

Wales Foundation School  
**Hywel Dda Local Health Board**  
Information Pack



# Wales

The Smart Choice

Medical Training/Careers in Wales

**Bronglais General Hospital**  
**Withybush General Hospital**  
**West Wales General**  
**Prince Philip Hospital**

Wales Deanery  
for Postgraduate Medical  
& Dental Education



NHS  
WALES  
GIG  
CYMRU



### **Profile**

Hywel Dda Health Board was established formally on the October 2009. It combines the former Carmarthenshire NHS Trust, Pembrokeshire and Derwen NHS Trust and Ceredigion NHS Trust and covers the South-West Wales and a large part of Mid Wales. The HB has approximately 9837 staff working in 4 District General Hospitals:

**Bronglais General Hospital in Aberystwyth**

**Glangwili General Hospital in Carmarthen**

**Prince Philip Hospital in Llanelli**

**Withybush General Hospital in Haverfordwest**

There are 15 Mental Health and Learning Disability facilities, 8 Community Hospitals and 14 Health Centres

### **Population served by the LHB**

The Hywel Dda Health Board covers the counties of Ceredigion, Pembrokeshire and Carmarthenshire, serving at least 372,320 residents.



## **Bronglais General Hospital**

### **Bronglais General Hospital, Aberystwyth, Ceredigion**

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. Bronglais Hospital is on the Aberystwyth town's circular bus route and is served by the town's park and ride service.

## **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 is currently being 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 is often opportunities for teaching in small groups at bedsides.

### **Counselling and Support**

Support in confidence may be obtained in the first instance through the Postgraduate Centre 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 nights out. There is a fully equipped kitchen, games facilities and comfortable seating. Subs paid by members provide SKY television, 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 shop in Outpatients Department which sells beverages, newspapers, sandwiches and snacks. This is open during the daytime.

### **Parking**

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

### **Library / IT facilities**

All employees of Hywel Dda Health Board, including temporary staff, are eligible to use the library, which is accessible between 8.00am - 11.00pm everyday. Resources available include books, journals, multimedia and access to e-learning resources. Items not in stock locally can be obtained from other libraries or accessed electronically via the NHS Wales network or the internet. Self-service printing/copying/scanning facilities are available to all library users for a small charge. Expert assistance is available from professional librarians who will provide library induction sessions and assistance with literature searching upon request.

### **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. 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. The leisure centre has activities for people of all ages, including a soft play area for toddlers and children.

### **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: Morrisons, 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, Evans, New Look, Burton, various independent retailers / boutiques.

Banks and Building Societies: Lloyd's, HSBC, NatWest, Barclays, Alliance & Leicester, Nationwide, Halifax and Abbey.

Other retailers: Argos, Poundland, Laura Ashley, In Store, Charlie's, plus an array of independent retailers and charity shops.

Restaurants / Food outlets: Wetherspoons, 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. We'll take you there at Induction. The Treehouse is also a very popular organic food store with a restaurant above.

## **Useful links / information –**

<http://www.aberystwyth.org.uk>

## **Pictures of Aberystwyth**

<http://www.wales360.co.uk/ceredigion/?page=4>



### **Profile – Carmarthenshire**

Hywel Dda HB (Carmarthenshire Division) is responsible for Foundation Trainees based at Glangwili General 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 173,000 people. It primarily serves the residents of Llanelli and Carmarthen towns as well as the surrounding areas.

### **Support for Foundation Doctors**

Dr Neil Mo, Foundation Programme Director and Karen Evans, Foundation Programme Manager, based at Prince Philip Hospital, Llanelli, are responsible for supporting the Foundation Trainees in the 2 hospitals in the Carmarthenshire Division of Hywel Dda HB.

Dr Mo and Karen Evans will provide you with information and training to assist you with your assessment and appraisal requirements to ensure progression through your medical career, and supporting 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 Postgraduate Centres.

An induction will be organised at the start of your posts which will welcome you to the HB and provide you with everything you will need to help and support you at the start of your career. Departmental induction will also be provided for each post in your rotation. 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.

Libraries at both Prince Philip and Glangwili Hospital are very well stocked, and staff will provide you with support to aid your learning and development. The libraries hold a comprehensive collection of medical texts, with over 130 periodicals. The inter-library lending is part of a national and international network enabling books and articles to be obtained from other libraries. A wide range of medical databases and full-text journals are available through HOWIS.



The Libraries at Prince Philip Hospital and Glangwili General Hospital operate in harmony, sharing resources and expenditure as far as possible. The aim is to use both library stock and staff to provide the best possible service to all employees of the Carmarthenshire Division, regardless of their location.

Occupational Health Services is available for the benefit of all HB 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 new Ffos Las Racecourse is only 20mins from the hospital. A large out of town shopping centre is approximately 2miles from the hospital. The new East Gate development will be open shortly housing the new Odeon 610-seat digital five-screen 3D experience cinema.



Prince Philip Hospital is a busy, modern well-equipped district general hospital opened in May 1990. There are 220 acute and elective inpatient beds which support General Medicine, elective General Surgery, elective Orthopaedics and Urology. There is a combined medical/surgical 6 bedded ITU/HDU with facilities for ventilating 5 patients, along with a dedicated CCU. A Central Treatment Suite with provision for a maximum of 40 patients provides surgical day case theatre, endoscopic suite and palliative care facilities. There are 3 operating theatres. There are state of the art diagnostic imaging facilities including multi-detector CT and MRI scanner, the majority of films and x-ray reports are now available via the PACS on-line x-ray system. A newly opened £7million Breast Unit provides the very best diagnostic and treatment services with the most advanced equipment including 3 dimensional mammography.





The Emergency Medicine Department has a 3 bay resuscitation room, 5 treatment areas, plaster room, theatre and recovery suite, triage area, children's play area, relatives facility and is equipped with 'state of the art' monitoring and computerised patient record system. Attendances at the Department are approximately 40,000 per annum. The hospital also has a fully equipped CDU and SSU.

## **Facilities for Foundation Doctors**

### **Clinical Skills Laboratory**

A purpose built laboratory is situated adjacent to the Postgraduate Centre. This provides training in the procedures laid out in the Foundation Curriculum. Multi-disciplinary simulation training is organised using Metiman.

### **Accommodation**

A residential block is situated within the grounds of the hospital. The block has shared accommodation along with 21 flats for married people. The shared accommodation has private bedrooms, with shared kitchen, toilet and bathrooms. Utility bills are included. Monday to Friday cleaning (excluding bank holidays) of the shared accommodation. Wi-Fi available free of charge for F1s.

### **Doctors Mess**

There is a newly built mess with 3 computers (with internet access), TV and pool table. A microwave, fridge and a supply of drinks are available in the small kitchen. A small monthly subscription is required.

### **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

Glangwili General Hospital is situated in the county town of Carmarthen on the River Towy. 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 the largest acute District General Hospital in South West Wales incorporating 350 beds. In addition to Carmarthenshire, the hospital provides many inpatient services for patients in Pembrokeshire and Ceredigion.

The hospital provides a comprehensive range of inpatient, day case and outpatient facilities, and is the centre for emergency admissions for the Carmarthenshire Division of Hywel Dda HB.

There is a 9 bedded ITU, 8 bedded HDU and a Cardiac Care and Pacing Unit. There are 6 theatres including dedicated theatres for ophthalmic, obstetric and laminar flow theatre and a renal dialysis unit. There are day surgical facilities with 23 beds, 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. A new CDU will open in September 2012.



## **Facilities for Foundation Doctors**

### **Accommodation**

The accommodation is situated within the Junior Doctors 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 are 2 communal kitchens and a lounge with Sky TV and a DVD player, along with a patio area. There are also 13 houses and flats both on and off site for married people.

### **Doctors Mess**

As well as the facilities mentioned above, the Junior Doctors Mess has 'wireless' access and there is a small contribution to the cost of this. There is an active hospital social life revolving around the mess with many activities organised by the Junior Doctors.

### **Catering**

The Restaurant serves a variety of hot meals, cold buffet, vegetarian and low calorie meals, snacks and beverages. There are 2 drinks vending machines and also a vending machine with limited sandwiches, fruit and snacks available out of hours. Panini's can be ordered after 2 pm until supper time. Sandwiches and tea and coffee are also available between these times.

### **Parking**

There is car parking provided in a controlled area adjacent to the mess. All staff must display a parking permit and parking is free. If unable to park in the area adjacent to the mess staff must park in the designated staff car parking areas.



**Post Descriptions 2012-13  
Prince Philip Hospital**

General Medicine / Gastroenterology	Dr Ian Rees	Good general medical exposure. Well supported, busy post. Exposure to multidisciplinary team working. Participation in audits and hospital teaching meetings. Exposure to common gastrological problems.
Rheumatology	Dr Neil Mo	An opportunity to gain general Rheumatology experience including the assessment and management of patients with inflammatory arthritis, autoimmune connective tissue diseases and vasculitis. Procedural skills will also be developed including joint aspirations and therapeutic joint and soft tissue injections". The role of the multidisciplinary team will also be appreciated during this post.
Emergency Medicine	Dr Michael Jones	Good experience in history and examination techniques. Excellent experience in emergency management of medical, surgical and trauma cases. Supported at all times. No night duty. Half day weekly teaching. Participation in Audit.

General Medicine / Care of the Elderly	Dr Andrew Haden	Interesting and varied job combining acute medical intake, stroke medicine and rehabilitation. Opportunity to attend clinic and day hospital. Ward and emergency work. Keen emphasis on bedside teaching. Weekly departmental teaching.
General Medicine / Diabetes & Endocrinology	Dr Meurig Williams / Dr Sam Rice	Good general medical exposure and specialist outpatient clinics. We offer the benefits of a small and friendly DGH in conjunction with state-of-the-art therapeutic and technological approaches as well as strong university and research links.
General Surgery (Breast) incorporating Breast Histopathology/Anatomy and Breast/General Radiology	Mr Simon Holt	Specialist breast surgery. Excellent opportunity to be involved in multi-disciplinary management of a common cancer. This includes exposure to breast imaging, surgical management including reconstruction, oncology and psychological support.



General Medicine / Cardiology	Dr Philip Avery / Dr Lena Izzat	Broad experience in ward work and general medicine. Experience of dealing with cardiology patients. Opportunities for presenting at hospital teaching.
General Medicine / Respiratory	Dr Robbie Ghosal	Unselected general medical intake, under supervision. Increased general medical experience in the clinical assessment and management of acutely ill patients. Gain experience in respiratory conditions and their management, and radiological investigations. Attend lung cancer and sleep clinics. Undertake Audit.
Anaesthetics / ITU	Dr Mohamed Esmail	The trainee will be offered exposure in anaesthetics, general and regional. Exposure to ITU. Regular teaching in various topics such as airway management, blood gases, pain therapy, acute and chronic cases. Theatre opportunities. Participation in Audit.

### Prince Philip/Glangwili Hospital

General Medicine / Care of the Elderly	Dr Granville Morris	Emergency and selective take with broad range of medical admissions. Exposure to multi-disciplinary team working. Weekly departmental teaching.
Haematology	Dr Saran Nicholas	Establish excellent history taking, examination and record keeping in a wide variety of haematology and oncology conditions including the management of haematological and oncology emergencies. Weekly DVT/anticoagulant clinic. Twice monthly MDT Weekly bed side teaching Introduction to laboratory haematology Participation in audit No on calls
Emergency Medicine	Dr Michael Jones	Good experience in history and examination techniques. Excellent experience in emergency management of medical, surgical and trauma cases. Supported at all times. No night duty. Half day weekly teaching. Participation in Audit.



General Medicine / Respiratory	Dr Philip Kloer / Dr Keir Lewis	Unselected general medical intake, under supervision. Increased general medical experience in the clinical assessment and management of acutely ill patients. Gain experience in respiratory conditions and their management, and radiological investigations. Attend lung cancer and sleep clinics. Undertake Audit.
General Medicine / Haematology / Palliative Care	Dr Ray Majer	Working as part of the multidisciplinary team in Ty Bryngwyn Hospice. Opportunity to improve communication skills, whilst dealing with terminally ill patients. As well as working in haematology / palliative care the trainee will be involved in the medical on-call rota.
General Surgery	Mr Ken Harries	General surgical post with a specialist interest in GI surgery. Ward based and bedside teaching. 1 in 8 emergency general surgical take for team.

### Glangwili Hospital

General Medicine / Care of the Elderly	Dr S K Gupta	Good exposure to learning experiences in unselected acute medical emergencies. Opportunities to work as part of a multidisciplinary team. Learn the principals of rehabilitation and stroke medicine, and Parkinson's disease. Undertake, under supervision, common diagnostic procedures relevant to day-to-day working. Close supervision from senior members of the team. Able to participate in an active education programme. Participate in Audit and learn the principals of research.
General Surgery	Mr Adrian Locker	Experience with regards to day-to-day management of surgical patients, including common cardiac procedures. Opportunity to carry out procedures under supervision. Attend regular teaching sessions.
Emergency Medicine	Mr Jeremy Williams	Good experience in history and examination techniques. Excellent experience in emergency management of medical, surgical and trauma cases. Supported at all times. No night duty. Half day weekly teaching. Participation in Audit.



General Medicine / Diabetes & Endocrinology	Dr Atir Khan	Acute medical on-call with non-selective take. Variety of medical emergencies such as myocardial infarction, asthma, stroke, diabetic ketoacidosis. Learning about acute and chronic care of patients with diabetes and endocrine problems.
General Medicine / Cardiology	Dr Eiry Edmunds / Dr Adrian Raybould	General medical post, specialising in cardiology. Improve history and examination skills, and patient management. Improve in ECG interpretation.
General Surgery	Mr Ken Harries	General surgical post with a specialist interest in GI surgery. Ward based and bedside teaching. 1 in 8 emergency general surgical take for team.

General Medicine / Respiratory	Dr Carol Llewellyn- Jones / Dr Gareth Collier	General medical post with a specialist interest in patients with respiratory diseases. Acute medical experience whilst on call.
General Surgery	Mr W G Sheridan	General Surgeon with a special interest in Colorectal Surgery. 80% of elective workload is colorectal. Member of Colorectal MDT team. 1 in 8 emergency general surgical take for team. F.1 is an integral part of a strong team comprising Consultant, Associate Specialist, SpR and CT. Welcome and encouraged to attend theatre.
Anaesthetics / ITU	Dr I Otahal	There are 2 aspects to this post – 1 ITU and 1 theatre based anaesthesia. In ITU there are opportunities for managing very sick patients every day. Basic skills in airway management of unconscious patients will be learnt in anaesthetics. Specialised techniques include spinal anaesthesia and insertion of more invasive vascular line. In addition, regular departmental teaching as well as geriatric teaching sessions.



# Wales

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General Medicine / Gastroenterology	Dr I Salam / Dr Dafydd Bowen	Responsible for the care of the gastrointestinal patients which will provide an excellent opportunity to acquire procedure based skills. Exposure if desired to participate in endoscopy procedures.
ENT	Mr M Jaramillo	An exciting 4month rotation in ENT with initial management of common and emergency procedures. Educational opportunities. <b>Trainee comment</b> "Lots of hands on!"
General Surgery	Mr Mark Henwood	Wide variety of surgical problems, specialising in upper GI surgery and laparoscopic. Advanced Endoscopy, Theatre opportunities, opd clinics. Opportunities to see unusual presentations. 1 in 8 emergency general surgical take for team.

General Medicine / Care of the Elderly	Dr A Gupta	Elderly care medical posting with a variety of medical problems, including complex clinical scenarios and co-morbidity. Decisions about resuscitation. Opportunities to improve your communication skills and team working. Educational Supervisor is involved in several National Audits and F1 will have the opportunity to participate in these.
Anaesthetics / ITU	Dr Anthony Laxton	There are 2 aspects to this post – 1 ITU and 1 theatre based anaesthesia. In ITU there are opportunities for managing very sick patients every day. Basic skills in airway management of unconscious patients will be learnt in anaesthetics. Specialised techniques include spinal anaesthesia and insertion of more invasive vascular lines. In addition, regular departmental teaching as well as geriatric teaching sessions.
Obstetrics & Gynaecology	Dr Roopam Goel	The post allows exposure to Obstetrics and Gynaecology and Special clinics such as Colposcopy, Hysteroscopy, Urogynaecology, Early pregnancy problems. There is ample opportunity to understand gynaecology problems and how to manage them by attending clinics, theatre, ward round. Also it allows to fulfill the training needs, with good supervision. Labour ward gives opportunity to do cannulation, understand fluid management, resuscitation through skills and drills. There is structured teaching in the Department on a weekly basis and daily tutorials for the medical students. There is enough support and supervision provided by the mentoring scheme which at the same time allows independent working conditions.





### **Profile – Pembrokeshire**

Pembrokeshire has a population of approximately 118,000 which increases significantly during the tourist season. Withybush hospital is located in the county town of Haverfordwest, with a population of approximately 11,000. Haverfordwest is within close proximity to the Pembrokeshire Coast National Park which boasts some of the most spectacular scenery, diverse wildlife and fascinating history in Britain.



### **Living in Pembrokeshire**

Pembrokeshire offers something for everyone with stunning scenery, breathtaking landscapes, and excellent opportunities for relaxation and outdoor activities. The County has over 50 beaches, renowned for their golden sands and crystal clear waters. It can boast eight Blue Flag beaches and has more Green Coast award winning rural beaches than any other area in Wales.

### **Withybush General Hospital**

Withybush General is a 308 bed hospital, known for its friendly and welcoming atmosphere. The “family” feel of the hospital means that foundation doctors feel well supported.

The opportunities available in a small hospital like Withybush are extensive and foundation doctors can find themselves being involved in cases they would never have expected, and learning procedures normally undertaken by more senior grades. This gives a greater sense of responsibility for and involvement with patients.

The hospital has a full pathological and radiological service and an Intensive Therapy Unit. The beds are allocated as follows:



HDU	Others	4
ITU	Others	3
SCBU	Others	7
Ward 7	Medicine	30
Ward 1	T&O	23
	A&E	1
Ward 3	Surgery	30
Ward 4	Gynaecology	10
	Surgery	20
Ward 9	Paediatrics	15
Cardiac step down	Medicine	6
Acute Stroke Unit- ASU	Medicine	8
Ward 10	Oncology	20
Ward 11	Medicine	10
Ward 12	Medicine	30
Coronary Care Unit	Medicine	6
Maternity	Obstetrics	20
ACDU	Surgery	3
	Medicine	14
PCDU (Paeds Asu)	Paediatrics	4
St Caradog	Mental Health - Adult	16
St Non	Mental Health - Adult	14
Community Support Unit	Surgery	3
	T&O	3
	Medicine	8

### **The Withybush Foundation Programme**

The results of the PMETB Junior Doctor Survey which was conducted in 2008, the then Pembrokeshire and Derwen NHS Trust had a total of 12 green flags for their foundation programme, showing performance in those areas which was above the national average. This constituted more green flags than any other Trust in Wales. (The Deanery recognises any site with 5 or more green flags as a very positive result). Of particular note, scoring highly with both F1s and F2s was educational supervision and compliance with European working time directives. Handover, adequate experience and hours of education also met or exceeded the National average.

Mr D Sanyal 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 Mr Sanyal on 01437 773866 or Helen Francis Foundation Programme Co-ordinator 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 SimMan. 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 hours availability which increases the opportunity to practice when timetabled to work nights/ or weekends (pre-arranged through the clinical skills tutor).

For the past two 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 doctor's 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 8 Consultant Physicians and their special interests are:

- Elderly Medicine/Strokes x 2
- Chest x 2
- Gastro x 2
- Diabetes and Endocrinology
- Cardiology

There are 6 F1 posts and 1 F2 post in Medicine. There is 1 F1 post and 1 F2 post in Palliative Medicine/Oncology. The F1 in Palliative Medicine is involved in the surgical on call rota. All are contracted for approximately 48 hours per week on a full shift rota.

### **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.

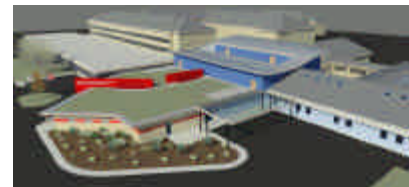
Capital allocation of nearly £4m from the Welsh Assembly Government has supported two new operating theatres that became operational in May 2010. These theatres are situated above the new A&E development providing improved access from A&E direct to Theatre.

### **Accident and Emergency Department**

A new £8.75m state of the art Emergency and Unscheduled care centre was opened in May 2010. This centre is bringing together existing hospital emergency care, community and out of hours primary care providers with social and voluntary care to provide a single service that works 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 currently 2 F2 posts and 1 F1 post in A&E. They are contracted for approximately 42 hours on a full shift rota.

### **Department of Trauma & Orthopaedics**

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

- Spinal
- Knees
- Hips
- Foot and ankle
- General

There are 2 F2 posts in T&O which are contracted for approximately 50 hours per week on a full shift rota.

### **Department of Obstetrics & Gynaecology**

The O & G Department has a total of 5 Consultants with special interests in:

- Fertility
- Colposcopy & minimal access surgery
- Labour ward management
- Urology
- Psychosexual medicine

There is 1 F2 post in O&G. This post is contracted for approximately 43 hours per week on a full shift rota. The F2 doctor participates fully in the first on call rota with resident middle grade staff, allowing for direct supervision of clinical procedures. There is a departmental teaching afternoon each Friday afternoon. This consists of a rolling programme of Multidisciplinary Perinatal Morbidity meeting, Labour Ward Forum, Journal Club, Departmental Audit presentations, trainee lead learning topics and skills and drills. F2 doctors are encouraged to complete an audit, and previous F2s have submitted posters based on these to national meetings

### **Department of Paediatrics**

The Paediatric department has 4 Consultants and 1 locum Consultant with special interests in:

- Cystic fibrosis
- Asthma/Allergies
- Autism
- Gastroenterology
- Endocrinology
- Nephrology
- Neurology



➤ **Diabetes**

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

**General Practice**

There are 2 F2 posts in General Practice. 1 based at St Thomas Surgery in Haverfordwest and the other based in Robert Street Surgery 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 application 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. Both 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.

**Rota Information**

Rota Information for Foundation Year 1 Posts:

**Emergency Medicine:**

Full Shift rota, 48 hour compliant  
7 Doctors on rota  
1A/50% pay banding

**Integrated Medicine:**

Full Shift rota, 48 hour compliant  
16 Doctors on rota  
2B/50% pay banding

**General Surgery:**

Full Shift rota, 48 hour compliant  
6 Doctors on rota (including Palliative Care F1)  
1B/40% pay banding

**Facilities**

**Withybush Doctors Mess**

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

**Hospital Mess**

The Hospital Mess is off the main corridor and is the perfect place to escape from the wards. It was extensively refurbished in 2007. Large comfortable sofas await you as does a large flatscreen TV with freeview, internet access, daily newspapers, tea and coffee making facilities along with toast, biscuits and other snacks.



### **Pembroke County Mess**

Over the road on the Ground Floor of the Pembroke County Residence is the Pembroke County Mess. Extensively redecorated early in 2009 it consists of four main areas:

**Sitting Room:** a calm, quiet area to relax after work with large leather sofas, dining table, flatscreen TV with Sky and a Surround Sound DVD player.

**Games room:** With ping-pong, table football and stereo.

**Bar:** Kitchen area with high stools for relaxing with a drink.

**Patio:** Added in 2007 we now have a sheltered patio area so the party can continue out of view of the patients!

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. The only downside is that someone needs to be responsible 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 recently upgraded and this renovation is ongoing. Carpets were recently 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 provided.

### **The Library**

The Library Services team are always keen to support the education and continuing professional development of healthcare professionals working and training in the Pembrokeshire area. A wide range of resources are available in a pleasant environment, as study and the search for evidence based information is promoted and encouraged.



## Social Life

The social life here is second to none. Firstly, a lot of the doctors live on site, which adds to the community feel. Also, having fun here is very much a multi-disciplinary team event! There are no divisions between the professions and departments; a regular night out would include nurses, physiotherapists, dieticians, the porters, people from the lab, some of the guys from medical records, all sorts!



There is much 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 minutes 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, coasteering, sailing, snorkelling and fishing. For land lovers activities involve 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, wavepool, and outdoor and indoor spas and water flumes. It provides entertainment regardless of the weather.

Last but not least, a day trip to the 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.





**Rotations available at Withybush Hospital**

General Medicine/ Respiratory Medicine	Dr T Lewis	<p>Experience in ward work in respiratory and General medicine Experience in acute medicine in the on-call rota Weekly Departmental Teaching MDT Meetings</p> <p><b>Trainee Comments</b> <b>Variety of formal and informal learning opportunities</b> <b>Clear clinical supervision and guidance</b> <b>Approachable senior colleagues</b></p>
General Surgery/Breast	Mr W Maxwell	<p>Ward Work in general Surgery Experience of Breast Clinics Experience of emergency and elective surgery Weekly Departmental Teaching MDT Meetings</p> <p><b>Trainee Comments</b></p> <p><b>Good general experience of surgical conditions and their management</b> <b>Good experience of the multi disciplinary team</b> <b>Very supportive team, always available to ask for advice</b></p>
General Medicine/Cardiology	Dr N Jowett	<p>Experience in General medicine with a special interest in cardiology Weekly Cardiology clinics Weekly departmental teaching Experience in the on call rota</p> <p><b>Trainee Comments</b> <b>Got to watch and manage a lot of Cardiology patients in terms of acute and chronic basis</b></p>



<p>Elderly Medicine/ Stroke</p>	<p>Dr C James</p>	<p>Experience in ward work in General Medicine, elderly medicine, stroke          Experience in acute medicine in the on call rota          Weekly clinics          Weekly Departmental teaching          Exposure of multi-disciplinary team working  <b>Trainee comments</b>   <b>I was given enough freedom to be able to make clinical decisions and learn from my actions, but always had senior help when and if needed.          I was given lots of support and encouragement by the whole team</b></p>
<p>General Surgery/ Colorectal</p>	<p>Mr J Mathias</p>	<p>Experience in ward work and general surgery.          Experience of emergency and elective surgery          Weekly Departmental Teaching          MDT Meetings</p>
<p>General Medicine/Gastroenterology</p>	<p>Dr A Vaishnavi</p>	<p>Ward work in general medicine.          Clinical experience of gastroenterology in-patients and Medical day unit.          Weekly departmental teaching          MDT Meetings  <b>Trainee comments</b>  <b>Lots of teaching and discussion, always able to approach senior members of the team.          I really enjoyed this as my first medical post as there was lots of help available, and in addition to the general acute take patients there was the opportunity to be involved in caring for gastro specific patients.</b></p>



Emergency Medicine	Dr S Purthayaska	<p>The Emergency Department provides a wide range of exposure to all acute medical, surgical and paediatric emergencies.</p> <p><b>Trainee Comments</b>  <b>The availability of senior supervision 9-5.</b>  <b>The opportunity to learn about referring a patient to other specialties.</b>  <b>The opportunity to learn how to manage acutely ill patients</b>  <b>The opportunity to see a variety of cases, not just one specialty (ie medical + surgical + orthos + O&amp;G + paedS )</b></p>
Elderly Medicine/ Stroke	Dr A El Shaboury	<p>Experience in ward work in General Medicine, elderly medicine, stroke  Experience in acute medicine in the on call rota  Weekly clinics  Weekly Departmental teaching  Exposure of multi-disciplinary team working</p> <p><b>Trainee comments</b>  <b>A wonderfully welcoming team - offer guidance and support through-out.</b>  <b>Good teaching opportunities including presenting to the whole department.</b>  <b>Opportunity to work with Medical Students and try to guide/help them.</b></p>
General Surgery/Colorectal	Mr A Burns	<p>A general surgical post. Experience of emergency and elective surgery. Weekly departmental teaching. MDT Meetings</p> <p><b>Trainee comments</b>  <b>There was plenty of opportunity to go to theatre if I wanted and many different conditions were seen when on-call. I even got to go to out-patient clinic, see patients, dictate and sign the letter to the GP (under Consultant supervision).</b></p>



<p>General Surgery/Colorectal</p>	<p>Mr O Umughele</p>	<p>A true general surgical experience within this sub specialty in colorectal surgery with an emphasis on development of minimal access techniques, laparoscopy and endoscopic intervention. Experience of emergency and elective surgery Weekly Departmental Teaching MDT Meetings</p> <p><b>Trainee comments</b> <b>Close supervision by consultant who is very 'hands-on'; he has a ward presence and knows his patients very well. the team (towards the latter part of the 4 months) worked very well together and had a good team dynamic. the locum SHO and Reg were very approachable and never hesitated to offer help when needed. the specialist colorectal work as well as acute general admissions provided a range of patients for learning opportunities. the department was very friendly and there was a particularly good rapport between junior trainees which worked well during busy times allowing us sometimes to distribute work or help each other out</b></p>
<p>Palliative Medicine</p>	<p>Dr A Barnes</p>	<p>Experience in ward work in Palliative medicine and oncology Weekly Departmental teaching MDT Meetings</p> <p><b>Trainee Comments</b> <b>Many opportunities to gain experience in a range of clinical areas from highly skilled staff. Continuous discussion about patients and their changing needs to facilitate best management plans. Was really made to feel a part of the Multidisciplinary team involve in patient care.</b></p>



# Wales

The Smart Choice

Medical Training / Careers in Wales

<p>General medicine/ Diabetes and Endocrinology</p>	<p>Dr P Underwood</p>	<p>Experience in ward work in general medicine with special interest in Diabetes and endocrinology Weekly teaching MDT Meetings Weekly clinics</p> <p><b>Trainee comments</b> <b>An excellent team to work with and I developed a very healthy and sound relationship with team members, nursing staff, physiotherapist, ward clerks, HCAs, dietician and pharmacist- I had a wonderful time in medicine although I was pretty scared of cardiac arrest calls in the beginning but later on I guess I got used to it and everybody was helpful and supportive and I was never left alone though we had an absence of a middle grade in our own team for a two month period. The Consultant himself was very helpful and he always made sure that I was not left alone and was very easily accessible whenever I needed any help.</b></p>
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# Wales

## The Smart Choice

Medical Training/Careers in Wales

visit us at: [www.doctorstrainingwales.tv](http://www.doctorstrainingwales.tv)

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Hywel Dda Health Board website:  
<http://www.hywelddahb.wales.nhs.uk/>

**The Wales Foundation School website:**

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