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Health Education and
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Hywel Dda University Health Board

Foundation Programme Year 2

Updated: [October 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.

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 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.

Specialist Nurse led and Community based services complement the hospital services as part of the Health Board's mission to provide the right care at the right place at the right time. Consultant-led Palliative Care services are mainly community based.

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.



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.
- Refurbishment of rooms taken place 2019-20.
- Single rooms are provided, but there are some flats for married accommodation 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.



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- 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 team are contactable by emailing:



BronglaisAccommodation.HDD@wales.nhs.uk



Rotations – Master List

F2 posts at Bronllais General Hospital

Programme	Placement 1	Placement 2	Placement 3
FP / 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
FP / 84 A	Emergency Medicine	Orthopaedics	General Medicine / Oncology
B	General Medicine / Oncology	Emergency Medicine	Orthopaedics
C	Orthopaedics	General Medicine / Oncology	Emergency Medicine
FP / 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
FP / 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
FP / 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.



Placement Details

General Medicine / Cardiology	Bronglais General Hospital, Aberystwyth
Programmes:	FP/32a
Band 1B	On call commitments for Medicine 1:13 Hospital @ Night commitment 1:16
<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. The F2 doctor will undertake duties including clerking, ordering investigations, checking progress of patients, following up on reports and maintaining the patient's medical record and drug charts.</p> <p>There is a daily ward round where the F2 presents their cases to the Consultant, followed by the ward work and discharge planning. The F2 will make referrals to Tertiary Centre and arrange discharge referral to Cardiac Rehab and Community Heart Failure teams.</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.</p> <p>There are regular educational events and small group teaching within the department. Trainees are encouraged to participate in Journal Club, M&M, and the Quality and Safety Agenda by undertaking Clinical Audit and Quality Improvement Projects.</p>	
Educational Meetings:	<p>Daily Handover</p> <p>Weekly Medical Teaching (Thursday 9.00 am) Foundation Teaching (Thursdays 12.00 noon) Grand Rounds via MS Teams (Wednesdays 12.30 pm)</p> <p>Monthly Royal College of Physicians of Edinburgh Evening Medical Updates available online</p>
Educational & Clinical Supervisors:	Dr Maggie Collingborn Dr Lenka Raisova Dr Kevin Joseph

General Medicine / Respiratory	Bronglais General Hospital, Aberystwyth
Programmes:	FP/32a
Band 1B	On call commitments for Medicine 1:13 Hospital @ Night commitment 1:16
<p>Trainees are ward based and provide care for all inpatient General Medicine and Respiratory patients allocated. The F2 will build on knowledge of conditions such as Asthma, Chronic Obstructive Pulmonary Disease, Cystic Fibrosis, Interstitial Lung Disease, Sleep Disorders, Lung Cancer, Tuberculosis and lung infections and have a role in decision making re discharge.</p> <p>There is a Consultant ward round on a daily basis after Handover, reviewing all emergency admissions, providing excellent learning opportunities. Duties include assessing problems and managing acutely unwell patients, as well as clerking, ordering investigations, checking progress of patients, chasing reports, maintaining patients' medical records and drug charts.</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.</p> <p>There are regular educational events and small group teaching within the department. Trainees are encouraged to participate in Journal Club, M&M, and the Quality and Safety Agenda by undertaking Clinical Audit and Quality Improvement Projects.</p>	
Educational Meetings:	<p>Daily Handover</p> <p>Weekly Medical Teaching (Thursday 9.00 am) Foundation Teaching (Thursdays 12.00 noon) Grand Rounds via MS Teams (Wednesdays 12.30 pm)</p> <p>Monthly Royal College of Physicians of Edinburgh Evening Medical Updates available online</p>
Educational & Clinical Supervisors:	Dr K Hatashe Dr R Khoju Shrestha



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General Medicine / Gastroenterology	Bronglais General Hospital, Aberystwyth
Programmes:	FP/85
Band 1B	On call commitments for Medicine 1:13 Hospital @ Night commitment 1:16
<p>Trainees are ward based and provide care for all inpatient General Medicine and Gastroenterology patients allocated. During this placement trainees will build on their knowledge of General Medicine and Gastroenterology conditions, assess problems and manage acutely unwell patients including liver complications / failure, GI bleeding and assisting with practical procedures.</p> <p>Duties include assessing problems and managing acutely unwell patients, as well as clerking, ordering investigations, checking progress of patients, chasing reports, maintaining patients' medical records and drug charts. Trainees are encouraged to participate in weekly Upper GI and Hepatobiliary meetings. Trainees are encouraged to contribute to the Endoscopy Unit's rolling Quality Audits to help maintain its JAG accreditation (first DGH unit in Wales to reach this accreditation). Trainees are also welcome to attend the Hepatology CNS Virology (BBV) clinics.</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.</p> <p>There are regular educational events and small group teaching within the department. Trainees are encouraged to participate in Journal Club, M&M, and the Quality and Safety Agenda by undertaking Clinical Audit and Quality Improvement Projects.</p>	
Educational Meetings:	<p>Daily Handover</p> <p>Weekly Medical Teaching (Thursday 9.00 am) Foundation Teaching (Thursdays 12.00 noon) Grand Rounds via MS Teams (Wednesdays 12.30 pm)</p> <p>Monthly Royal College of Physicians of Edinburgh Evening Medical Updates available online</p>
Educational & Clinical Supervisors:	Dr M Narain



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General Medicine / Oncology	Bronglais General Hospital, Aberystwyth
Programmes:	FP/83, FP/84
Band 1B	On call commitments for Medicine 1:13 Hospital @ Night commitment 1:16
<p>Trainees are ward based and provide care for all inpatient Oncology, Haematology and Palliative Care patients. There is close working with the ward based Middle Grade, Specialist Nurses and multi-professional staff including the Chemotherapy and Palliative Care teams.</p> <p>The duties include day to day care of inpatients, clerking and reviewing patients on the Chemotherapy Unit and patients admitted to hospital for symptom management. There is a Consultant or Middle Grade ward round on a daily basis after Handover, reviewing all emergency admissions, providing excellent learning opportunities. During this rotation, trainees will build on their knowledge of Oncology and Palliative Care Medicine, assessing problems and managing acutely unwell patients, as well as clerking, ordering investigations, checking progress of patients, chasing reports, maintain patients' medical records and drug charts.</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.</p> <p>There are regular educational events and small group teaching within the department. Trainees are encouraged to participate in Journal Club, M&M, and the Quality and Safety Agenda by undertaking Clinical Audit and Quality Improvement Projects.</p>	
Educational Meetings:	<p>Daily Handover</p> <p>Weekly Medical Teaching (Thursday 9.00 am) Foundation Teaching (Thursdays 12.00 noon) Grand Rounds via MS Teams (Wednesdays 12.30 pm)</p> <p>Monthly Royal College of Physicians of Edinburgh Evening Medical Updates available online</p>
Educational & Clinical Supervisors:	Dr E Jones Dr D Paleacu



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Emergency Medicine	Bronglais General Hospital, Aberystwyth
Programmes:	FP/84, FP/87
Band 1B	No night duty after Midnight
<p>The F2 doctor is based in the EUCC Department and will work with a Consultant or Middle Grade. Trainees are exposed to a wide variety of medical and surgical emergencies and will assess problems and determine appropriate course of action. Duties include managing all types of patients who present in the department and organise appropriate investigations and treatment, refer for onward care or discharge.</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.</p> <p>There are regular educational events and small group teaching within the department. Trainees are encouraged to participate in Journal Club, M&M, and the Quality and Safety Agenda by undertaking Clinical Audit and Quality Improvement Projects.</p>	
Educational Meetings:	<p>Daily</p> <p>Weekly</p> <p>Foundation Teaching and Journal Club (Thursday 12.00 noon)</p> <p>Grand Rounds via MS Teams (Wednesdays 12.30 pm)</p> <p>Although training takes place in the department regularly, trainees are welcome to attend Medical, Surgical and Orthopaedic department teaching</p> <p>Monthly</p> <p>Royal College of Physicians of Edinburgh Evening Medical Updates available online</p>
Educational & Clinical Supervisors:	<p>Dr M Sawyer</p> <p>Dr A Jones</p> <p>Dr B Cavanna</p>



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General Surgery	Bronglais General Hospital, Aberystwyth
Programmes:	FP/85, FP/87
Band 1B	On call 09.00 – 21.00 for 21.00 – 09.00 when participating in the Hospital @ Night team
<p>The F2 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.</p> <p>The timetable is not based on firms around a Consultant because the on call system has a 'Consultant of the Week', which allows continuity of care and increases learning opportunities. The doctor on call over the weekend will do the post-take for the rest of the week and will follow patients with a particular Consultant until the patients are discharged. There will be another doctor allocated to help with the post-take and other doctors in the team will be covering theatre, on call duties, night duties, etc. Consideration is given to leave, although the rota and duties are ready for the whole rotation, it is reviewed weekly with the team to plan ahead for the following week and make changes as necessary.</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.</p> <p>There are regular educational events and small group teaching within the department. Trainees are encouraged to participate in Journal Club, M&M, and the Quality and Safety Agenda by undertaking Clinical Audit and Quality Improvement Projects.</p>	
Educational Meetings:	<p>Daily Handover</p> <p>Weekly Foundation Teaching and Journal Club (Thursdays 12.00 noon) Surgical Departmental Teaching (Wednesdays 10.30 am – 12.00 pm) Grand Rounds via MS Teams (Wednesdays 12.30 pm)</p> <p>Monthly Royal College of Physicians of Edinburgh Evening Medical Updates available online</p>
Educational & Clinical Supervisors:	Mr Samy Mohamed Mr Taha Lazim



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Orthopaedics	Bronglais General Hospital, Aberystwyth
Programmes:	FP/83, FP/84, FP/86
Band 1B	On call Monday – Thursday 09.00 – 21.30 On call Friday – Sunday 09.00 – 21.30
<p>The F2 doctor is ward based, but is also required to attend the Emergency and Urgent Care, Minor Injuries Unit and Operating Department as per weekly timetable. There is also access to the children’s ward.</p> <p>The timetable is not based on firms around a Consultant, as it is team based. Trainees are responsible for the day to day ward care of patients (admission, clerking and assessment, reviewing, requesting and chasing investigations and auctioning results) and maintenance of the patient’s medical record and drugs charges. There is opportunity to work with the Consultant Ortho-Geriatician and her team and attend Outpatients.</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.</p> <p>There are regular educational events and small group teaching within the department. Trainees are encouraged to participate in Journal Club, M&M, and the Quality and Safety Agenda by undertaking Clinical Audit and Quality Improvement Projects.</p>	
Educational Meetings:	<p>Daily Handover</p> <p>Weekly Foundation Teaching and Journal Club (Thursdays 12.00 noon) Grand Rounds via MS Teams (Wednesdays 12.30 pm) Orthopaedic Department Teaching (Fridays 10.30 – 12.00 noon)</p> <p>Monthly Royal College of Physicians of Edinburgh Evening Medical Updates available online</p>
Educational & Clinical Supervisors:	Mr S V Sonanis Mr T Mir Mr M Elabaddi



General Practice:	Ystwyth Medical Group, Parc-y-llyn, Aberystwyth
Programmes:	FP/85
No Banding	
<p>The F2 doctor is encouraged to participate in all aspects of General Practice. This includes the management of acute and chronic diseases, interface with secondary care, care in the community and close working with other members of the Primary Health Care Team (Practice and District Nurses, Health Visitors, Paramedics, Pharmacists and Health Care Support Workers).</p> <p>Training consists of regular tutorials and hot review by the GP's, together with sessions with other members of the PHCT.</p> <p>The key themes in the F2 Curriculum addressed are:-</p> <ul style="list-style-type: none"> • Recognising and managing acute stress • Prescribing • Confidentiality • Communication skills • Team work • Triage • Chronic illness • Understanding the interface between primary and secondary care • Management skills • Educational skills • Quality Improvement opportunity • Leadership skills 	
Educational Meetings:	<p>Daily</p> <p>Weekly Foundation Teaching and Journal Club (Thursdays 12.00 noon) Grand Rounds via MS Teams (Wednesdays 12.30 pm)</p> <p>Monthly Royal College of Physicians of Edinburgh Evening Medical Updates available online</p>
Educational & Clinical Supervisors:	Dr G Davies



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General Practice:	Padarn Surgery, Penglais Hill, Aberystwyth
Programmes:	FP/86
No Banding	
<p>Trainees are based with an approved Training practice in a rural town, for both Foundation and GP Trainees, offering a full range of primary health care services in a diverse community. A typical working week for an F2 comprises 9 clinical sessions. Each session is followed by the opportunity to discuss patient cases (hot review) with a named GP.</p> <p>A two week Induction period, comprising IT training, introduction to staff, sitting with a GP, Nurse of home visits. The key themes in the F2 Curriculum addressed are:-</p> <ul style="list-style-type: none"> • Recognising and managing acute stress • Prescribing • Confidentiality • Communication skills • Team work • Triage • Chronic illness • Understanding the interface between primary and secondary care • Management skills • Educational skills • Quality Improvement opportunity • Leadership skills <p>Initially, appointments for the F2 are 30 minute slots for each patient, which can be reduced to 20 minutes as per trainees' development.</p>	
Educational Meetings:	<p>Daily</p> <p>Weekly Foundation Teaching and Journal Club (Thursdays 12.00 noon) Grand Rounds via MS Teams (Wednesdays 12.30 pm)</p> <p>Monthly Royal College of Physicians of Edinburgh Evening Medical Updates available online</p>
Educational & Clinical Supervisors:	Dr Y Khan



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General Practice: Bro Pedr Medical Practice, Lampeter	Bro Pedr Medical Practice, Lampeter
Programmes:	FP/86
No Banding	
<p>About the practice:</p> <ul style="list-style-type: none">• Practice based in small market town with a population of 3,000.• 12,230 patients, low deprivation levels and no large housing estates. A percentage of our patients are students from the Trinity of Wales University based in Lampeter.• Good opportunity to develop your clinical skills as we have a relatively low hospital referral rate.• Physiotherapy department within the surgery.• Spacious modern, purpose-built surgery in Lampeter and purpose-built branch surgery in Llanybydder (six miles from Lampeter).• We are “Paper light” using Emis Web and Docman systems.• Employed Paramedic to cover home visits.• Practice owned 4x4 vehicle used for home visits.• Minor Surgery is performed in a fully equipped operating room. <p>Trainees are based with an approved Training practice in a rural town, for both Foundation and GP Trainees, offering a full range of primary health care services in a diverse community. The area promises some interesting cases and pathologies. Trainees will hold surgeries, assist in clinics, home visits and administrative duties as appropriate to their level of competency. Clinical Supervision is provided by a named GP.</p> <p>The key themes in the F2 Curriculum addressed are:-</p> <ul style="list-style-type: none">• Recognising and managing acute stress• Prescribing• Confidentiality• Communication skills• Team work• Triage• Chronic illness• Understanding the interface between primary and secondary care• Management skills• Educational skills• Quality Improvement opportunity• Leadership skills	
Educational Meetings:	Daily



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	<p>Weekly Foundation Teaching and Journal Club (Thursdays 12.00 noon) Grand Rounds via MS Teams (Wednesdays 12.30 pm)</p> <p>Monthly Royal College of Physicians of Edinburgh Evening Medical Updates available online</p>
Educational & Clinical Supervisors:	Dr M Imam