

# The Wales Foundation School Hywel Dda University Health Board



Bronglais General Hospital  
Aberystwyth



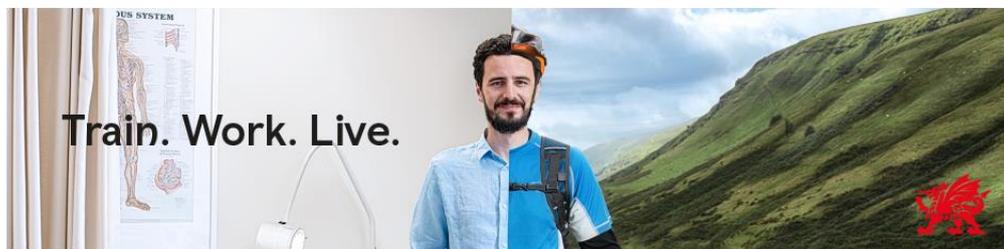
Withybush General Hospital  
Haverfordwest



Glangwili General Hospital  
Carmarthen



Prince Philip General Hospital  
Llanelli



## **Profile**

Hywel Dda University Health Board provides healthcare services to a total population of around 384,000 throughout Carmarthenshire, Ceredigion and Pembrokeshire. It provides Acute, Primary, Community, Mental Health and Learning Disabilities services via General and Community Hospitals, Health Centres, GPs, Dentists, Pharmacists and Optometrists and other sites.

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## **Bronglais General Hospital**

Ceredigion has 75,000 residents, complemented by 10,000 students who attend Aberystwyth and Lampeter Universities. The area attracts 850,000 visitors each year. Bronglais Hospital, Aberystwyth, is the only DGH with 24 hours A&E for 50 miles to the south and 70 miles inland. It has 163 beds.

### **Location and Access**

Bronglais Hospital is situated on the edge of the seaside town, only 10 minutes' walk or short bus ride from the railway station and shopping area. The hospital is signposted on entry to Aberystwyth on the A487 and A44 roads.

### **Facilities for Foundation Doctors**

#### **Facilities**

Bronglais Hospital has the diagnostic services expected of a DGH. The Radiology services are modern and we use a digital picture archiving system. There is also a CT scanner, MRI scanning and a DEXA scanner. Pathology services are efficient and reliable.

The busy 24 hour Accident and Emergency Unit has been extended as part of a £7million development. Wards have been refurbished to provide modern health care, including an Emergency Admissions Unit, Coronary Care Unit, an Intensive Care Unit, an Endoscopy Unit, a Day Surgery Unit and a full Operating Department.

Educational facilities comprise a Postgraduate Centre and a Clinical Skills room. Educational programmes take place throughout the week, and there are often opportunities for teaching in small groups at bedsides.

#### **Counselling and Support**

Support in confidence may be obtained in the first instance through the Medical & Dental Education Manager or Educational Supervisors. The Occupational Health Department provides access to a professional counselling service.

#### **Mess**

The doctors' mess at Bronglais Hospital is sited in the junior doctors' residential block. You can be assured of good company, and a small crowd to watch sporting events or for a night out. There is a fully equipped kitchen, games facilities and comfortable seating. Subs paid by members provide internet access and beverages.

#### **Accommodation**

Each flat has 4 bedrooms with a shared kitchen. Some of the rooms have en-suite bathrooms. The accommodation blocks are situated next to the Postgraduate Centre and Library, which is only across a small car park from the main hospital building, and are serviced by Domestic Assistants.

## **Catering**

The hospital dining room, 'Cegin Caradog', serves breakfast from 8:00 am, lunch from 12:00 noon and evening meals until 7:00 pm. There is a Costa Coffee shop in the Outpatients Department which sells beverages, newspapers, sandwiches and snacks. This is open during the daytime.

## **Parking**

Car parking on the hospital site is limited, but there is still provision for those residing onsite. A shuttle service is provided for staff parking their cars off site in a designated car park. Cycle racks are provided on the Bronglais Hospital site, and some changing areas are available.

## **Social life**

Aberystwyth does not disappoint when it comes to having a social life, whatever your lifestyle. There are numerous pubs and places to eat in the town centre, a nightclub on the pier, and plenty of country pubs a short drive away.

Aberystwyth is home to Wales' largest Arts Centre, situated on the University campus. All forms of art, including dance, drama, music, virtual arts, applied arts, film and community art are represented. They hold some stunning exhibitions of local and international work, as well as run educational programmes.

<http://www.aberystwythartscentre.co.uk/information>

The National Library of Wales is well worth a visit. Considered one of the best libraries in the world, it houses over 4 million printed volumes and is a copyright depository, being entitled to receive a copy of every published work from the UK and Ireland. Collections are focused mainly on Wales, Welsh language and Celtic materials as well as having a Welsh political archive. The National Library also keeps maps, photographs, paintings, manuscripts and records.  
[www.llgc.org.uk](http://www.llgc.org.uk)

The town's Commodore Cinema, is family-owned and presents the latest Hollywood releases.

Sport enthusiasts will enjoy using the facilities at Aberystwyth University, situated on the hill behind the hospital, and at the town's leisure centre, only 10 minutes' walk away. The leisure centre has activities for people of all ages, including a soft play area for toddlers and children. Outdoor pursuits are accessible within a short drive, whether it is horse riding, climbing, abseiling, canoeing or golf you are looking for. Cyclists may access a number of off-road cycle paths. The coastline and surrounding countryside offer some fabulous walks for individuals and groups.

There are many family-friendly places, offering entertainment to people of all ages. The Red Kite Feeding Centre at nearby Bwlch-Nant-yr-Arian, provides families with a choice of walks and nature trails and a picnic site, whilst there is a steam train taking the journey up into the mountains to the famed Devil's Bridge waterfalls.

## **Trainee Comments**

"I will be sorry to leave Bronglais in August. I've really enjoyed my time here".

"Our social get-togethers are brilliant, and everyone is invited".

"We have made friends for life here".

## Living in Aberystwyth

Aberystwyth offers a peaceful and relaxing environment, surrounded by unspoilt countryside. We have a vibrant, multicultural atmosphere and the amenities needed for a town of its size.

## Schools

Aberystwyth town is well served for primary schools, taking children from ages 3 – 11. There are 3 schools within a short walk of the hospital – Plascrug Primary School is multi-cultural, Yr Ysgol Gymraeg (Welsh School) and St Padarn's Roman Catholic Primary School all have excellent reputations.

There are two secondary schools, both with sixth form units, for pupils aged 11 – 18. Penglais Comprehensive School is highly regarded and a popular choice with hospital staff. Subjects are taught through the medium of English. You may visit the school's website at <http://www.penglaischool.org.uk> or ring 01970 624811. Penweddig School is a designated bilingual school and teaches subjects mainly through the medium of Welsh. The Ceredigion County Council website lists information about all schools in Ceredigion: <http://www.ceredigion.gov.uk/index.cfm?articleid=280#Aberystwyth>

## Shopping

Supermarkets: Morrison's, Tesco, Co-operative, Lidl & Iceland. There is a market hall at the top of town, near the castle, with a small market on Saturdays. Visiting farmers markets and food festivals are advertised and held in the town centre.

Fashion: Dorothy Perkins, White Stuff, New Look, Burton, various independent retailers / boutiques.

Banks and Building Societies: Lloyd's, HSBC, NatWest, Barclays, Santander, Nationwide, Halifax.

Other retailers: M&S, Argos, Poundland, Charlie's, plus an array of independent retailers and charity shops.

Restaurants / Food outlets: Weatherspoon's, Subway, Costa coffee, KFC, McDonalds, plus an array of independent outlets, e.g. Indian, Chinese, Greek, Italian, pizza places and fish & chips shops. Trainees like to frequent Shilam, the tandoori restaurant at the Railway Station. The Treehouse is also a very popular organic food store with a restaurant above.

For more information, please visit: <http://www.aberystwyth.org.uk>

## **Carmarthenshire**

### **Prince Philip & Glangwili Hospitals**

#### **Profile**

Hywel Dda HB (Carmarthenshire Division) is responsible for Foundation Trainees based at Glangwili Hospital and Prince Philip Hospital. Since August 2007, there has been a reconfiguration of the Surgical Services and this aspect of the division now works on an acute and elective split basis across the Health Board – Glangwili General Hospital in Carmarthen is the centre for emergency admission and Prince Philip Hospital in Llanelli deals mainly with elective cases.

#### **Population served by Hywel Dda HB (Carmarthenshire Division)**

Carmarthenshire Division provides services to approximately 169,000 people. It primarily serves the residents of Llanelli and Carmarthen towns as well as the surrounding areas.

#### **Support for Foundation Doctors (Foundation Team)**

Dr Will Mackintosh, Foundation Programme Director and Karen Evans, Foundation Co-ordinator, are responsible for supporting the Foundation Trainees in the 2 hospitals of the Carmarthenshire Division of Hywel Dda UHB.

The Foundation team will provide you with information and training to assist you with your assessment and appraisal requirements to ensure progression through your medical career. They will support you with any difficulties or concerns you may encounter during your training. You will also receive support from the friendly and approachable staff based in the 2 Medical Education Centres.

An induction will be organised at the start of your posts which will welcome you to the UHB and provide you with everything you will need to help and support you at the start of your career. Regular teaching is provided to help you achieve the competencies expected of you as a foundation doctor. There will also be ample opportunity for you to give us feedback on all aspects of your working environment and training received.

Occupational Health Services are available for the benefit of all UHB employees. A range of services are available including counselling services, immunisations, vaccinations and health promotion. There are privately run crèches on both sites.

## **Prince Philip Hospital**

Prince Philip Hospital is situated in the post industrial town of Llanelli, notable for its Premier League rugby football team, the Scarlets. Llanelli is close to the Gower Peninsula and the outstanding coastal scenery of the east with the Millennium Coastal Park and Cycle Path (part of the Sustrans Cycle Network), Pembrey Country Park and the National Wetlands Centre. The Pembrey Motor Racing Circuit is nearby which is deemed to be the home of Welsh motorsports. The Ffos Las Racecourse is only 20 minutes from the hospital. There is a large out of town shopping development within a short distance, shops include Next, Costa, Starbucks, Outfit, Debenhams, H&M and TK Maxx.



Prince Philip Hospital is quite simply an excellent place to work, with unrivalled team spirit, focus on effective clinical leadership and is proud to have a team of Physicians that work closely together to advance the care provided to our patients.

We have a busy, modern and well-equipped hospital which opened in 1990. There are approximately 225 acute and elective inpatient beds, supporting Acute and Elective General Medicine and Elective General Surgery, Orthopaedics and Urology. The hospital provides surgical day case theatres, endoscopic suite, Radiology and Laboratory support and palliative care facilities, including a new hospice facility. It also provides for a range of specialist outpatient clinics including Haematology, Respiratory, Gastroenterology, Cardiology, Elderly Care, Endocrinology, Sleep medicine, Rheumatology, ENT, General Surgery and TIA clinics. It is also the site of a new Breast Unit and the Rapid Access Lung cancer clinic.

The combination of excellent colleagues and engaged population has allowed significant progress and innovation of services in PPH over the last 8 years. The friendly environment amongst consultant staff, nurses and managers is unparalleled, fostering a unique atmosphere and a definite “can do” attitude. The young and dynamic consultant team thrive on improving their services, not accepting the status quo. We have a very supportive environment for junior doctors with all but one of our consultants having trained here.

Within the hospital are a large number of dynamic, forward thinking clinicians across healthcare specialties that adapt to change and advancements which has seen the hospital go from strength to strength.

## **Facilities for Foundation Doctors**

### **Clinical Skills Laboratory**

A purpose built clinical skills laboratory is situated adjacent to the Medical Education Centre and is well equipped and utilised. Training is provided in procedures as laid out in the foundation curriculum and we have a dedicated Clinical Skills Technician on site.

There are a number of training manikins for medical students and junior doctors to train on in a safe environment, for example: chest drain trainer, lumbar puncture trainer, male & female catheter models, NG tube trainer and an ABG wrist trainer. We have recently added a Simulation suite and run a successful simulation training programme for our foundation trainees.

### **Accommodation**

A residential block is situated within the grounds of the hospital. The block has shared accommodation along with flats for married couples. The accommodation has private bedrooms,

with shared kitchen, toilet and bathrooms. Utility bills are included together with Monday to Friday cleaning (excluding bank holidays) of the accommodation.

### **Doctors Mess**

The Doctors Mess at Prince Philip Hospital has a fully equipped kitchen with fridge, microwave and toaster. There is a television, computer access to trust systems and hospital Wi-Fi. There is a monthly charge of £10 that covers access to food and beverages and subsidises any events organised by the junior doctors. Lockers are also available.

The mess is conveniently located at the centre of the hospital, with easy access to the wards, Clinical Skills Laboratory and Education Centre.

### **Wi-Fi**

“The Cloud” Hospital Wi-Fi is currently available in all the areas of the Hospital and the Accommodation block.

### **Catering**

The restaurant serves a variety of hot and cold meals, vegetarian and low calorie meals, snacks and beverages, with vending machines also available out of hours.

### **Parking**

All staff must display a parking permit and parking is free. Staff must park in the designated staff car parking areas.

## **Glangwili General Hospital**

Glangwili General Hospital is situated in the county town of Carmarthen on the River Towy. Carmarthen is a small town with approximately 22,000 residents and lays claim to being one of the oldest towns in Wales. Areas of outstanding beauty in the vicinity include the Towy Valley, estuary and Carmarthen Bay. The National Botanical Gardens of Wales is nearby, along with the picturesque coastal towns of Llanstephan and Laugharne – the location of Dylan Thomas’ Boathouse. Pendine, best known for Pendine Sands, where Malcolm Campbell and J.G. Parry-Thomas set the world land speed record five times between 1924 and 1927 is nearby. The beach stretches for seven miles, and is well worth a visit.



Glangwili General Hospital is one of the 4 lead hospitals that make up Hywel Dda University Health Board. It is the largest DGH in the area incorporating 391 beds. It primarily serves the residents of Llanelli and Carmarthen towns as well as providing valuable inpatient services for patients in Pembrokeshire and Ceredigion.

The hospital provides a comprehensive range of inpatient, day case and outpatient facilities, and is the lead for surgery and emergency services for the Carmarthenshire area. There are specialised ENT, urology, ophthalmology and O&G services as well as out of hours GI bleeding services and regular thorocscopy sessions. There is an MRI and CT scanner and the hospital provides a wide range of diagnostic facilities.

There is a 14 bedded ITU, HDU and a 6 bedded Cardiac Care unit. There is a 24 bedded CDU and a 6 bedded SAU. There are 6 theatres including dedicated theatres for ophthalmic, obstetric and laminar flow theatre and a renal dialysis unit. There are day surgical facilities along with a dedicated theatre and endoscopy facilities, including a video-endoscopy unit with a full range of therapeutic and diagnostic endoscopies for upper and lower GI endoscopy, together with urology.

## **Facilities for Foundation Doctors**

### **Accommodation and Doctor's Mess**

The F1 doctors' accommodation is conveniently located on the hospital site. Each room has access to a shared kitchen and living space. There is free Wi-Fi is across the hospital. The accommodation is situated in the Junior Doctor's mess and consists of 12 rooms which are allocated on a first-come-first-served basis. In the event that all the rooms are taken, accommodation will be in the Nurses Home. Laundry facilities are available. All rooms have a telephone. There is a large communal kitchens, utility room and a lounge with Sky TV, Wi-Fi, Pool table and DVD player, along with a secured patio area. There is a small monthly charge to cover the facilities provided.

### **Catering**

The hospital restaurant serves a variety of hot meals, cold buffet, vegetarian, low calorie and special dietary meals such as Gluten free or vegan meals if requested, snacks and beverages. There are 2 drinks vending machines (1 coffee machine and 1 coke bottle machine). Panini's, teacakes, salads, sandwiches, tea and coffee are also available between the times of 2:00pm and 7:30pm.

Restaurant Opening Times:

Breakfast – 8:00am to 10:30am

Lunch – 11:30am to 2:00pm

Evening – 6:00pm to 7:30pm

There is also a Costa coffee shop situated onsite, in the outpatients department and an Amigo Newsagent and Convenience shop located along the main corridor of the hospital.

## Parking

Staff car parking is provided in the hospital grounds both next to the Doctor's Mess and also in designated staff car parking areas in the hospital. Parking is free for staff and patients but staff need to apply for a parking permit. Cameras have recently been installed around the hospital which use a new number plate recognition system.

## Support for Foundation Doctors

The Foundation Team in Glangwili Hospital consist of Dr Will Mackintosh, Foundation Programme Director (FPD) and administrative staff namely Mrs Karen Evans in Prince Philip hospital and Mrs Kerry Rees in Glangwili Hospital. The Foundation team are responsible for supporting all Foundation trainees in Glangwili Hospital. You will be provided with full guidance during your Foundation years with regard to fulfilling all assessment and E-portfolio requirements to ensure a seamless progression through your Foundation years and beyond. All medical education staff are friendly and approachable and will always be happy to answer any questions. An induction will be provided at the start of your new post to welcome you to the UHB and provide you with everything you need to start your new posts.

## Counselling and Support

The FPD, Individual Educational Supervisors and Medical Education staff are always available for confidential support. Any concerns or queries during The Occupational Health Department provides access to a professional counselling service.

## Foundation Teaching

Weekly lunchtime F1 and F2 teaching sessions run throughout the year. Lunch is always provided. The teaching programme includes all required Core Curriculum topics and is covered by a variety of different speakers including consultants, registrars, specialist nurses and outside agencies. Feedback is always welcomed. Trainees are also encouraged to take part in weekly A&E teaching, Surgical teaching, Cross-cover teaching and Medical meetings.

Teaching Programmes in Glangwili Hospital	
Monday	Medical Dept
Tuesday	F1 Core Curriculum
Wednesday	Cross Cover and A&E
Thursday	F2 Core Curriculum
Friday	Surgical
Audit - protected ½day every 2months	

## Clinical Skills

Glangwili Hospital provides a fully equipped, recently updated Simulation and Clinical skills lab, with AV facilities and de-briefing room for teaching and learning in a variety of simulation sessions. We have recently invested in a brand new high-fidelity SIM manikin. Dr Robert Powell, Clinical Skills Tutor is lead for all clinical skills and simulation learning opportunities for Foundation trainees.

Foundation trainees are also encouraged to be involved with teaching medical students from Cardiff and Swansea Medical schools who are in Glangwili on various placements. For example, we run Mock ISCE/OSCE examinations, bleep simulations and shadowing opportunities for final year medical students and new Foundation trainees.

## F1 Posts

Care of the Elderly	Emergency Medicine	Surgery
Respiratory	Anaesthetics	Surgery
Gastroenterology	ENT	Surgery
Diabetes & Endocrinology	Cardiology	Surgery
Anaesthetics	Obstetrics & Gynaecology	Care of the Elderly
Gastroenterology (PPH)	Emergency Medicine	Rheumatology (PPH)
Care of the Elderly (PPH)	Emergency Medicine	Haematology
Urology	Gastroenterology	Care of the Elderly (PPH)
Respiratory (PPH)	Palliative Care/Haematology (PPH)	Surgery

## Withybush General Hospital

### Location

Withybush General Hospital is located in Haverfordwest, a vibrant seaside town offering a relaxed lifestyle and picturesque countryside. There is an abundance of outdoor pursuits for those who love the outdoor life, from hill climbing, sailing, surfing to the more relaxing activities of coastal path walks along stunning countryside.



### The Hospital

The Hospital is a modern District General Hospital of approximately 156 inpatient beds and is the only general hospital in Pembrokeshire.

The hospital has a ward based working model which means an opportunity to work in a multidisciplinary team with engaged clinicians.

We have three surgical wards, Ward 1 is trauma and orthopaedic, Ward 3 is general surgery and Ward 4 is gynaecology / female surgery.

The hospital has 4 operating theatres, a JAG accredited endoscopy suite and critical care support with ITU and HDU facilities (9 bedded area). There is also an Acute Day Surgical Hospital with 1 operating theatre and a local anaesthetic minor operations area. This is supported by 11 trolley in 2 bays. The unit offers overnight care (24 hour service) for 3 days a week.

We have 5 medical wards:

Ward 7 is respiratory and gastroenterology

Ward 8 is a combined coronary care unit / cardiac step area

Ward 10 is general medicine, palliative care and haematology

Ward 11 is a combined ASU and stroke rehabilitation care

Ward 12 is for the care of the frail elderly / dementia patients

There is a modern, well-equipped Pathology Department with individual departments of Histopathology including Cytology, Haematology, Blood Transfusion, Clinical Chemistry and Microbiology. The department provides a Phlebotomy service. Clinical Immunology services are not available on site but are provided on a regional basis.

There is a Physiological Measurement Department providing cardiac and respiratory function investigations.

### Radiology

3 general x-ray rooms, one of which is located in the A&E department, 1 fluoroscopy room, 3 Ultrasound rooms plus 1 in the antenatal department and early pregnancy unit, 1 CT scanner (helical HD), 1 MR scanner (1.5T), 1 Nuclear medicine hybrid NM / CT unit with on-site

radiopharmacy provision, 1 Breast imaging suite with 3D tomosynthesis and vacuum assisted biopsy capability, Theatre and mobile x-ray.

We have several Reporting Radiographers:

1 full-time qualified in skeletal, chest & abdomen x-ray

1 MR

2 Nuclear Medicine

6 Sonographers

We have Radiographer-led CTC and HSG services.

The department supports 24/7 emergency cover in x-ray and CT with remote reporting in the out of hour's period.

We are a placement centre for student Radiographers from Cardiff University and have an active Postgraduate Department & Library based in the hospital.

### **Pathology**

There is a modern, well-equipped Pathology Service which includes Blood Sciences (Haematology, Blood Transfusion, Chemical Pathology) and Microbiology. The majority of Cellular Pathology services are based at Glangwili Hospital. The department provides a Phlebotomy service to the wards. Clinical Immunology services are not available on site but are provided on a regional basis, immunology testing is undertaken at Prince Philip Hospital.

### **Endoscopy**

3<sup>rd</sup> hospital in Wales to be JAG accredited.

A new Emergency and Urgent Care Centre (EUCC) opened in 2010. This combines the Emergency Department and 19 bedded ACU (Adult Clinical Decisions Unit). The EUCC provides care for circa 40,000 attendances per annum.

A new Renal Unit has recently been built at Withybush.

### **Postgraduate Department**

The Postgraduate department has friendly staff who have created an educational environment that nurtures and develops Doctors for the future. They deliver quality training standards by harmonising service and training to maximise educational opportunities within the clinical setting. This has developed a culture of educators, supporting and developing Doctors as Trainers and supports the continual professional development of all Doctors and Dentists.

Recent winner of "The Paul Bradley Prize for Excellence in Clinical Skills Training", the Clinical Skills suite aims to provide a safe environment for undergraduate, postgraduate, team and inter professional to learn and enhance clinical skills. We support learning using the latest technology and Laerdal's Sim Man Essential medical simulator.

### **The Withybush Foundation Programme**

Dr S Kundu is the Foundation Programme Director and is supported by Helen Francis, Foundation Programme Co-ordinator. If you have any queries regarding Foundation Training at Withybush Hospital, please contact Dr Kundu on 01437 773928 or Helen Francis on 01437 773723, or email [helen.francis@wales.nhs.uk](mailto:helen.francis@wales.nhs.uk).

## Teaching

The teaching programme in the hospital is comprehensive. Self-directed teaching is encouraged and supported, and regular weekly departmental teaching is complemented by scheduled core curriculum foundation teaching sessions. These are provided from a number of sources, including consultants, middle grades and specialist nurses as well as external teaching providers.



Withybush postgraduate department has a well-equipped and well utilised clinical skills room with a Sim Man. The opportunity to practice clinical skills will be immediately available to foundation doctors wishing to enhance their skills during their time in Withybush.

The clinical skills room has out of hour's availability which increases the opportunity to practice when timetabled to work nights or weekends (when pre-arranged through the Clinical Skills Tutor).

For the past few years, the F1s in Withybush have benefited from a programme of simulation training to complement core curriculum training. For example, promptly assessing the acutely ill or collapsed patient; requesting senior or more experienced help when appropriate; where appropriate, delivering a fluid challenge safely to an acutely ill patient.

This is also an ideal medium for exploring communication skills and team working. Withybush Hospital is a provider of clinical placements for medical students from both Swansea and Cardiff Medical Schools and as foundation doctors progress in their training, they will be expected to develop their own teaching skills with the encouragement and support of the Clinical Skills Department.

Foundation doctors may also find themselves presenting to the weekly Grand Round meeting which is open to all hospital medical staff.

## Department of Medicine

The integrated department of General Medicine and Medicine for the Elderly provides a very wide and complementary range of medical services for medically ill adults. The Medical Oncology & Palliative Care Services and Rheumatology are also within the medical department. There are 7 Consultant Physicians and their special interests are:

- Elderly Medicine / Strokes x 2
- Haematology / General Medicine x 1
- Gastroenterology x 2
- Diabetes and Endocrinology x 1
- Cardiology x1

There are 7 F1 posts and 2 F2 posts in Medicine.

### **Department of Surgery**

The General Surgical Department has 5 Consultants. All of the general surgeons have a very general practice essential to providing a comprehensive service in a rural district general hospital. The 5 Consultant Surgeons have special interests in the following:

- Breast
- Colorectal
- Endocrine
- Gastrointestinal / minimal access

There are 5 F1 posts and 2 F2 posts in Surgery. All are contracted for approximately 48 / 49 hours per week on a full shift rota.

Capital allocation of nearly £4m from the Welsh Assembly Government has supported two new operating theatres. These theatres are situated above the new A&E development providing improved access from A&E direct to Theatre.

### **Accident and Emergency Department**

A £8.75m state of the art Emergency and Unscheduled care opened in July 2010.



This centre brings together existing hospital emergency care, community and out of hours primary care providers with social and voluntary care to provide a single service that will work together to improve the quality of care and the patient's experience. It includes:

- An Emergency Care Centre capable of treating 50,000 patients every year, including See & Treat, Treat and Assess, and Resus facilities.
- A 19 station Adult Clinical Decision Unit (ACDU) which includes 17 single en-suite treatment rooms, and a separate Paediatric Clinical Decision Unit (PCDU) giving immediate access to primary care, medical and surgical assessment, treatment and care.
- The co-location of key out of hours services including GP's and District Nursing, enabling fast access to care across 24 hours, seven days a week, working towards an integrated service.
- On-site social assessment, care management, rapid response and re-ablement services ensuring seamless access and progression to secondary care or discharge.

There are 2 F2 posts and 1 F1 post in A&E.

## **Department of Trauma & Orthopaedics**

Within the T&O Department there are 4 Consultants and 1 Locum Consultant with special interests in the following:

- Spinal
- Knee
- Hip
- Foot and ankle
- General

There is 1 F2 post in T&O which is contracted for approximately 50 hours per week on a full shift rota.

## **General Practice**

There are 3 F2 posts in General Practice. One based at St Thomas Surgery in Haverfordwest and the other 2 based in Robert Street Surgery and Barlow House Surgery both in Milford Haven. These F2 posts are contracted for 40 hours.

These posts were originally intended for all doctors, especially prospective consultants, but the funding has not arrived to make them universal. Thus, they are now an ideal springboard for applications for a Vocational Training Scheme in General Practice, and if held in the first two thirds of a year (August to March) give that doctor an advantage in getting accepted.

All practices have been involved in medical education for many years and are dedicated to giving a quality enjoyable experience. St Thomas' Surgery is also involved with Vocational Training and shared tutorials are likely.

## **Facilities**

### **Withybush Doctors Mess**

All doctors coming to Withybush are invited to join the Doctors Mess. Two areas are open to members:

#### **1. Hospital Mess**

The Hospital Mess is off the main corridor and is the perfect place to escape from the wards. Large comfortable sofas await you, as does a large flat-screen TV with free-view, internet access, daily newspapers, tea and coffee making facilities along with toast, biscuits and other snacks.

#### **2. Pembroke County Mess**

Over the road on the Ground Floor of the Pembroke County Residence is the Pembroke County Mess, it consists of four main areas:

1. Sitting Room: a calm, quiet area to relax after work with large leather sofas, dining table, flat-screen TV with Sky and a Surround Sound DVD player.
2. Games room: with ping-pong, table football and stereo.
3. Bar: kitchen area with high stools for relaxing with a drink.
4. Patio: we have a sheltered patio area for relaxing.

The mess also organise regular parties. Companies who want to speak to doctors go through the mess and will sponsor events.

Some past events have been:

- Fancy Dress Halloween Party
- Christmas Party
- Beach BBQ
- Sponsored Curry Night
- Formal leaving dinner

At the time of writing the mess costs £10 per month, deducted from your salary. It is expected that one doctor takes responsibility for the mess and elections generally happen in September.

### **Accommodation**

All accommodation is in close proximity to the main hospital and car parking facilities are available alongside the residences. Many of the kitchens have been upgraded and this renovation is ongoing. Carpets have been replaced and a wireless broadband system is available. In line with BMA 1\* status, linen and towels are supplied and weekly cleaning and bed changing facilities are provided.

### **Social Life**

The social life here is second to none, a lot of the doctors live on site, which adds to the community feel.



There is plenty to do in Pembrokeshire outside of the hospital. Haverfordwest has a brand new, purpose built leisure centre with a 25 metre swimming pool, multi-purpose sports hall and a two storey health and fitness suite with the most up to date equipment. There is also a cinema in town and the Torch Theatre within 15 minute drive in Milford Haven.

A lot of the local activities are based around Pembrokeshire's beautiful coastline. There are fantastic beaches for surfing (Pembrokeshire is a surfers and scuba divers delight) kayaking, canoeing, kite-surfing, coastering, sailing, snorkelling and fishing. For land lovers, activities include go-karting, paintballing, microlighting, bowling and off-roading to name but a few.

The Blue Lagoon water park is situated within a few miles of Haverfordwest. It has subtropical temperatures, a wave pool, outdoor and indoor spas and water flumes. It provides entertainment regardless of the weather.

Last but not least, a day trip to Oakwood Theme Park is not to be missed. Oakwood is one of the top 10 theme parks in the UK with over 30 rides and attractions, including the most recent, SPEED, and a steel roller coaster with beyond vertical drop.

## **HDUHB Library & Knowledge Services**

HDUHB library and knowledge services offer a wide range of resources to support all Health Board staff and students on placement. Our friendly and knowledgeable staff are here to support your information needs. Contacts for each library are shown below:

Bronglais Library @ Aberystwyth  
01970 635803  
[library.bronglais.hdd@wales.nhs.uk](mailto:library.bronglais.hdd@wales.nhs.uk)

Prince Philip Library @ Llanelli  
01554 783467  
[library.princephilip.hdd@wales.nhs.uk](mailto:library.princephilip.hdd@wales.nhs.uk)

Glangwili Library @ Carmarthen  
01267 227076  
[library.glangwili.hdd@wales.nhs.uk](mailto:library.glangwili.hdd@wales.nhs.uk)

Withybush Library @ Haverfordwest  
01437 773730  
[library.withybush.hdd@wales.nhs.uk](mailto:library.withybush.hdd@wales.nhs.uk)

Hafen Derwen Library @ Carmarthen  
01267 239806  
[library.hafanderwen@wales.nhs.uk](mailto:library.hafanderwen@wales.nhs.uk)

### **How do I join?**

Just complete a registration form. Membership is open to all employees and students within Hywel Dda University Health Board and you can borrow from all five of our libraries.

### **Books**

Our catalogue NHS Wales LibrarySearch is available online at:  
<http://nhs-wales-library-search.cardiff.ac.uk>

Use NHS Wales LibrarySearch to search for print & online material held in NHS Wales Hospital Libraries and manage your library account.

Books on this catalogue held by other NHS Wales hospital libraries & Cardiff University can be borrowed free of charge and sent to one of our five libraries for collection.

### **Out of Hours Borrowing & Returning**

Most of our libraries are open 24/7, speak to staff at your local library to find out how to gain access. Out of hours, you can return books by dropping them into the 'Book Return' bin. To borrow a book, simply fill in a Self-Issue Loan Form.

### **Renewals**

You can renew your books by simply calling in, emailing or giving us a call. You don't need to bring your books in with you!

Alternatively, you can renew borrowed items online using NHS Wales LibrarySearch. Contact your local library for details on how to do this.

### **Journals**

Health Board libraries take a wide range of journals to support clinical work, CPD and research. Print titles are for reference only.

The NHS Wales e-library for Health allows direct access to thousands of online journals via the NHS network.

At home, you can login with a Health Board OpenAthens account. This account is free to all library users, apply using the link on the e-library for Health homepage:

<http://howis.wales.nhs.uk/siteplus/878/home>

Speak to a member of Library staff if you experience difficulties with this.

If you're having difficulty obtaining journal articles, just ask, the chances are we can use other sources to get them for you.

### **Computer Access**

Our libraries all have computers connected to the Health Board network, loaded with Microsoft software. Wi-Fi access is available in all five libraries.

### **Scanning, Photocopying & Printing**

The library printers/scanners produce colour and black & white copies. The provisions of our Copyright license are displayed so you can make sure you stay within the law.

Check with your local library for printing arrangements.

### **Keeping Up to Date**

HDUHB Libraries can provide regular, targeted, personalised evidence updates to staff, based on their specific professional interests. Subject-specific bulletins can also be produced. Ask Library staff about registering for our KnowledgeShare current awareness service.

### **Training & Support**

Library staff are here to help, if you have an information query just ask!

Librarian expertise and knowledge can help to increase your ability to find, search and retrieve, navigate, organise and evaluate evidence.

Training sessions to improve information literacy skills can be arranged on a one-to-one basis.

### **E-Resources**

We have a range of e-resources to support your clinical practice and studies, ask your Library staff for details.

The NHS Wales e-library gives access to e-journals, databases and Point of Care tools such as Dynamed Plus. Access these from <http://wales.nhs.uk/siteplus/878/home>, direct access via the NHS network, OpenAthens login from home.

Find Library information on the Intranet:

[bit.ly/HywelDdaLibraries](http://bit.ly/HywelDdaLibraries)

[www.nhswls.org](http://www.nhswls.org)

## **Contact Information:**

### **Bronglais Hospital**

Shelley Williams

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01970 635806

### **Prince Philip & Glangwili Hospitals**

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Kerry Rees

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01267 229754

### **Withybush Hospital**

Helen Francis

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01437 773723

Hywel Dda Health Board Website:

<http://www.hywelddahb.wales.nhs.uk/>

The Wales Foundation School website:

<https://foundation.walesdeanery.org/>

The Wales Foundation School email:

[foundationschool@cf.ac.uk](mailto:foundationschool@cf.ac.uk)