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

Wrexham Maelor Hospital Foundation Programme



@PostgradEast

WHY WREXHAM MAELOR?

Starting work as a foundation doctor can be both an exciting and daunting time. Choosing where to apply to work during the foundation programme can be a big part of this process. Here at Wrexham Maelor hospital, we believe that we provide the ideal environment for you to have a happy and successful start to your medical career.

As a reasonably sized district general hospital, we serve a large population in North-East Wales. As a student, you may have experienced tertiary centres with their obscure and rare cases. One of the advantages we feel working in a DGH offers is a steady stream of general medical and surgical cases. Here at the Maelor, one of the positive things our foundation doctors regularly tell us is that they are able to follow cases through and become comfortable managing common pathologies.

We are fortunate here in Wrexham to have friendly, welcoming staff who make our new doctors feel welcomed and valued. This, coupled with our proximity to Manchester, Liverpool and Chester means that our foundation trainees have a great experience both professionally and socially.



The Wrexham Medical Institute is the education centre which covers both the undergraduate, postgraduate departments as well as the John Spalding Library

FOUNDATION JOBS AVAILABLE

FY1

<i>Urology*</i>	<i>Gastroenterology*</i>	<i>General Surgery *</i>
Diabetes and Endocrinology	Multispecialty	Colorectal Surgery
Cardiology	Multispecialty	GI Surgery
Respiratory	Multispecialty	Colorectal Surgery
Gastroenterology	Multispecialty	GI Surgery
Cardiology	Multispecialty	Breast Surgery
Respiratory	Multispecialty	Colorectal Surgery
Renal	Multispecialty	Vascular Surgery
Diabetes and Endocrinology	Multispecialty	Colorectal Surgery

*Academic FY1 Post

More information on the multispecialty posts can be found overleaf.

FY2

Renal	Emergency Medicine	Trauma and Orthopaedics
Paediatrics	Obs & Gynae	ENT
GI Surgery	Psychiatry	Ophthalmology
Respiratory	Emergency Medicine	Elderly Medicine
Paediatrics	General Practice	Psychiatry
Elderly Medicine	Urology	Trauma & Orthopaedics
Cardiology	General Practice	Elderly Medicine

THIRD STRAND/MULTISPECIALTY

At Wrexham Maelor Hospital, we have an innovative and flexible third-strand system in place for F1 jobs.

Your first year of work as a doctor will usually consist of three jobs each of four months durations; at least one of these jobs must be in medicine and another in surgery. In many hospitals across Wales and the rest of the UK, all three jobs are allocated at the start of the year as part of a fixed rotation, as listed on FPAS.

Here at the Maelor, we take a different approach. The essential medical and surgical jobs for each F1 post are as listed on the foundation programme website. However, the 'third-strand' jobs are intentionally unspecified and this is intended to give F1s as much flexibility choice as possible. We believe that this is a real jewel in the crown of the hospital and is a very attractive option for junior doctors.

please note that this does not apply to academic F1 posts; due to their nature, all three academic rotations are predetermined due to a dedicated academic parent specialty

An example rotation may be:

Surgical Post	Third-Strand Post	Medical Post
(August–December)	(December–April)	(April–August)
General Surgery	Emergency Medicine	Renal Medicine

If you decide that Wrexham is somewhere you would like to work, once you have been allocated your F1 job. You will be contacted by the the Foundation Administrator to list your top three preferences for your third strand job.

The lists of jobs available change from year to year. Therefore please ensure you contact either the Wales Foundation School or the local Foundation team for an up to date list of the third strand jobs available.

For the 2019-20 intake of F1s, all applicants were allocated either their first or second choice rotation, from the options overleaf.

Below we've provided some of the previously collected feedback to give you a flavour of what previous cohorts have thought of the specialties on offer.

Acute Medicine

Far greater exposure to high numbers of admissions in comparison with other medical jobs. Busy medical team with exposure to lots of patients. Well supported with plenty of seniors to ask questions if unsure

Anaesthetics

Fantastic placement, including a vast amount of hands-on experience. Direct consultant/senior anaesthetist teaching time occurs every day in theatre. This rotation was exceptionally fulfilling both clinically and academically, where I learnt many transferable skills which will help me in the future

Emergency Medicine

Varied, stressful environment at the forefront of patient care. Always an opportunity to learn something new and never a dull day. Well protected environment for a newly qualified doctor. Always had senior member of the team to ask advice, lots of on the job teaching/hands on experience available. Staff are very friendly and helpful and always offer constructive feedback.

Paediatrics

Diversity of experience in a busy department, supportive Registrars. Plenty of opportunities to develop own clinical practice, lots of hands on experience, supportive seniors (especially registrars) protected teaching time, allocated teaching slots, simulation teaching. Highly knowledgeable and supportive nursing staff

Obstetrics and Gynaecology

Varied skills that were learnt – had time in theatres, labour ward, clinic, assisting Caesarian sections, ward work and on-calls. Very supportive team. Protected teaching time and opportunity to attend meetings, journal clubs, and also to try out an audit.

Care of the Elderly

Shared responsibilities in the team alongside the SHOs gave me a boost in confidence and my clinical practice. The team and lead consultants were very supportive and available at all times. Very good approachable, enthusiastic senior team members, always encouraging. Good teaching and learning opportunities and flexibility to pursue areas of particular interest.

****The above specialties may be subject to change in order to cover service needs**

WORKING AT WREXHAM

Medicine

In medicine, the normal working day is between 9am and 5pm. The day usually consists of a consultant / registrar-led ward round each morning with general ward work in the afternoon. Most medical teams have their own wards on which you will be based.

All F1s working in medicine will be placed on the on-call rota. This is a general medical rota, and is not-specialty specific. The on-call F1 is usually responsible for clerking new-admissions in the A&E / Medical Assessment Unit (MAU).

On our rota, the on-call day is from 9am to 9.30pm, and you are mostly on call with your team (SHO, Registrar). The current commitment is an on-call every 6 days. For example, if you are on call on Tuesday of one week, you will be on call Monday the following week.

During your four month medical job, you will also be expected to spend 2 weekends on call. One of these will be a standard on call (9am—9.30pm) where you are responsible for the new admissions. However, the other will consist of ward work and will be 9am-5pm (the timings of this shift may vary). There are always two medical F1s on-call.

You will also be expected to undertake one stint of nights. The good news is, this comes with a week off built into the rota! Nights begin with Friday—Sunday nights 9pm to 9am. Then a week off, followed by Monday to Thursday nights.

The typical week in medicine is shown below. In this example, your team have been on call at the weekend;

	Monday	Tuesday	Wednesday	Thursday (On Call)	Friday
AM	Post-Take Ward Round*	Ward Round	Ward Round	Ward Round / Clerking	Post-Take Ward Round*
PM	General Ward Work	General Ward Work	General Ward Work	Clerking / Ward Work	General Ward Work

Surgery

In surgery, the normal working day starts slightly earlier and is from 8am to 5pm. The ward rounds are usually shorter, and if all ward jobs have been completed, the F1 may be asked to attend clinics or assist in theatre, or may have opportunities for self-directed study.

The on-call commitment is similar to that in medicine, and one F1 is usually on-call from 8am to 6pm. However, a second F1 is usually on the evening on-call (4:30pm—11pm) and will take over the bleep when they start work.

There are no night shifts in Surgery

The evening F1 is not expected to come in during the day. During weekdays, the on-call F1 is responsible for clerking GP admissions to the Surgical Assessment Unit. As with medicine, you will usually undertake 2 weekends on-call whilst on a surgical job. This will usually be 8am to 9pm on both the Saturday and Sunday. In addition to GP referrals, the F1 will also be responsible for carrying out ward jobs which have been handed over to the weekend team. There is usually only one weekend F1 for surgery as the weekend workload is generally lighter.

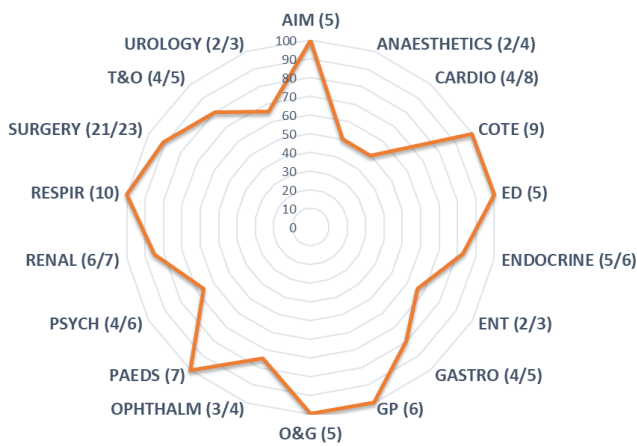
On surgery, you will also be placed on the arrivals rota. During your shifts on arrivals, you will undertake necessary blood tests and write the drug charts for elective surgical admissions for that day.

This is a slightly earlier start, and you will usually arrive at 7:30 to prepare the patients for the morning list. Once the jobs are done, you will return to your team and return to the arrivals lounge at 11am to take care of the afternoon patients. You will usually be done by midday. You are not expected to clerk the patients.

Arrivals usually takes the place of surgical on call, so you will either have a week with an arrivals shift or a week with an on-call shift, never both.

FEEDBACK FROM FOUNDATION TRAINEES

We compiled feedback from the post assessment forms filled by FY1 and FY2 trainees in 2019. As you will see from the figure, many specialties had been rated uniformly highly. Even for those where scores were not uniformly high, there had been a wealth of highly positive feedback.



Proportion of respondents stating that **"I would unreservedly recommend this job to a student/F1 trainee"**. In brackets numbers of respondents (AIM – acute internal medicine; COTE – Care of the Elderly).



ACCOMMODATION

As with all Hospitals throughout the Wales, guaranteed accommodation is provided free of charge for all F1 doctors at Wrexham Maelor.

The accommodation is located within the main hospital site, but is situated across the road from main clinical buildings in a designated residential area.

Most of the flats are home to five F1s who share a beautifully refurbished kitchen, bathroom, and toilet room and an amply-sized lounge. Each lounge has a free-view television.

Shared laundry facilities are located within Bron-Y-Nant site although the newly refurbished flats will have their own washing and drying facilities and there is free car-parking on site.

Each of the bedrooms are well-sized and look out onto a garden area. They are also equipped with generous storage space, a single bed and a desk. Each room also comes with a built-in sink and running water facilities.

***Please note, couples and family accommodation is also available upon request although space may be limited.**



For more information on what accommodation is available please get in contact with the local accommodation team;

Jane Jenkins - jane.jenkins@wales.nhs.uk

01978 725406

WREXHAM AND THE SURROUNDING AREA

Wrexham is ideally located in North East Wales, in easy reach of a number of locations locally and nationally. We are the largest settlement in the area, and many residents commute into Wrexham from the local area for work.

Situated on the A483, we are connected directly by road to the North of England and South Wales. We are approximately a 45 minute drive from Liverpool, 1 hour from Manchester, 1 hour 30 minutes from Anglesey and 3 hours from Cardiff. There are a number of other major roads which pass close by and are easily accessible.

Wrexham has the luxury of two train stations, both of which are a 10 minute walk from the hospital. Wrexham Central provides a small number of services to Merseyside and the Wirral. The larger Wrexham General provides regular services to Holyhead, Newport, Cardiff, Birmingham, Chester, London Euston and Shrewsbury amongst other destinations.

The larger Eagles Meadow plays home to a number of fashion and retail outlets, including Next, Topshop, River Island, Debenhams, H&M and many, many more. Most shops are open until 5:30pm on weekdays, and until 7:00pm on Saturdays. Eagles Meadow also hosts an Odeon cinema, as well as tenpin-bowling.



If you had a more relaxed pace in mind, why not pay a visit to the nearby Pontcysyllte Aqueduct. Internationally renowned as a World Heritage Site, the Aqueduct carries the Llangollen canal and was built in 1805 by Thomas Telford. The iron channel which carries canal boats has a walkway on one side only, with a sheer 126ft drop on the other side. It can be a nerve-wracking experience crossing the aqueduct, but one which is worth it for the outstanding views of the surrounding valley!

Although there is a vast array of activities in Wrexham to keep you occupied, you may wish to venture further afield and explore the surrounding area.



Wrexham is ideally located close to the city of Chester, and is in easy reach of the major cities of Liverpool and Manchester. Many of the current F1s visit Chester on a regular basis. Surrounded by it's world-famous walls, the city began life as a Roman settlement, and ruins of many of the original buildings can still be seen today.

There are many shopping facilities available for the avid shopper, and many restaurants call Chester home, ideal for the food fans amongst you. All of this set amongst the numerous medieval buildings. The main streets in Chester have an interesting layout, with 2 rows of shops/outlets/eateries set one above the other in the famous "rows".

WHAT OUR STAFF THINK?

“Welcome to Wrexham Maelor! I’m a Consultant Pediatrician with a faculty role of overseeing the delivery of a high quality Foundation Training Programme at Wrexham Maelor Hospital

I see my role as supporting you in achieving the best possible clinical experience and educational environment. Every week, I will have dedicated time to meet with you. You will find a supportive and warm community at Wrexham which will help you to get the best out of your placements at any specialty”



Dr Art Abelian
Foundation Programme Director

“The first two years of being foundation doctor can often be nerve racking, my job is to hopefully downplay those nerves by offering all the necessary support. There can be highs and lows in any new job but we hope that as a result of our closely-knit team no issue becomes a problem and as a foundation doctor you’ll have the best possible training environment.



Mr Kieran Owen
Foundation Administrator

FOR MOR INFORMATION...

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