



## The trainees experience

*"The work of a trainee in chemical pathology and metabolic medicine is interesting and varied and being a small specialty means that you get to know your colleagues well. We are a happy bunch of professionals that support each other and work together well as a team. Our clinical work is well supervised which enables effective learning."*

**ST4 Trainee**

## A consultant's experience

*"My job includes clinical and laboratory work as well as time for teaching and research. There is no average day and the work is varied and challenging. However, it is rewarding and I will be home in time this evening to spend time with my family and prepare for tomorrow when I have a busy clinic which will include assessment of a patient with recurrent cardiovascular events due to hyperlipidaemia and a lady who has had problematic hypoglycaemia following bariatric surgery."*



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# Useful Contacts:

**Health Education & Improvement Wales**  
<https://heiw.nhs.wales>

**Email:** [HEIW.recruitment@wales.nhs.uk](mailto:HEIW.recruitment@wales.nhs.uk)

**Royal College of Pathologists**  
[www.rcpath.org](http://www.rcpath.org)

**Joint Royal Colleges of Physicians  
Training Board (for Metabolic Medicine)**  
[www.jrcptb.org.uk/](http://www.jrcptb.org.uk/)

**Association for Clinical Biochemistry**  
[www.acb.org.uk](http://www.acb.org.uk)

 [https://twitter.com/HEIW\\_NHS](https://twitter.com/HEIW_NHS) [https://](https://www.facebook.com/HEIW.NHS)

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## A CAREER IN:

# Medical Biochemistry (Chemical Pathology) and Metabolic Medicine



October 2019

Find out more about  
Medical Careers in Wales  
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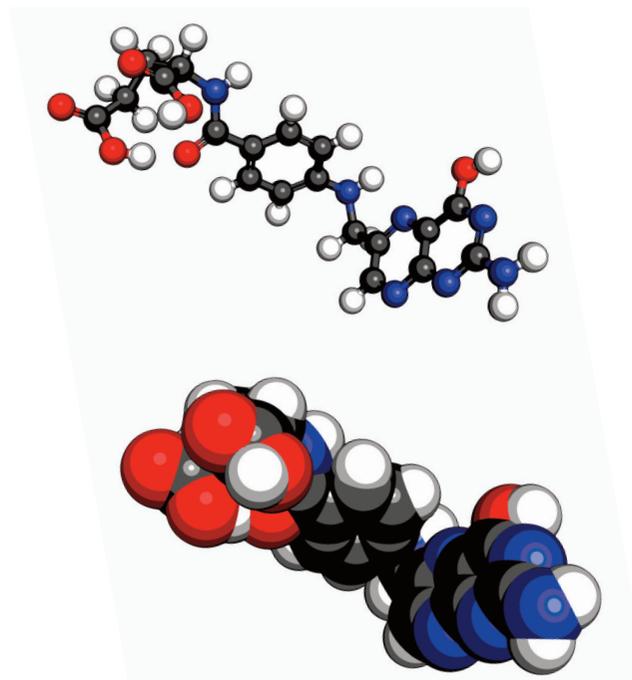


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## Medical Biochemistry (Chemical Pathology) and Metabolic Medicine in Wales

Medical biochemistry and metabolic medicine (also known as Chemical Pathology) is a very rewarding career which is centred on the biochemical diagnosis, monitoring and management of disease. Although based in hospital laboratories, there is a strong emphasis on direct patient care through leading clinical services for disorders in which there are metabolic disturbance and also advising other healthcare workers on interpretation of biochemical results and further investigation. Entry onto the training programme is either at ST1 (Chemical Pathology only) or ST3 (Chemical Pathology and Metabolic Medicine) which requires ascertainment of MRCP or equivalent.

If you enjoy working as part of a team of clinical and scientific professionals as well as the challenge of dealing with biochemistry of health and disease on a day-to-day basis, this is the career for you.



Training in Medical Biochemistry/Metabolic Medicine takes place predominately in Cardiff at both the University Hospital of Wales and the Llandough University Hospital, with an opportunity to experience District General Hospital working during the later stages of training. Trainees will spend time in each of the clinical areas (lipid disorders, diabetes, metabolic bone disease, nutrition, renal stones and inborn errors of metabolism), mainly through attendance at specialist clinics.

### Taster Sessions

We encourage trainees to arrange a taster session to help decide whether to apply for our training programme. If you can't spend a week, then even one or two days would be beneficial. The training programme director and your educational supervisor can help you arrange this.

## Notable achievements in Wales

The specialty training programme is consistently well rated in the GMC Trainees Survey with trainees reporting very high satisfaction. The Department and Health Board have a very wide repertoire of assays and clinical services which means that our training programme can all be delivered locally. This includes national (Familial Hypercholesterolaemia Service, Newborn Bloodspot Screening, Down's Screening) and UK wide services (Porphyria Service). However, recent trainees have also successfully completed Out of Programme training at nationally recognised centres delivering highly specialised services such as Inherited Metabolic Disease and bariatric surgery.

We have a strong scientific basis which allows trainees to experience small and medium size research projects, either in the Department or in collaboration with other researchers in the University. All trainees undertake a dissertation as part of their professional exams (Fellowship of the Royal College of Pathologists) and these are invariably of a very high standard. Our trainee success rate at completing College Exams at the first attempt is 100% over the past 5 years.

Consultant job prospects are excellent- all recent trainees have successfully found consultant or Clinical Senior Lecturer jobs within months of completing their training.

## Workforce Information

The department at Cardiff and Vale UHB consists of 5 Medical Consultants, 3 Consultant Scientists who are supported by a team of Biomedical Scientists, Clinical Scientists and administration and support staff in a dedicated laboratory area. There are 4 specialist registrar posts and Less Than Full-Time training is supported and accommodated.



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