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Health Education and
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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.





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Haverfordwest Withybush General Hospital



Withybush Hospital is a modern District General Hospital with approximately 218 beds and is the only hospital serving Pembrokeshire residents and holiday makers year round. We have 6 operating theatres including a Day Surgery Unit, Emergency and Urgent Care Centre and Adult Clinical Decision Unit (ACDU) and a Renal Unit. Our Endoscopy suite is the 3rd unit to receive JAG accreditation in Wales. A Haematology & Oncology unit opened in January 2017.

The medical department has a ward based model which provides an opportunity to work in a multi-disciplinary team with engaged physicians. We have recently appointed 2 Care of the Elderly Consultants and an Ortho-geriatric Consultant which has enhanced the department.

Withybush also contains 3 surgical wards, a general surgical, orthopaedic, gynaecological ward as well as ITU and HDU facilities, Paediatric Ambulatory Care Unit (PACU) and a Midwifery Led Unit.

The F1s in the Emergency Medicine/surgery/Care of the elderly rotation, will have opportunity to join the Coastal Medicine

programme, working with the RNLI (Lifeboats and Lifeguards). F1s would learn medical, communication and educational skills, via a realistic, team-based approach to the pre-hospital management of casualties.



The Medical Education department consists of 6 members of staff who have created an educational environment that nurtures and develops doctors for the future. We deliver quality training standards by harmonising service and teaching to maximise all the educational opportunities within the clinical setting. We have a culture at Withybush of educators supporting and developing doctors as trainers and provide continual professional development opportunities to all of our doctors and dentists.

Withybush Hospital has a robust teaching and training programme providing the Foundation curriculum and departmental teaching on a weekly basis along with ward-based teaching.

As winners of the Paul Bradley Prize for Excellence in Clinical Skills Training, we pride ourselves in providing a safe environment for

undergraduate, postgraduate, team and inter-professional simulation and skills training. Our Clinical Skills tutor facilitates various skills teaching using our wide range of manikins with assistance of senior doctors and simulation training with our Leardal Simman in the skills lab as well as in-situ in A&E and on the wards.

The Withybush Library offers support and advice with multi-disciplinary resources and aim to provide an equitable service to all employees and students on placement. The library, IT room and clinical skills lab have 24hr access and the whole site has The Cloud as its Wi-Fi provider.

There are 2 Doctor Mess rooms, one located in the hospital and the other in an accommodation block. Every year a Mess committee is assembled to provide a voice for the junior doctor in training at a Health Board level as well as organise social meetings and functions to support new doctor in Withybush.

We have medical students from both Cardiff and Swansea University whom of which are all eager to learn from both foundation and senior doctors.



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.



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 Wwithybush General Hospital

Programme	Placement 1	Placement 2	Placement 3
F1/7A2W/089a	General medicine/endocrine	General Surgery	General Medicine/Cardiology
F1/7A2W/089b	General Medicine/Cardiology	General medicine/endocrine	General Surgery
F1/7A2W/089c	General Surgery	General Medicine/Cardiology	General medicine/endocrine
F1/7A2W/090a	General Medicine/Stroke	General Surgery/Colorectal	General Medicine/Cardiology
F1/7A2W/090b	General Medicine/Cardiology	General Medicine/Stroke	General Surgery/Colorectal
F1/7A2W/090c	General Surgery/Colorectal	General Medicine/Cardiology	General Medicine/Stroke
F1/7A2W/091a	General Medicine/Stroke	General Surgery/Colorectal	Emergency Medicine
F1/7A2W/091b	Emergency Medicine	General Medicine/Stroke	General Surgery/Colorectal
F1/7A2W/091c	General Surgery/Colorectal	Emergency Medicine	General Medicine/Stroke
F1/7A2W/092a	General Medicine/care of the elderly	General Surgery	General Medicine/Haematology
F1/7A2W/092b	General Medicine/Haematology	General Medicine/care of the elderly	General Surgery
F1/7A2W/092c	General Surgery	General Medicine/Haematology	General Medicine/care of the elderly

For more detailed information on these posts contact Helen Francis

Foundation Programme Coordinator, 01437773723

helen.francis@wales.nhs.uk

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 / Endocrine	Withybush Hospital Haverfordwest
Programmes:	FP/089
Band 2B	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 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.</p>	
Educational Meetings:	<p>Daily Handover – various styles</p> <p>Weekly F1 Teaching (Tuesdays 12.30 pm) Grand Rounds via MS Teams (Wednesdays 1.00 pm) Emergency Medicine Teaching (Wednesdays 2.00pm) F2 Teaching (Thursday 12.00) Medical Department Teaching (Thursdays 1.00 pm) T&O Teaching (Fridays 9.00am) Surgical Teaching (Fridays tbc)</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 Paul Underwood



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General Medicine / Cardiology	Withybush Hospital Haverfordwest
Programmes:	FP/089
Band 2B	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.</p>	
Educational Meetings:	<p>Daily Handover – various styles</p> <p>Weekly F1 Teaching (Tuesdays 12.30 pm) Grand Rounds via MS Teams (Wednesdays 1.00 pm) Emergency Medicine Teaching (Wednesdays 2.00pm) F2 Teaching (Thursday 12.00) Medical Department Teaching (Thursdays 1.00 pm) T&O Teaching (Fridays 9.00am) Surgical Teaching (Fridays tbc)</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 Gavin Ross



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General Surgery	Withybush Hospital Haverfordwest
Programmes:	FP/089
Band 2B	The job involves doing Monday to Friday 8:30 – 4:30pm with doing an on call every week which is 8:30-20:30. Every 5 – 6 weeks you are on take with your designated consultant. The on take week involves doing on calls on Friday, Saturday and Sunday and then ending with an on call on Thursday. In between you do normal working days of 8:30 – 4:30.
<p>The on take week involves taking on all the surgical referrals during that week whereby you see patients, clerk them in and admit. The remaining weeks prior to your next on take week you are taking care of these patients, taking them to theatre and potentially discharging and further referring to other teams based on their needs.</p> <p>The day job involves handover at 8:30 in the morning followed by ward rounds with your consultant. After the ward round you do all the required jobs for each patient such as ordering imaging, taking bloods etc. That takes up most mornings. The afternoon involves chasing the investigations and speaking to your senior regarding the results to carry out appropriate management. There are some days in the week where you are expected to assist in theatre and to clerk patients in prior to their procedure.</p>	
Educational Meetings:	<p>Daily Handover – various styles</p> <p>Weekly F1 Teaching (Tuesdays 12.30 pm) Grand Rounds via MS Teams (Wednesdays 1.00 pm) Emergency Medicine Teaching (Wednesdays 2.00pm) F2 Teaching (Thursday 12.00) Medical Department Teaching (Thursdays 1.00 pm) T&O Teaching (Fridays 9.00am) Surgical Teaching (Fridays tbc)</p> <p>Monthly</p>



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	Royal College of Physicians Edinburgh lectures – as per programme Journal Club for F2's – F1 participation welcome Junior Doctors Forum
Educational & Clinical Supervisors:	Mr Oomar Nur

General Medicine /Stroke	Withybush Hospital Haverfordwest
Programmes:	FP/090
Band 2B	On call requirements – 2 weekend days, 1 block of 4 nights. On call is based in A&E 9-5 and is all ward cover after hours or on the weekend.
<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 elderly and stroke conditions, assess problems and determine appropriate course of action. Thrombolysis calls, MDT, general medical referrals, documentation drug reviews. Every day starts with a 9am MDT Board round. The post also has an educational responsibility for supervising Cardiff and Swansea Medical Students allocated to the department.</p>	
Educational Meetings:	<p>Daily Handover – various styles</p> <p>Weekly F1 Teaching (Tuesdays 12.30 pm) Grand Rounds via MS Teams (Wednesdays 1.00 pm) Emergency Medicine Teaching (Wednesdays 2.00pm) F2 Teaching (Thursday 12.00) Medical Department Teaching (Thursdays 1.00 pm) T&O Teaching (Fridays 9.00am) Surgical Teaching (Fridays tbc)</p> <p>Monthly Royal College of Physicians Edinburgh lectures – as per programme</p>



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	Journal Club for F2's – F1 participation welcome Junior Doctors Forum
Educational & Clinical Supervisors:	Dr Chris James

General Medicine / Cardiology	Withybush Hospital Haverfordwest
Programmes:	FP/090
Band 2B	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.</p>	
Educational Meetings:	<p>Daily Handover – various styles</p> <p>Weekly F1 Teaching (Tuesdays 12.30 pm) Grand Rounds via MS Teams (Wednesdays 1.00 pm) Emergency Medicine Teaching (Wednesdays 2.00pm) F2 Teaching (Thursday 12.00) Medical Department Teaching (Thursdays 1.00 pm) T&O Teaching (Fridays 9.00am) Surgical Teaching (Fridays tbc)</p> <p>Monthly Royal College of Physicians Edinburgh lectures – as per programme</p>



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	Journal Club for F2's – F1 participation welcome Junior Doctors Forum
Educational & Clinical Supervisors:	Dr Nikolaos Anatoliotakis

General Surgery	Withybush Hospital Haverfordwest
Programmes:	FP/090
Band 2B	The job involves doing Monday to Friday 8:30 – 4:30pm with doing an on call every week which is 8:30-20:30. Every 5 – 6 weeks you are on take with your designated consultant. The on take week involves doing on calls on Friday, Saturday and Sunday and then ending with an on call on Thursday. In between you do normal working days of 8:30 – 4:30.
<p>The on take week involves taking on all the surgical referrals during that week whereby you see patients, clerk them in and admit. The remaining weeks prior to your next on take week you are taking care of these patients, taking them to theatre and potentially discharging and further referring to other teams based on their needs.</p> <p>The day job involves handover at 8:30 in the morning followed by ward rounds with your consultant. After the ward round you do all the required jobs for each patient such as ordering imaging, taking bloods etc. That takes up most mornings. The afternoon involves chasing the investigations and speaking to your senior regarding the results to carry out appropriate management. There are some days in the week where you are expected to assist in theatre and to clerk patients in prior to their procedure.</p>	
Educational Meetings:	<p>Daily Handover – various styles</p> <p>Weekly F1 Teaching (Tuesdays 12.30 pm) Grand Rounds via MS Teams (Wednesdays 1.00 pm) Emergency Medicine Teaching (Wednesdays 2.00pm)</p>



	<p>F2 Teaching (Thursday 12.00) Medical Department Teaching (Thursdays 1.00 pm) T&O Teaching (Fridays 9.00am) Surgical Teaching (Fridays tbc)</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 Jegadish Mathias

General Medicine /Stroke	Withybush Hospital Haverfordwest
Programmes:	FP/091
Band 2B	On call requirements – 2 weekend days, 1 block of 4 nights. On call is based in A&E 9-5 and is all ward cover after hours or on the weekend.
<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 elderly and stroke conditions, assess problems and determine appropriate course of action. Thrombolysis calls, MDT, general medical referrals, documentation drug reviews. Every day starts with a 9am MDT Board round. The post also has an educational responsibility for supervising Cardiff and Swansea Medical Students allocated to the department.</p>	
Educational Meetings:	<p>Daily Handover – various styles</p> <p>Weekly F1 Teaching (Tuesdays 12.30 pm) Grand Rounds via MS Teams (Wednesdays 1.00 pm) Emergency Medicine Teaching (Wednesdays 2.00pm) F2 Teaching (Thursday 12.00)</p>



	<p>Medical Department Teaching (Thursdays 1.00 pm) T&O Teaching (Fridays 9.00am) Surgical Teaching (Fridays tbc)</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 Sarah Davidson

Emergency Medicine	Withybush Hospital Haverfordwest
Programmes:	FP/091
Band 1A	9-5 Monday to Friday
<p>Broad clinical experience due to the nature of the specialty. Extremely hands-on with lots of experience gained in cannulation, suturing and other basic procedures.</p> <p>The opportunity to interact with patients makes it very special and you get to see anything and everything. The staff in A+E are wonderful and the team of doctors from SHO to Consultant are very friendly and happy to help always. The post also has an educational responsibility for supervising Cardiff and Swansea Medical Students allocated to the department.</p>	
Educational Meetings:	<p>Daily Handover – various styles</p> <p>Weekly F1 Teaching (Tuesdays 12.30 pm) Grand Rounds via MS Teams (Wednesdays 1.00 pm) Emergency Medicine Teaching (Wednesdays 2.00pm) F2 Teaching (Thursday 12.00) Medical Department Teaching (Thursdays 1.00 pm)</p>



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	<p>T&O Teaching (Fridays 9.00am) Surgical Teaching (Fridays tbc)</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 Antony Mathew

General Surgery	Withybush Hospital Haverfordwest
Programmes:	FP/091
Band 2B	<p>The job involves doing Monday to Friday 8:30 – 4:30pm with doing an on call every week which is 8:30-20:30. Every 5 – 6 weeks you are on take with your designated consultant. The on take week involves doing on calls on Friday, Saturday and Sunday and then ending with an on call on Thursday. In between you do normal working days of 8:30 – 4:30.</p>
<p>The on take week involves taking on all the surgical referrals during that week whereby you see patients, clerk them in and admit. The remaining weeks prior to your next on take week you are taking care of these patients, taking them to theatre and potentially discharging and further referring to other teams based on their needs.</p> <p>The day job involves handover at 8:30 in the morning followed by ward rounds with your consultant. After the ward round you do all the required jobs for each patient such as ordering imaging, taking bloods etc. That takes up most mornings. The afternoon involves chasing the investigations and speaking to your senior regarding the results to carry out appropriate management. There are some days in the week where you are expected to assist in theatre and to clerk patients in prior to their procedure.</p>	
Educational Meetings:	<p>Daily Handover – various styles</p>



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	<p>Weekly F1 Teaching (Tuesdays 12.30 pm) Grand Rounds via MS Teams (Wednesdays 1.00 pm) Emergency Medicine Teaching (Wednesdays 2.00pm) F2 Teaching (Thursday 12.00) Medical Department Teaching (Thursdays 1.00 pm) T&O Teaching (Fridays 9.00am) Surgical Teaching (Fridays tbc)</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 Andrew Burns

General Medicine /COTE	Withybush Hospital Haverfordwest
Programmes:	FP/092
Band 2B	On call requirements – 2 weekend days, 1 block of 4 nights. On call is based in A&E 9-5 and is all ward cover after hours or on the weekend.
<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 elderly conditions, assess problems and determine appropriate course of action. Thrombolysis calls, MDT, general medical referrals, documentation drug reviews. Every day starts with a 9am MDT Board round. The post also has an educational responsibility for supervising Cardiff and Swansea Medical Students allocated to the department.</p>	
Educational Meetings:	<p>Daily Handover – various styles</p> <p>Weekly</p>



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	<p>F1 Teaching (Tuesdays 12.30 pm) Grand Rounds via MS Teams (Wednesdays 1.00 pm) Emergency Medicine Teaching (Wednesdays 2.00pm) F2 Teaching (Thursday 12.00) Medical Department Teaching (Thursdays 1.00 pm) T&O Teaching (Fridays 9.00am) Surgical Teaching (Fridays tbc)</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 Angela Puffett

General Medicine /Haematology	Withybush Hospital Haverfordwest
Programmes:	FP/092
Band 2B	<p>On call requirements – Surgical On-Call -One is incorporated into the surgical team. One's duties include attending hand-overs and ward rounds, completing tasks relevant to each patient and following up patient issues. -Main focus is A&E direct general practitioner referrals</p>
<p>Haematology Ward rounds (9:00-9:30) -Ward round with haematology consultants. Document consultant interview with patient, physical examination findings as well as action and plan. Execute any changes or investigations relevant to the patient. Have basic introduction into management of leukaemia's, anaemias and other cancers.</p>	



Palliative/Geriatric Medicine (9:30-12:30 + 14:30-17:00)

-Ward rounds in the morning with supplementary patient evaluation in the evening. One has exposure into evaluating and managing prominent geriatric conditions such as dementia, delirium, congestive heart failure, acute kidney injuries. Very multidisciplinary dependent patient care, post requires great communication and work between different teams including incontinence and memory specialists, social services and many different teams within the hospital.

Weekends

-One weekend per month is used as Surgery On-call per month. This is a twelve hour shift including Friday, Saturday and Sunday. Attend to GP direct referrals which include bowel obstruction, ovarian torsion, appendicitis and more. Post entails initial patient evaluation, preliminary testing as well as management before surgical intervention is carried out by senior staff.

Main Duties/Clinical Opportunities.

a) Haematology

-Document and execute consultant plan.

b) Internal Medicine-Geriatrics/Palliative

-Assess each patient and document progress.

-One is able to practice their skills in withdrawing bloods, blood cultures, urine samples, cannulate patients and physical assessments.

-Post is heavily dependent upon multidisciplinary involvement, requires prompt referrals and follow ups with social services and other specialist to deliver proper treatment to patients.

The post also has an educational responsibility for supervising Cardiff and Swansea Medical Students allocated to the department.

Educational Meetings:

Daily

Handover – various styles

Weekly

F1 Teaching (Tuesdays 12.30 pm)

Grand Rounds via MS Teams (Wednesdays 1.00 pm)

Emergency Medicine Teaching (Wednesdays 2.00pm)

F2 Teaching (Thursday 12.00)



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	<p>Medical Department Teaching (Thursdays 1.00 pm) T&O Teaching (Fridays 9.00am) Surgical Teaching (Fridays tbc)</p> <p>Monthly</p> <p>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 Harry Grubb

General Surgery	Withybush Hospital Haverfordwest
Programmes:	FP/092
Band 2B	<p>The job involves doing Monday to Friday 8:30 – 4:30pm with doing an on call every week which is 8:30-20:30. Every 5 – 6 weeks you are on take with your designated consultant. The on take week involves doing on calls on Friday, Saturday and Sunday and then ending with an on call on Thursday. In between you do normal working days of 8:30 – 4:30.</p>
<p>The on take week involves taking on all the surgical referrals during that week whereby you see patients, clerk them in and admit. The remaining weeks prior to your next on take week you are taking care of these patients, taking them to theatre and potentially discharging and further referring to other teams based on their needs.</p> <p>The day job involves handover at 8:30 in the morning followed by ward rounds with your consultant. After the ward round you do all the required jobs for each patient such as ordering imaging, taking bloods etc. That takes up most mornings. The afternoon involves chasing the investigations and speaking to your senior regarding the results to carry out appropriate management. There are some days in the week where you are expected to assist in theatre and to clerk patients in prior to their procedure.</p>	



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Educational & Clinical Supervisors:	Mr Otumeluke Umughele