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Addysg a Gwella Iechyd
Cymru (AaGIC)
Health Education and
Improvement Wales (HEIW)

Hywel Dda University Health Board

Foundation Programme Year 1/2

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.





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Aberystwyth

Bronglais General Hospital



The University town of Aberystwyth is on the Mid Wales coast, served by a regular train service and accessed via the A44 and A487 roads. Driving times from Cardiff and Birmingham is 2½ hours approx.

- Aberystwyth has a vibrant town centre and seaside amenities such as the pier and cliff railway.
- Surrounding countryside provides lots of opportunities for exploring places of historical interest, walking the Wales Coast Path, mountain paths e.g. Cambrian Way, and doing outdoor pursuits, e.g. cycling, surfing and horse riding.
- There is plenty going on in and around Aberystwyth for those looking for cultural entertainment, cinema, sport and leisure activities.
- Shopping in the area is a pleasure. We are well served with specialist and boutique shops for clothes, gifts, food and organic produce. The café scene is well served by popular independent businesses, bars and restaurants, catering for a wide range of tastes. Conventional high street shops and food outlets are in the town centre and out of town developments. Regular farmers markets and food festivals also take place throughout the county.
- An outing to the surrounding countryside will provide stunning scenery and some visitor attractions. Country pubs and restaurants offer friendly atmospheres and a variety of cuisines.

Bronglais General Hospital



The hospital is a walkable distance from the town centre, giving access to the railway station, shops, banks and food outlets. The beach and harbour are a little further, but well worth a stroll during leisure time.

Bronglais General Hospital serves the whole of Mid Wales, comprising the county of Ceredigion, South Gwynedd and North Powys – a population of 125,000. The summertime population doubles due to the influx of holiday makers. Bronglais has the only A&E department for a radius of 50 miles or more.

The Specialties provided at Bronglais exceed expectations of a small District General Hospital. The Medical Admissions Unit will refer patients onto Respiratory, Endocrine, Gastroenterology, Stroke, Frailty and Oncology teams. General Surgery is provided by Consultant General Surgeons who also specialise in Upper GI, Colo-rectal and Breast. Comprehensive Orthopaedic, Obstetric & Gynaecology and Paediatric services are also on-site. These are complemented by diagnostic services, e.g. Radiology and Pathology. All services are supported by Specialist Nurses and Community based services.

Bronglais General Hospital has achieved excellence in:-

- Best emergency laparotomy outcomes in England and Wales for the third year running (2017)
- Joint best heart failure outcomes in Wales
- Best fracture neck of femur survival in Wales
- Fastest time to CT scan and one of the highest thrombolysis rate for Stroke in the UK
- First fracture liaison service in Wales

Foundation Priority Posts (FPP) are offered at Bronglais General Hospital. F1 trainees are offered additional study time, a contribution towards course costs and training in Mentoring.



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All trainees are encouraged to participate in the Quality and Safety Agenda by undertaking Clinical Audits and Quality Improvement Projects.

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:-

Hafren, Dyfi and Aeron blocks



- The accommodation for Foundation doctors is sited in the designated residential blocks which are in close proximity to the hospital and Postgraduate Centre.



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- Refurbishment of rooms taken place 2019-20.
- Single rooms are provided, but there are some flats for married accommodation which may be available to rent, subject to availability.
- Each block has flats with four bedrooms sharing a kitchen and bathroom. Some rooms have en suite wc and showers.
- Trainees may be placed in the student accommodation on arrival to enable cleaning / preparation after previous trainees have moved out.
- Sports and leisure facilities are accessible on the University campus, a short walk from the hospital, and at Plascrug Leisure Centre, which is also nearby.
- The Junior Doctor's Mess is located in Hafren Block, where most of the Foundation doctors reside.
- The Mess was redecorated in 2020.
- There is a carpark for residents' use on the hospital site. The Accommodation Officer is Sandra Gbel – email: sandra.gbel@wales.nhs.uk



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) that will undertake the listed placements each in a different order.

F1 posts at Bronlais General Hospital

Programme	Placement 1	Placement 2	Placement 3
FP / 032 A	General Medicine / Cardiology	General Surgery	Emergency Medicine
B	Emergency Medicine	General Medicine / Cardiology	General Surgery
C	General Surgery	Emergency Medicine	General Medicine / Cardiology
FP / 033 A	General Medicine / Endocrine	General Surgery	General Medicine / Respiratory
B	General Medicine / Respiratory	General Medicine / Endocrine	General Surgery
C	General Surgery	General Medicine / Respiratory	General Medicine / Endocrine
FP / 034 A	General Medicine / Care of the Elderly	General Surgery	General Medicine / MAU
B	General Medicine / MAU	General Medicine / Care of the Elderly	General Surgery
C	General Surgery	General Medicine / MAU	General Medicine / Care of the Elderly

F2 posts at Bronlais General Hospital

Programme	Placement 1	Placement 2	Placement 3
F2 / 83 A	Orthopaedics	General Medicine / Oncology	GP: Bro Pedr Medical Group, Lampeter
B	GP: Bro Pedr Medical Group, Lampeter	Orthopaedics	General Medicine / Oncology
C	General Medicine / Oncology	GP: Bro Pedr Medical Group, Lampeter	Orthopaedics



F2 / 84 A	Emergency Medicine	Orthopaedics	General Medicine / Oncology
B	General Medicine / Oncology	Emergency Medicine	Orthopaedics
C	Orthopaedics	General Medicine / Oncology	Emergency Medicine
F2 / 85 A	General Surgery	General Medicine / Cardiology	GP: Ystwyth Medical Group, Aberystwyth
B	GP: Ystwyth Medical Group, Aberystwyth	General Surgery	General Medicine / Cardiology
C	General Medicine / Cardiology	GP: Ystwyth Medical Group, Aberystwyth	General Surgery
F2 / 86 A	GP: Padarn Surgery, Aberystwyth	General Medicine / Respiratory	Orthopaedics
B	Orthopaedics	GP: Padarn Surgery, Aberystwyth	General Medicine / Respiratory
C	General Medicine / Respiratory	Orthopaedics	GP: Padarn Surgery, Aberystwyth
F2 / 87 A	General Medicine / Gastroenterology	Emergency Medicine	General Surgery
B	General Surgery	General Medicine / Gastroenterology	Emergency Medicine
C	Emergency Medicine	General Surgery	General Medicine / Gastroenterology

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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Placement Details

General Medicine / Cardiology	Bronglais General Hospital, Aberystwyth
Programmes:	FP/032
Band 1B	Daytime on call rota: 1:5 Night duty rota: 1:8 with Night Nurse Practitioner, Tier 2 support, Middle Grade and Consultant Anaesthetist on-site. Other Consultants on call.
<p>The F1 doctor is ward based during the working day, providing medical care of inpatients. During this placement, trainees will build on their knowledge of Cardiology conditions, assess problems and determine appropriate course of action.</p> <p>The post also has an educational responsibility for supervising Cardiff and Swansea Medical Students allocated to the department. Also, there are 3rd year Medical Students in the area for an academic year, requiring support, for which training will be given.</p>	
Educational Meetings:	<p>Daily Handover – various styles</p> <p>Weekly Foundation Teaching (Tuesdays 12.30 pm) Grand Rounds via MS Teams (Wednesdays 12.30 pm) Medical Department Teaching including M&M (Thursdays 9.00 am)</p> <p>Monthly Royal College of Physicians Edinburgh lectures – as per programme Journal Club for F2's – F1 participation welcome Junior Doctors Forum</p>
Educational & Clinical Supervisors:	Dr Maggie Collingborn Dr Donogh McKeogh

Emergency Medicine	Bronglais General Hospital, Aberystwyth
Programmes:	FP/032



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No banding	9.00 – 5.00 post
<p>The F1 doctor is ward based and will work with a Consultant and other junior doctors in the EUCC. Trainees are exposed to a wide variety of medical and surgical emergencies and will assess problems and determine appropriate course of action. Duties include clerking, ordering investigations, checking progress of patients, chasing reports and maintaining patients’ medical record and drug charts and arranging onward care if needed.</p> <p>The post also has an educational responsibility for supervising Cardiff and Swansea Medical Students allocated to the department. Also, there are 3rd year Medical Students in the area for an academic year, requiring support, for which training will be given.</p>	
Educational Meetings:	<p>Daily Handover – various styles</p> <p>Weekly Foundation Teaching (Tuesdays 12.30 pm) Grand Rounds via MS Teams (Wednesdays 12.30 pm) Medical Department Teaching including M&M (Thursdays 9.00 am)</p> <p>Monthly Royal College of Physicians Edinburgh lectures – as per programme Journal Club for F2’s – F1 participation welcome Junior Doctors Forum</p>
Educational & Clinical Supervisors:	Dr Martin Sawyer

General Surgery	Bronglais General Hospital, Aberystwyth
Programmes:	FP/032, FP/033 and FP/034
Band 1B	<p>Daytime on call rota: 1:6 Night duty rota: 1:8 with Night Nurse Practitioner, Tier 2 support, Middle Grade and Consultant Anaesthetist on-site. Other Consultants on call.</p>



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The F1 doctor is team based and a member of the Trauma team when on call, clerking patients to theatre in addition to scrubbing and assisting in theatre. Trainees in Surgery also participate in supporting Urology.

The post also has an educational responsibility for supervising Cardiff and Swansea Medical Students allocated to the department. Also, there are 3rd year Medical Students in the area for an academic year, requiring support, for which training will be given.

Educational Meetings:	<p>Daily Handover – various styles</p> <p>Weekly Foundation Teaching (Tuesdays 12.30 pm) Grand Rounds via MS Teams (Wednesdays 12.30 pm) Surgical Department Teaching including M&M (Wednesdays 10.30 am)</p> <p>Monthly Royal College of Physicians Edinburgh lectures – as per programme Journal Club for F2's – F1 participation welcome Junior Doctors Forum</p>
Educational & Clinical Supervisors:	Mr Samy Mohamed Mr Taha Lazim

General Medicine / Endocrine	Bronglais General Hospital, Aberystwyth
Programmes:	FP/033
Band 1B	<p>Daytime on call rota: 1:5 Night duty rota: 1:8 with Night Nurse Practitioner, Tier 2 support, Middle Grade and Consultant Anaesthetist on-site. Other Consultants on call.</p>
<p>The F1 doctor is ward based during the working day, providing medical care of inpatients. During this placement, trainees will gain experience in managing common Diabetic emergencies and conditions as well as General Medicine.</p> <p>The post also has an educational responsibility for supervising Cardiff and Swansea Medical Students allocated to the department. Also, there are 3rd</p>	

year Medical Students in the area for an academic year, requiring support, for which training will be given.	
Educational Meetings:	<p>Daily Handover – various styles</p> <p>Weekly Foundation Teaching (Tuesdays 12.30 pm) Grand Rounds via MS Teams (Wednesdays 12.30 pm) Medical Department Teaching including M&M (Thursdays 9.00 am)</p> <p>Monthly Royal College of Physicians Edinburgh lectures – as per programme Journal Club for F2's – F1 participation welcome Junior Doctors Forum</p>
Educational & Clinical Supervisors:	Dr Shiblee Hafeez Dr Zubair Ul-Hussan

General Medicine / COTE	Bronglais General Hospital, Aberystwyth
Programmes:	FP/034
Band 1B	Daytime on call rota: 1:5 Night duty rota: 1:8 with Night Nurse Practitioner, Tier 2 support, Middle Grade and Consultant Anaesthetist on-site. Other Consultants on call.
<p>The F1 doctor is generally based in the Stroke Unit during the working day, providing medical care of inpatients. During this placement, trainees will build on their knowledge of Care of the Elderly, Frailty and Stroke related conditions, assess problems and determine appropriate course of action. The post also has an educational responsibility for supervising Cardiff and Swansea Medical Students allocated to the department. Also, there are 3rd year Medical Students in the area for an academic year, requiring support, for which training will be given.</p>	
Educational Meetings:	<p>Daily Handover – various styles</p> <p>Weekly</p>



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	<p>Foundation Teaching (Tuesdays 12.30 pm) Grand Rounds via MS Teams (Wednesdays 12.30 pm) Medical Department Teaching including M&M (Thursdays 9.00 am) Monthly Royal College of Physicians Edinburgh lectures – as per programme Journal Club for F2's – F1 participation welcome Junior Doctors Forum</p>
Educational & Clinical Supervisors:	<p>Dr Ian Thompson Dr Abid Raza</p>

General Medicine / MAU	Bronglais General Hospital, Aberystwyth
Programmes:	FP/034
Band 1B	<p>Daytime on call rota: 1:5 Night duty rota: 1:8 with Night Nurse Practitioner, Tier 2 support, Middle Grade and Consultant Anaesthetist on-site. Other Consultants on call.</p>
<p>The F1 doctor will be working in MAU and across the hospital during the working day, providing medical care of inpatients. During this placement, trainees will build on their knowledge of Medical conditions, assess problems and determine appropriate course of action. The post also has an educational responsibility for supervising Cardiff and Swansea Medical Students allocated to the department. Also, there are 3rd year Medical Students in the area for an academic year, requiring support, for which training will be given.</p>	
Educational Meetings:	<p>Daily Handover – various styles Weekly Foundation Teaching (Tuesdays 12.30 pm) Grand Rounds via MS Teams (Wednesdays 12.30 pm) Medical Department Teaching including M&M (Thursdays 9.00 am) Monthly</p>

	<p>Royal College of Physicians Edinburgh lectures – as per programme</p> <p>Journal Club for F2's – F1 participation welcome</p> <p>Junior Doctors Forum</p>
<p>Educational & Clinical Supervisors:</p>	<p>Dr Jyoti Gupta</p>