the trainee with an opportunity to learn the management of patients with acute stroke and their rehabilitation, the management of Parkinson's disease, learn the principles of rehabilitation, and develop experience in the management of acutely ill patients presenting as an emergency. The department encourages active MDT working, which allows the trainee to develop interpersonal relationships and be an effective team player. The department will provide opportunities for diagnostic procedures and audit. The Team eam consists of 1 middle grade, 3 SHO grade, 1XFY1 and 1XFY2. The main responsibility of Foundation doctors is in the wards. They attend ward rounds and complete jobs when ward round finishes. They also attend MDT meetings in the stroke and rehabilitation wards. The doctors spend 2 months of their rotation in the stroke ward and other 2 months in the rehabilitation ward.</p>	
Educational Meetings:	Weekly F1 teaching



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	<p>Teaching takes place on Mondays, Tuesdays (FY1) and Friday lunch times</p> <p>Teaching sessions are in addition to teaching during ward rounds and during post take rounds.</p> <p>Juniors are encouraged to attend clinics (PD, TIA, General Medical and post stroke follow up) as observers which provide further learning opportunities.</p> <p>The juniors have the opportunity to observe and undertake routine procedures under supervision.</p> <p>The trainee also has the opportunity to take part in the departmental audit activity.</p>
Educational & Clinical Supervisors:	Dr Surendra K Gupta

Emergency Medicine	Glangwili General Hospital, Carmarthen
Programmes:	FP/020
Band 1A – 50%	Rota is 1:3
The assessment and management of both minor and major presentations to the Emergency Unit under on-site Clinical Supervision. Trainees will be involved in RCEM audits, care of children and Cognitive Assessment in the Elderly.	
Educational Meetings:	<p>Weekly</p> <p>F1 teaching</p> <p>Emergency Department teaching</p> <p>Monthly</p> <p>Whole Hospital Audit Meetings held regularly</p>
Educational & Clinical Supervisors	Dr Lakshman Nangalia

General Surgery/ Upper GI	Glangwili General Hospital, Carmarthen
Programmes:	FP/020
Band **2B – 50%	Rota is 1:11
<p>Elective and emergency management of surgical patients (general/upper GI/colorectal) in a typical district general hospital. Particular emphasis on minimal access surgery and endoscopic intervention. Management of critically ill surgical patients.</p> <p>This post offers rounded experience in General and Colorectal surgery across the breadth of speciality. The post also provides experience in assessment and management of emergency surgical and Critically Ill Surgical patients. Under clinical and educational supervision of experienced consultants, the doctor will have opportunities to achieve appropriate competencies and is encouraged to participate in Service Improvement Projects.</p>	

Post-holder is part of 5 FY1 doctors supported by ANPs, F2/CTs and Registrars under close supervision of Consultants. The work pattern comprises a combination of normal day, Day and Night On-calls on a fully compliant rota.

*Post-holder could be required to work across GGH and PPH to optimise their training experience.

^ The rota is being reviewed and could be updated prior to commencement of the post.

Educational Meetings:	<p>Weekly Lunchtime surgical teaching. MDT Wednesday mornings and Friday afternoons Mandatory F1 teaching programme Departmental teaching – The holder will be given topics to prepare and present at these meetings.</p> <p>Monthly Departmental M+M</p>
Educational & Clinical Supervisors:	Mr Brendon O’Riordan

General Medicine/Respiratory		Glangwili General Hospital, Carmarthen
Programmes:	FP/021	
Band 1B – 40%	Rota is 1:22	
<p>Daily cover of 19 bedded Respiratory ward plus up to 5 patients in outlying buddy ward, working as part of a team of 1 F1, 1F2, 1 IMT, 1 Clinical fellow , 1 Specialty Doc and 2 SpR’s. 4 consultants.</p> <p>Attending and contributing to two consultant ward rounds per week and one Middle Grade ward round.</p> <p>Clerking and assessment of new patients coming to ward.</p> <p>Daily review of patients on the ward.</p> <p>Mini-clerking and preparation of day cases attending the ward for pleural clinic, CT guided biopsies and thoracoscopy.</p> <p>Involvement in weekly thoracoscopy list in rotation with other junior staff on team.</p> <p>Participation on Acute unselected medical take rota for GGH</p>		
Educational Meetings:	<p>Weekly F1 teaching Medical department meeting – lunch provided Resp Medicine teaching session – lunch provided On the Job learning from middle grades and consultants with opportunities for pleural aspiration, USS and Intercostal drain insertion. Opportunities to learn from specialist respiratory nurses, spirometry, NIV, Inhaler technique and selection.</p>	



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	<p>Opportunities to experience a wide range of respiratory medicine via ward and OPD and several sub-specialties such as TB, lung cancer, severe asthma, pleural disease, as well as exposure to bronchoscopy including endobronchial ultrasound and thoracoscopy.</p> <p>Pulmonary Rehabilitation is also available on site.</p>
Educational & Clinical Supervisors:	Dr Gareth Collier

Anaesthetics	Glangwili General Hospital, Carmarthen
Programmes:	FP/021
Band 1B – 40%	Rota is 1:11
<p>During the 4 month placement you will gain daytime experience in both intensive care medicine and Anaesthesia alternating weeks with another Foundation trainee.</p> <p>Whilst on ICU you will be supervised by a consultant and 2 resident doctors. You will gain experience in dealing with critically ill patients from admission through to discharge. The daily routine starts with handover from the night team at 8am, Patient reviews, consultant ward round with presentation of findings, followed by ward jobs. Attendance at emergency calls and assessment of new admissions under supervision is encouraged. The working day finishes at 4pm.</p> <p>Theatre weeks will see you working under the supervision of a consultant or senior doctor providing anaesthesia for a wide range of surgeries and variety of patient groups including both adults and children. You will learn how to pre assess patients and work on the practical and theoretical skills required to induce and maintain anaesthesia. Working day 8am to 4pm.</p> <p>Out of hours work consists of Night shifts covering the Surgical F1 rota under the supervision of a surgical consultant and registrar.</p>	
Educational Meetings:	<p>Weekly</p> <p>F1 teaching</p> <p>Anaesthetic and Critical care teaching throughout the year.</p> <p>Attendance and presentation and the monthly audit/clinical governance meetings is expected.</p>
Educational & Clinical Supervisors:	Dr Alun Thomas



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General Surgery/ Colo-Rectal	Glangwili General Hospital, Carmarthen
Programmes:	FP/021
Band **2B – 50%	Rota is 1:11
<p>Elective and emergency management of surgical patients (general/upper GI/colorectal) in a typical district general hospital. Particular emphasis on minimal access surgery and endoscopic intervention. Management of critically ill surgical patients.</p> <p>This post offers rounded experience in General and Colorectal surgery across the breadth of speciality. The post also provides experience in assessment and management of emergency surgical and Critically Ill Surgical patients. Under clinical and educational supervision of experienced consultants, the doctor will have opportunities to achieve appropriate competencies and is encouraged to participate in Service Improvement Projects.</p> <p>Post-holder is part of 5 FY1 doctors supported by ANPs, F2/CTs and Registrars under close supervision of Consultants. The work pattern comprises a combination of normal day, Day and Night On-calls on a fully compliant rota.</p> <p>*Post-holder could be required to work across GGH and PPH to optimise their training experience.</p> <p>^ The rota is being reviewed and could be updated prior to commencement of the post.</p>	
Educational Meetings:	<p>Weekly Lunchtime surgical teaching. MDT Wednesday mornings and Friday afternoons Mandatory F1 teaching programme Departmental teaching – The holder will be given topics to prepare and present at these meetings.</p> <p>Monthly Departmental M+M</p>
Educational & Clinical Supervisors:	Mr Andrew Deans

General Medicine / Gastroenterology	Glangwili General Hospital, Llanelli
Programmes:	FP/022
Band 1B 40%	Rota 1:22
<p>This post offers the opportunity to be part of a friendly and dynamic team of gastroenterology consultants, Dieticians and specialist nurses. The trainee will have the opportunity to have exposure to, and be involved in the active management of a wide range of luminal and hepatology related conditions that are seen as an in-patient in Prince Phillip Hospital including complex inflammatory bowel disease, Decompensated liver disease, Gastrointestinal malignancies and advanced nutritional related pathologies. The trainee will benefit from regular consultant ward rounds and bed side teaching that will</p>	



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build knowledge and clinical reasoning. All members of the team are encouraged to seek out educational opportunities in particular attending outpatients to both observe and see patients themselves. Specialist clinics run regularly in PPH including complex IBD, Liver disease comprising of viral hepatitis and post liver transplant follow up alongside general gastroenterology referrals. There will also be an opportunity to attend the endoscopy department to observe both Upper and lower Gastrointestinal endoscopy which will include therapeutics, and all trainees are expected to complete the attachment being competent in performing abdominal paracentesis. Alongside their usual ward duties the junior doctor will also be part of the general medical rota and have the opportunity to see acutely unwell medical patients being admitted to the acute medical assessment unit while being a part of the Medical emergency Team (MET) and attending acute stroke thrombolysis calls.

Educational Meetings:	Daily Ward Rounds Weekly Medical Meeting FY1 Teaching Monthly Whole Hospital Audit Meetings held regularly
Educational & Clinical Supervisors:	Dr Dafydd Bowen

ENT	Glangwili General Hospital, Carmarthen
Programmes:	FP/022
Band 2B 50%.	Rota is 1:5
<p>The ENT department in West Wales provides the full range of ENT services to a widely dispersed largely rural population. There are three FY2 doctors and 1 FY1 doctor working with a core surgical trainee and GPST at first on-call level. The junior tier is supported by six registrar level doctors including one higher surgical trainee in ENT, and six consultant ENT surgeons. We have a very strong team working ethos and all doctors work closely together and provide support for colleagues as needed. Duties consist of management of elective and emergency inpatients on the adult ENT and paediatric wards. The on-call rota for F2 doctors covers emergency ENT admissions until 8:30pm weekdays and weekends, with cross-cover for ENT and urology admissions overnight. The F1 doctor gains experience in managing general surgical admissions on-call.</p> <p>Our department is well staffed with junior doctors which allows ample opportunity for foundation doctors to attend outpatient clinics and spend time in the operating theatre. In addition to gaining the generic competencies required of all doctors we encourage our trainees to improve their experience of outpatient management of common ENT conditions, and many Foundation doctors have been able to start a logbook of surgical cases they have been involved in. This time in theatre stands them in good stead when applying for further training jobs. A significant proportion of our patient group is aged</p>	



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less than 18 which provides paediatric exposure for those doctors considering a career in paediatric medicine or general practice.	
Educational Meetings:	<p>Weekly F1 Core Curriculum teaching. ENT Department teaching Teaching on ENT and urology emergencies at the start of their placement to prepare for on-call commitments. On-going educational support for doctors in their daily work. We have medical students from Cardiff and Swansea medical schools on attachment and this provides an opportunity for foundation trainees to develop their own teaching skills. We fully support the attendance of our foundation doctors in the regional foundation training days and encourage them to complete ALS, ILS and, where relevant PSA courses. The ENT department also has developed close links with other departments and primary care for the purpose of arranging taster days in other specialties should this be required.</p>
Educational & Clinical Supervisors:	Mr Antony Howarth

General Surgery/ Upper GI	Glangwili General Hospital, Carmarthen
Programmes:	FP/022
Band 2B – 50%	Rota 1:11
<p>Elective and emergency management of surgical patients (general/upper GI/colorectal) in a typical district general hospital. Particular emphasis on minimal access surgery and endoscopic intervention. Management of critically ill surgical patients.</p> <p>This post offers rounded experience in General and Colorectal surgery across the breadth of speciality. The post also provides experience in assessment and management of emergency surgical and Critically Ill Surgical patients. Under clinical and educational supervision of experienced consultants, the doctor will have opportunities to achieve appropriate competencies and is encouraged to participate in Service Improvement Projects.</p> <p>Post-holder is part of 5 FY1 doctors supported by ANPs, F2/CTs and Registrars under close supervision of Consultants. The work pattern comprises a combination of normal day, Day and Night On-calls on a fully compliant rota.</p> <p>*Post-holder could be required to work across GGH and PPH to optimise their training experience.</p> <p>^ The rota is being reviewed and could be updated prior to commencement of the post.</p>	



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Educational Meetings:	<p>Weekly Lunchtime surgical teaching. MDT Wednesday mornings and Friday afternoons Mandatory F1 teaching programme Departmental teaching – The holder will be given topics to prepare and present at these meetings.</p> <p>Monthly Departmental M+M</p>
Educational & Clinical Supervisors:	Mr Mark Henwood

General Medicine / Respiratory	Prince Phillip Hospital, Llanelli
Programmes:	FP/023
Band 1B 40%	Rota is 1:20
<p>The Ward 3 patients are split between the three Respiratory Consultants, taking into account the sub specialty interests, but the team is shared and looks after the whole ward. Within the role you will be involved in managing patients with respiratory failure, including non-invasive ventilation on the ward. You will also be managing patients with pleural disease including a variety of chest drains. Competency training in NIV is led by our senior respiratory nurse specialist. Pleural procedures should be learned in the skills lab in postgraduate department, and training is led by our registrars and teaching fellows. When time permits junior doctors are encouraged to attend pleural clinics on Monday afternoons to have the opportunity to learn pleural aspiration and chest drain insertion skills</p>	
Educational Meetings:	<p>Daily Consultant Ward Rounds</p> <p>Weekly Med Meeting FY1 Teaching Grand Round Respiratory Department Teaching</p> <p>Monthly Whole Hospital Audit Meetings held regularly</p>
Educational & Clinical Supervisors:	Dr Mark Andrews

Haematology and Palliative Care	Prince Phillip Hospital, Llanelli
Programmes:	FP/023
Band 1B 40%	Rota is 1:20
Haematology:	



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The FY1 Doctor is part of a team which includes a Consultant Haematologist, and FY2 Doctor and a Haematology Specialist Nurse. Inpatients are seen daily on a Consultant led ward round. The team also has responsibility for day case patients attending for chemotherapy, blood and blood product transfusions in the chemotherapy unit and day hospital.

Palliative Care:

The Palliative Care service includes a Consultant, Associate Specialist, Registrar and FY2 and has a 7 bedded hospice on site. The team also do regular ward rounds providing advice on medical inpatients. There are excellent learning opportunities to gain the competencies necessary for the FY1 year. Procedures that can be learnt, other than the core competencies, include Bone Marrow biopsies, PICC and Hickman line removals. There is also the opportunity to gain exposure to laboratory services including blood film and bone marrow reporting.

Educational Meetings:	<p>Daily Consultant Ward Rounds</p> <p>Weekly Medical Journal Club FY1 Teaching Grand Rounds Respiratory Department Teaching</p> <p>Monthly Whole Hospital Audit Meetings held regularly</p>
Educational & Clinical Supervisors:	Dr Rhian Fuge

General Surgery/ Colo Rectal	Glangwili General Hospital, Carmarthen
Programmes:	FP/023
Band 2B – 50%	Rota is 1:11
<p>Elective and emergency management of surgical patients (general/upper GI/colorectal) in a typical district general hospital. Particular emphasis on minimal access surgery and endoscopic intervention. Management of critically ill surgical patients.</p> <p>This post offers rounded experience in General and Colorectal surgery across the breadth of speciality. The post also provides experience in assessment and management of emergency surgical and Critically Ill Surgical patients. Under clinical and educational supervision of experienced consultants, the doctor will have opportunities to achieve appropriate competencies and is encouraged to participate in Service Improvement Projects.</p> <p>Post-holder is part of 5 FY1 doctors supported by ANPs, F2/CTs and Registrars under close supervision of Consultants. The work pattern comprises a combination of normal day, Day and Night On-calls on a fully compliant rota.</p>	

*Post-holder could be required to work across GGH and PPH to optimise their training experience.

^ The rota is being reviewed and could be updated prior to commencement of the post.

Educational Meetings:	<p>Weekly Lunchtime surgical teaching. MDT Wednesday mornings and Friday afternoons Mandatory F1 teaching programme Departmental teaching – The holder will be given topics to prepare and present at these meetings.</p> <p>Monthly Departmental M+M</p>
Educational & Clinical Supervisors:	Mr Pawan Rao

Anaesthetics	Glangwili General Hospital, Carmarthen
Programmes:	FP/024
Band 1B – 40%	Rota is 1:11
<p>During the 4 month placement you will gain daytime experience in both intensive care medicine and Anaesthesia alternating weeks with another Foundation trainee.</p> <p>Whilst on ICU you will be supervised by a consultant and 2 resident doctors. You will gain experience in dealing with critically ill patients from admission through to discharge. The daily routine starts with handover from the night team at 8am, Patient reviews, consultant ward round with presentation of findings, followed by ward jobs. Attendance at emergency calls and assessment of new admissions under supervision is encouraged. The working day finishes at 4pm.</p> <p>Theatre weeks will see you working under the supervision of a consultant or senior doctor providing anaesthesia for a wide range of surgeries and variety of patient groups including both adults and children. You will learn how to pre assess patients and work on the practical and theoretical skills required to induce and maintain anaesthesia. Working day 8am to 4pm.</p> <p>Out of hours work consists of Night shifts covering the Surgical F1 rota under the supervision of a surgical consultant and registrar.</p>	
Educational Meetings:	<p>Weekly F1 teaching Anaesthetic and Critical care teaching throughout the year. Attendance and presentation and the monthly audit/clinical governance meetings is expected.</p>



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Educational & Clinical Supervisors:	Dr Alun Thomas
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Obstetrics & Gynaecology	Glangwili General Hospital, Carmarthen
Programmes:	FP/024
Band 2B – 50%	Rota is 1:11
<p>To join the busy team at the department of Obstetrics and Gynaecology where there are 3200 maternity delivery per annum and 6000-8000 gynae referrals. To participate in European time directive compliant rota of 1 in 11 at first on call level. There is plenty of opportunity to gain experience in both obstetric and gynae emergencies on the Labour Ward, Antenatal/ Post Natal Ward, Gynae Ward, elective caesarean list and elective gynae theatre. There is an opportunity to attend out-patient clinics of both obstetrics and gynae to develop clinical skills in the Specialty such as obtaining history, clinical examinations, interpreting results and to formulate management plans. There is also the chance to attend special interest clinics such as hysteroscopy, colposcopy, urodynamics, early pregnancy and antenatal day assessment unit depending on the availability. When Foundation Doctors are on call during the night are supported by the night Nurse Practitioners as well as direct Registrar supervision. Foundation Doctors attend the Ward round which are supervised by Senior team members. Also, they have an opportunity to attend the MDT meeting and Risk Management meetings.</p>	
Educational Meetings:	<p>Weekly F1 teaching Weekly Department Teaching Labour Ward Forum. Monthly PROMPT training. Opportunities to present and participate in audits and other educational activities. Foundation Doctors are encouraged to get involved with medical student teaching.</p>
Educational & Clinical Supervisors:	Dr Roopam Goel

General Medicine/Care of The Elderly	Glangwili General Hospital, Carmarthen
Programmes:	FP/024
Band 1B – 40%	Rota is 1:22
<p>Team consists of two Consultants supervising this post Dr N Coles- COTE with interest in Frailty and rehabilitation Dr A Gupta- main supervisor- COTE with interest in Osteoporosis and Orthogeriatrics</p> <p>Learning and practising Evidence Based Medicine in an acute District hospital at Glangwili, Carmarthen. Most of the acute specialities are based here, we work in a friendly environment with easily approachable specialists.</p>	



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Consultant GI Bleed rota here (out of all 4 hospitals in Hywel DDaUHB)
 There is an on call General Medical rota for acute medical admissions to hospital which includes all adult age group plus elderly patients
 Always supervised on call with Medical Registrar who is available on site 24 hours
 Experience of working at Clinical Decision Unit and Ambulatory care with other Acute Physicians when on call. Consultant Medicine is present onsite from 0800 to 2000 during weekdays
 Experience of patient management in Coronary Care Unit during on call.
 Doing ward rounds mainly 20 bed ward (Medicine and Frailty) during weekdays plus sometimes patients at outlier ward and ITU (joint care)
 Learning broad based acute and long term management of complex challenging / comorbidity/ complexity / polypharmacy / frailty / end of life care / DNAR issues / falls / consent / capacity issues / communication / team working / record keeping
 Common bedside procedures
 Discussions with families
 Liaising with other specialities/professionals
 Liaising and understanding Multidisciplinary working
 Complicated discharge issues
 Role of Day hospital and rehabilitation hospitals
 Checking and acting on abnormal blood and scan results
 Learning is based on Principles of GMC Good Medical Practice
 Supervised by GP trainee, Foundation 2 doctor and Middle Grade doctor
 Doing ward rounds is usually not alone and mostly supported by other team doctor(s)
 Doing Assessments (DOPS/mini-CEX, CBD)
 Participating in Quality Improvement program- encouraged to undertake a QI project/participate in monthly hospital Audit meeting/do mortality reviews of notes
 Attend and present at educational activities at the hospital
 Consultant is highly supportive for annual leave/study leave
 Excellent secretary – arranges lunches on Thursday and Friday many times sponsored by Pharma co with educational opportunity about their products and related science

<p>Educational Meetings:</p>	<p>Weekly F1 Core Curriculum teaching Postgraduate Monday lunchtime meeting with lunch Consultant and Middle Grade teaching during Ward Round Optional OPD clinic on General Medicine and osteoporosis Encouraged to publish/do research activities. (Consultant has several publications) Teaching and coaching at Clinical skills lab at Postgraduate centre Teaching and coaching towards MRCP examination</p>
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Educational & Clinical Supervisors:	Dr Abhaya Gupta
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Urology	Glangwili General Hospital, Llanelli
Programmes:	FP/006
Band 1B – 40%	Rota is 1:6
<p>Trainees will participate in Ward Rounds and presentation of new admissions, seeing acute Urological admissions and review scans, with opportunity learn about investigations and treatment of Urological cases. Trainees will perform male and female catheterisations on the ward and attend Urology CNS led clinics, insert cannula and perform blood cultures and learn how to look after emergency admissions under supervision. Trainees will clerk acute and elective cases, provide discharge summary letters and undertake ward work.</p>	
Educational Meetings:	<p>Daily Ward Rounds</p> <p>Weekly FY1 teaching MDT discussion for continuity of care</p> <p>Monthly Whole Hospital Audit Meetings held regularly</p>
Educational & Clinical Supervisors:	Mr Mahmoud Shafi

General Medicine / Gastroenterology	Glangwili General Hospital, Llanelli
Programmes:	FP/006
Band 1B 40%	Rota is 1:22
<p>This post offers the opportunity to be part of a friendly and dynamic team of gastroenterology consultants, Dieticians and specialist nurses. The trainee will have the opportunity to have exposure to, and be involved in the active management of a wide range of luminal and hepatology related conditions that are seen as an in-patient in Prince Phillip Hospital including complex inflammatory bowel disease, Decompensated liver disease, Gastrointestinal malignancies and advanced nutritional related pathologies. The trainee will benefit from regular consultant ward rounds and bed side teaching that will build knowledge and clinical reasoning. All members of the team are encouraged to seek out educational opportunities in particular attending outpatients to both observe and see patients themselves. Specialist clinics run regularly in PPH including complex IBD, Liver disease comprising of viral hepatitis and post liver transplant follow up alongside general gastroenterology referrals. There will also be an opportunity to attend the endoscopy department to observe both Upper and lower Gastrointestinal endoscopy which will include therapeutics, and all trainees are expected to complete the attachment being</p>	



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competent in performing abdominal paracentesis. Alongside their usual ward duties the junior doctor will also be part of the general medical rota and have the opportunity to see acutely unwell medical patients being admitted to the acute medical assessment unit while being a part of the Medical emergency Team (MET) and attending acute stroke thrombolysis calls.

Educational Meetings:	Daily Ward Rounds Weekly Medical Meeting FY1 Teaching Monthly Whole Hospital Audit Meetings held regularly
Educational & Clinical Supervisors:	Dr Dafydd Bowen

General Medicine/Care of the Elderly		Prince Philip Hospital, Llanelli
Programmes:	FP/006	
Band 1B – 40%	Rota is 1:20	
Caring for in-patients under the team on our 2 wards (ward 1 and ward 9) plus any outliers from on-calls. These patients are under the care of 2 Consultants (Drs Haden and Sheehan) There are some opportunities for clinic attendance as well as experiencing out community care home project work depending on in-patient workload		
Educational Meetings:	The hospital has a popular educational programme including F1 teaching, journal club, grand rounds and a weekly geriatrics meeting where juniors undertake a short (10 minute) presentation on an interesting topic.	
Educational & Clinical Supervisors	Dr Andrew Haden	

Urology (LIFT)		Glangwili General Hospital, Carmarthen
Programmes:	FP/115	
Unbanded	Rota is Mon-Thurs, Friday in General Practice	
Ward rounds and presentation of new admissions Clerking of acute and elective cases Discharge summary letters Ward work Friday: General Practice experience		
Educational Meetings:	Weekly F1 teaching Daily ward rounds give excellent opportunity to see acute urological admissions, present new cases to senior colleagues,	



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	<p>review scans, ask questions and learn about investigations and treatment of urological cases.</p> <p>F1 is expected to perform as many male and female catheterisations on the ward and by attending Urology CNS led clinics, insert cannula, perform blood cultures and learn how to look after emergency admissions under supervision.</p> <p>F1 doctors are encouraged to attend theatre, day surgery units and MDT discussions to see the continuity of care.</p>
Educational & Clinical Supervisors:	Mr Mahmoud Shafii

Community Sexual and Reproductive Health (LIFT)	Glangwili General Hospital, Carmarthen
Programmes:	FP115
Unbanded	No on-call, all work within 9-5pm, Friday in General Practice
<p>Sexual and Reproductive Healthcare follows a 'life-course' model of health that does not only cover the provision of contraception and the prevention and treatment of sexually transmitted infections. It includes supporting sexual well-being, no matter an individual's background or sexual orientation, and includes the planning of families.</p> <p>Hywel Dda Sexual Health services are provided across three counties from a number of community and hospital sites. Following CV-19 we have also introduced a telephone triage system and new technology to support video consultation.</p> <p>You will have an opportunity to shadow within a variety of clinics (ie. contraception, sexual health, psycho-sexual, abortion services) both face-to-face and using VC/telephone, developing the key skills in sexual history taking and examination. There is a structured training plan throughout the placement with weekly tutorials and protected time for your own self-directed learning.</p>	
Educational Meetings:	<p>Weekly F1 Teaching</p> <p>Every Tuesday afternoon there is designated Educational opportunities within the department (clinics closed for the afternoon). F1 will be encouraged to participate and attend all in-house training.</p> <p>We also have a designated timetable of tutorials for the F1 which is a combination of self-directed and small tutorials (socially distanced or Microsoft Teams) covering essential aspects of SRH and which is accompanied by a log-book the F1 will complete during their post.</p>



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Educational & Clinical Supervisors:	Dr Helen Munro
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General Medicine/ Respiratory (LIFT)	Glangwili General Hospital, Carmarthen
Programmes:	FP/115
Band 1B – 40%	Rota is 1:6, Friday in General Practice
<p>Daily cover of 19 bedded Respiratory ward plus up to 5 patients in outlying buddy ward, working as part of a team of 1 F1, 1F2, 1 IMT, 1 Clinical fellow , 1 Specialty Doc and 2 SpR's. 4 consultants.</p> <p>Attending and contributing to two consultant ward rounds per week, one Middle Grade ward round.</p> <p>Clerking and assessment of new patients coming to ward.</p> <p>Daily review of patients on the ward.</p> <p>Mini-clerking and preparation of day cases attending the ward for pleural clinic, CT guided biopsies and thoracoscopy.</p> <p>Involvement in weekly thoracoscopy list in rotation with other junior staff on team.</p> <p>Participation on Acute unselected medical take rota for GGH</p>	
Educational Meetings:	<p>Weekly F1 teaching</p> <p>Weekly Medical dept meeting – lunch provided</p> <p>Resp Medicine teaching session – lunch provided</p> <p>On the Job learning from middle grades and consultants with opportunities for pleural aspiration, USS and Intercostal drain insertion.</p> <p>Opportunities to learn from specialist respiratory nurses, spirometry, NIV, Inhaler technique and selection.</p> <p>Opportunities to experience a wide range of respiratory medicine via ward and OPD and several sub-specialties such as TB, lung cancer, severe asthma, pleural disease, as well as exposure to bronchoscopy including endobronchial ultrasound and thoracoscopy. Pulmonary Rehabilitation is also available on site.</p> <p>Fridays: General Practice experience</p>
Educational & Clinical Supervisors:	Dr Carol Llewellyn-Jones



General Practice All LIFT posts	Various
Programmes:	FP/115
Unbanded. Trainees work on Fridays in General Practice	
<p>The concept behind the LIFT programme for Foundation 1 trainees is to</p> <ul style="list-style-type: none"> • Be part of a primary care team for 1 day a week for the whole of their foundation Year 1. The remaining time of the week will be spent in a secondary care setting • Experience of wide ranging acute and chronic conditions which occur in the community and occasionally need referral to secondary care • Experience undifferentiated clinical conditions • Learn to deal with uncertainty in a supportive clinical environment • Have a GP educational supervisor for the whole year, with regular weekly teaching • Appreciate the complexity of primary care <p>LIFT training is NOT to train or produce General Practitioners, but to give support and encouragement of the LIFT trainee to develop generic skills and provide the confidence to competently deal with common clinical conditions.</p> <p>Foundation Year 1 trainees will have the opportunity to integrate their medical school learning within a primary and secondary care setting, with an educational supervisor (as a critical friend) encouraging the trainee with their professional development in a structured manner.</p>	
<p>Educational Meetings:</p> <p>Clinical activities that may be considered educational</p> <ul style="list-style-type: none"> • Time spent in activities relating to work-placed based assessment and supervised learning events. • Time spent analysing video recordings of consultations, such as Mini-CEX exercises, case-based discussion (CBD) where time is set aside for this purpose. • Participation in clinics run by other GPs – such as minor surgery lists, joint injections, chronic disease clinics (especially where direct supervision is required in the process to get formal verification of procedural competences). <p>Non-clinical activities suited to educational sessions</p> <ul style="list-style-type: none"> • Locally organised educational events, e.g. foundation-specific educational programme run by the deanery or trust, including "half-day release" or "day-release" sessions. • Structured and planned educational activities, such as tutorials delivered in the GP practice. • Primary care team meetings. 	



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- Educational supervisor meetings and other educational reviews.
- Audit/QIP and research in general practice.
- Independent study.

- Case Based Discussions (CBDs) selected from outside the debrief time.
- Time spent with other professionals who have expertise in other matters that relate to aspect of healthcare and death administration, social workers and undertakers. Getting to know local healthcare professionals and helping the practice maintain links with the local community

Educational & Clinical Supervisors:

Dr John Rees
Dr Jonathan Harikrishnan
Dr Gareth Roberts