

Hywel Dda University Health Board

Foundation Programme Year 1

Updated: [September 2020]





Welcome to West Wales

West Wales provides a wonderful lifestyle opportunity, each of our major sites in Hywel Dda are in coastal areas with beautiful beaches and spectacular mountains within easy reach. Exciting leisure pursuits such as surfing, mountain biking, fishing, sailing, hiking and walking are all available in this locality, famous for its outstanding natural beauty.

The Health Board serves a total popular of around 385,615 throughout the counties of Carmarthenshire, Ceredigion and Pembrokeshire.

Working at Hywel Dda University Health Board

The Health Board links with Aberystwyth, Swansea, Cardiff and Bangor Universities, as well as having a good working relationship with the National Library of Wales. Many of our Consultants are affiliated Lecturers, Senior Lecturers and Associate Professors.

Knowledge and Library Services

Hywel Dda University Health Board Library & Knowledge Services offer a wide range of resources, both print and online, and services to all Health Board Staff, Trainees and Students on placement.

Each Library is managed by a qualified Librarian and our friendly and knowledgeable staff are here to support your information needs for patient care, education, quality improvement and research.





Llanelli

Llanelli is approx 10 miles West of Swansea and 12 miles South East of Carmarthen and has a population of around 35,000.

Rugby fans will adore residing in a town which has a proud rugby tradition, and have Parc y Scarlets on their doorstep.
Outdoor enthusiasts will enjoy the Millennium Coastal Path and the WWT Llanelli Wetland Centre. Historic houses and castles are also within a short drive. There is a world class Nicklaus designed golf resort on the edge of town.





Trostre Retail Park provides a modern shopping experience, comprising a wide range of high street stores and eating outlets. Llanelli town centre is also well served by a variety of high street stores and many independent shops and cafes.



For your entertainment, there is the five screen Odeon cinema and Theatre-Elli-Llanelli Entertainment Centre, which hosts a wide variety of shows. Good public transport links put events elsewhere in South Wales within easy reach.



Prince Philip Hospital



Prince Philip Hospital is located on the outskirts of Llanelli, in easy reach of the M4 motorway and coastal relief road. The hospital is on bus routes, including a link from the railway station.

Benefiting for a new 'front of house' investment, the

hospital has an Acute Medical Assessment Unit and Minor Injuries Unit. The hospital provides comprehensive General Medicine services, Elective General Surgery, Urology and Orthopaedic services.

Trainees and Medical Students have access to a fully functioning Clinical Skills Lab. There is also a programme of simulated patient scenarios.

Prince Philip Hospital / Llanelli area has achieved excellence in:-

- The Wellness and Life Science Village at Delta Lakes, Llanelli, is part of ARCH (A Regional Collaboration for Health) in partnership with Swansea Bay University Health Board. The initiative covers the whole of South West Wales and will benefit a million people.
- A Rapid Access Lung Cancer clinic
- State of the art Breast Unit

All trainees are encouraged to participate in the Quality and Safety Agenda by undertaking Clinical Audits and Quality Improvement Projects.

Hospital Provided Accommodation

All Foundation Doctors in Wales are offered free hospital accommodation for the duration of their Foundation Year 1.

In the unlikely event that there is no accommodation available, there is a possibility of you being able to claim expenses.



Below we have briefly outlined the accommodation that is available within this Health Board:-

- The accommodation for Foundation doctors is sited in the designated residential blocks which are in close proximity to the hospital and Medical Education Centre.
- Single rooms are provided, but there are some flats for married accommodation which may be available to rent, subject to availability.
- Each block has flats with four bedrooms sharing a kitchen and bathroom. Some rooms have en-suite wc and showers.
- There is a carpark for residents' use on the hospital site.
- The Doctors Mess has Sky TV, Wifi and a kitchen area. There is a monthly charge to cover the facilities.
- The Accommodation Officer are Susan Davies (<u>Susan.Davies16af2e@wales.nhs.uk</u>) and James Whitehead (<u>James.d.Whitehead@wales.nhs.uk</u>)





Rotations – Master List

August 2021 to July 2022

The Programmes we have to offer are summarised below and detailed on the following pages.

There are three vacancies per Programme (a, b and c) that will undertake the listed placements each in a different order.

F1 posts at Prince Philip Hospital

Programme	Placement 1	Placement 2	Placement 3
FP/015	General Medicine /	Emergency Medicine	Rheumatology
Α	Gastroenterology		
В	Emergency Medicine	Rheumatology	General Medicine /
			Gastroenterology
С	Rheumatology	General Medicine /	Emergency Medicine
		Gastroenterology	
FP/016	General Medicine /	Breast Surgery	General Medicine /
Α	Diabetes		Care of the Elderly
В	General Medicine / Care	General Medicine /	Breast Surgery
	of the Elderly	Diabetes	
С	Breast Surgery	General Medicine /	General Medicine /
		Diabetes	Diabetes
FP/017	General Medicine /	General Medicine /	Anaesthetics (with
Α	Cardiology	Respiratory	on-call at Glangwili)
В	Anaesthetics (with on-	General Medicine /	General Medicine /
	call at Glangwili)	Cardiology	Respiratory
С	General Medicine /	Anaesthetics (with on-	General Medicine /
	Respiratory	call at Glangwili)	Cardiology
FP/018	General Medicine / Care	Haematology	Emergency Medicine
Α	of the Elderly		
В	Emergency Medicine	General Medicine /	Haematology
		Care of the Elderly	
С	Haematology	Emergency Medicine	General Medicine /
			Care of the Elderly
FP/023	General Medicine /	General Surgery	Palliative Care /
Α	Respiratory		Haematology
В	Palliative Care /	General Medicine /	General Surgery
	Haematology	Respiratory	

000	CYMRU	Addysg a Gwella lechyd Cymru (AaGIC) Health Education and Improvement Wales (HEIW)
	WALES	I Improvement Wales (HEIW)

С	General Surgery	Palliative Care /	General Medicine /
		Haematology	Respiratory
FP/006	Urology	General Medicine /	General Medicine /
Α		Care of the Elderly	Gastroenterology
В	General Medicine /	Urology	General Medicine /
	Gastroenterology		Care of the Elderly
С	General Medicine / Care	General Medicine /	Urology
	of the Elderly	Gastroenterology	

Important Information

The placements and post descriptions provided are intended as a guide to inform applicants only. This does not form part of an employment contract and the Health Board reserves the right to alter any placements in line with requirements.

Programmes can change at short notice and banding may be amended. Please see the Wales Foundation School website for confirmation of any changes to our Programmes.



The following posts are located at Prince Philip Hospital, Llanelli. Some rotations are at Glangwili Hospital, Carmarthen as indicated.

Placement Details

General Medicine /	Prince Philip Hospital, Llanelli
Gastroenterology	
Programmes:	FP/015
Band 1B 40%	Rota is 1:20

This post offers the opportunity to be part of a friendly and dynamic team of gastroenterology consultants, Dieticians and specialist nurses. The trainee will have the opportunity to have exposure to, and be involved in the active management of a wide range of luminal and hepatology related conditions that are seen as an in-patient in Prince Philip Hospital including complex inflammatory bowel disease, Decompensated liver disease, Gastrointestinal malignancies and advanced nutritional related pathologies. The trainee will benefit from regular consultant ward rounds and bed side teaching that will build knowledge and clinical reasoning. All members of the team are encouraged to seek out educational opportunities in particular attending outpatients to both observe and see patients themselves. Specialist clinics run regularly in PPH including complex IBD, Liver disease comprising of viral hepatitis and post liver transplant follow up alongside general gastroenterology referrals. There will also be an opportunity to attend the endoscopy department to observe both Upper and lower Gastrointestinal endoscopy which will include therapeutics, and all trainees are expected to complete the attachment being competent in performing abdominal paracentesis. Alongside their usual ward duties the junior doctor will also be part of the general medical rota and have the opportunity to see acutely unwell medical patients being admitted to the acute medical assessment unit while being a part of the Medical emergency Team (MET) and attending acute stroke thrombolysis calls.

Educational Meetings:	Daily
	Consultant Ward Rounds
	Weekly
	F1 Teaching
	Med Meeting
	Monthly
	Whole Hospital Audit Meetings held
	regularly
Educational & Clinical	Dr lan Rees
Supervisors:	



Emergency Medicine	Glangwili General Hospital, Carmarthen
Lineigency Wedicine	
Programmes:	FP/015
Band 1A 50%	Rota is 1:3
The assessment and management of both minor and major presentations to the	
Emergency Unit under on-site Clinical	Supervision. Trainees will be involved in RCEM
audits, care of children and Cognitive	Assessment in the Elderly.
Educational Meetings:	Daily
	Weekly
	F1 teaching
	Emergency Department teaching
	Monthly
	Whole Hospital Audit Meetings held
	regularly

Rhuematology	Prince Philip Hospital, Llanelli
Programmes:	FP/015
Band 1B – 40%	Rota is 1:7

Dr Lakshman Nangalia

Educational & Clinical

Supervisors:

This post will introduce the doctor to the full range of rheumatological disorders through attending 4 outpatient clinics per week, the rheumatology day unit and seeing ward referrals with one of the 3 rheumatology consultants. There will be the opportunity to develop specialty specific procedural skills such as therapeutic intramuscular, intraarticular injections, and soft tissue injections depending on the preference of the doctor. Blood results from clinics will be the responsibility of the doctor to check daily and any unexpected abnormal results can be discussed with the clinician who last saw the patient in clinic. There will be time to become familiar with drug counselling and monitoring, prescreening investigations for DMARDs and biologic therapies and to develop knowledge about chronic disease management. IT skills can be developed through the use of our electronic patient record and communication skills, by the doctor seeing patients in clinic and then presenting their findings to the consultant who will then see the patient with the doctor. There will be time during the week for a quality improvement activity, or case study to be done. There is an on call medical rota commitment and engagement with weekly junior doctor teaching, journal club and grand rounds will be encouraged.

Educational Meetings:	Daily
	Consultant Ward Rounds
	Clinics
	Weekly
	FY1 Teaching
	Med Meeting
	Grand Round



	Monthly
	Whole Hospital Audit Meetings held
	regularly
Educational & Clinical	Dr Jayne Evans
Supervisors:	

General Medicine / Diabetes and Endocrinology	Prince Philip Hospital, Llanelli
Programmes:	FP/016
Band 1B 40%	Rota is 1:20

The working day starts at 8.45 am with a Ward Round, comprising all team members and ward work / chasing results and reviewing patients. Urgent test results to be handed over to the evening team. There is opportunity to undertake Audit and Quality Improvement Projects in addition to Journal Club participation. Trainees have opportunity to attend Diabetes and Endocrine clinics.

Educational Meetings:	Daily
	Consultant Ward Rounds
	Weekly
	Med Meeting
	F1 Teaching
	Grand Round
	Monthly
	Whole Hospital Audit Meetings held
	regularly
Educational & Clinical	Dr Akhila Mallipedhi
Supervisors:	

General Medicine/Care of the	Prince Philip Hospital, Llanelli
Elderly	
Programmes:	FP/016
Band 1B – 40%	Rota is 1:20

Caring for in-patients under the team on our 2 wards (ward 1 and ward 9) plus any outliers from on-calls. These patients are under the care of 2 Consultants (Drs Haden and Sheehan) There are some opportunities for clinic attendance as well as experiencing community care home project work depending on in-patient workload

Educational Meetings:	Daily
	Consultant Ward Round
	Weekly



	WALES I Improvement wates (HEIW)
	Med Meeting
	FY1 Teaching
	Grand round
	Department Meeting
	Monthly
	Whole Hospital Audit Meetings held
	regularly
Educational & Clinical	Dr Andrew Haden
Supervisors:	

Breast Surgery	Prince Philip Hospital, Llanelli
Programmes:	FP/016
Band 1B 40%	Rota is 1:7 Surgical on call commitment at
	Glangwili General Hospital, Carmarthen

The FY1 will be working in the breast unit in Prince Philip Hospital. This will comprise of patients being admitted for elective breast surgery. Most of the procedures will be for diagnosed Breast Cancer patients with a minority being related to Cosmesis. The Junior Doctor will be expected to be in the ward by 8am and be part of the Ward Round. They will be involved in pre-assessing patients prior to the surgical procedure. They will also be expected to attend theatre to assist in the basic resectional breast surgical operations, and to attend clinics in which new patients with a breast problem are assessed. They will present in at least 2 journal clubs on a Tuesday morning and complete one audit. There will be no on-call commitments related to breast surgery. The ususal working day ends at 4:30pm.

Educational Meetings:	Daily
	Consultant Ward Round
	Clinc
	Weekly
	Med Meeting
	FY1 Teaching
	Grand round
	Academic meeting
	Monthly
	Whole Hospital Audit Meetings held
	regularly
Educational & Clinical	Mrs Saira Khawaja
Supervisors:	



General Medicine / Cardiology	Prince Philip Hospital, Llanelli
Programmes:	FP/017
Band 1B 40%	On Call Rota is 1:20

The team is led by two consultants and consists of two Specialty doctors, 1 x IMT, 1 x Clinical Fellow an FY2 and FY1 trainee.

Juniors are expected to attend 4 consultant-led ward rounds per week and one middle grade led ward round. The patient mix is predominantly cardiology and general internal medicine.

Our foundation doctors together with the team, will look after a total of 24 patients on the general cardiology ward but also be involved in the care of 4 patients on CCU. Foundation doctors currently attend a daily ward round in the new ACS treat and repatriate bay catering for acute cardiac patients across the Health board awaiting invasive management at the Morriston Cardiac Centre. This is a very valuable teaching opportunity within the setting of urgent cardiology.

Plans for a full-time ANP to support the foundation/ junior doctors are in place and imminent.

Foundation doctors will be carrying out daily tasks such as core bedside procedures, completing electronic medication take homes and discharge summaries. We have at least two teaching rounds per week where foundation doctors are encouraged to present and discuss cases.

The on-call commitment is 1:20 with prospective cover, the foundation doctors will have a mix of on-call responsibilities between clerking patients through the acute medical admissions unit for a largely unselected medical take to providing general ward cover. The foundation doctors are always supervised by a middle grade and consultant during on-call. Trainees are encouraged to attend cardiology clinics, non-invasive and invasive cardiac investigation lists for their own interest and education.

At least two of our ward rounds per week are teaching ward rounds as described. Juniors will present cases themselves and a discussion will follow regarding the diagnosis and management. We have weekly cardiology team meetings where juniors will choose and present topics for discussion.

Educational Meetings:	Daily
	Consultant Ward Rounds
	Weekly
	Med Meeting
	FY1 Teaching
	Grand Round
	Department Teaching
	Monthly
	Whole Hospital Audit Meetings held
	regularly



Educational & Clinical	Dr Lena Izzat
Supervisors:	

Anaesthetics	Prince Philip Hospital, Llanelli
Programmes:	FP/017
Band 1B 40%	Rota is 1:7 Surgical on call commitment at
	Glangwili General Hospital, Carmarthen

Trainees participate in on call at Glangwili Hospital, Carmarthen.

A 4 month placement in ITU and Anaesthetics. The post is completely supernumerary and will be directly supervised throughout their stay with us by a Consultant Anaesthetist and/or a Middle Grade. The candidate will be exposed to day-to-day services in ITU, including admission, management of critically ill patients, exposed to various types of ventilation and invasive monitors. Also will be rotating through main theatres to be exposed to Anaesthetic Management of elective patients of various specialties in Orthopaedics, General Surgery and Breast Surgery. The candidate will be exposed to learning the airway management, induction and emergence of anaesthesia and will also be exposed to different types of pain management in recovery.

Educational Meetings:	Daily
	Theatre
	ITU
	Weekly
	Med Meeting
	FY1 Teaching
	Grand Round
	Monthly
	Whole Hospital Audit Meetings held
	regularly
Educational & Clinical	Dr Mohammed Esmail
Supervisors:	

General Medicine / Respiratory	Prince Philip Hospital, Llanelli
Programmes:	FP/017
Band 1B 40%	Rota is 1:20

The Ward 3 patients are split between the three Respiratory Consultants, taking into account the sub specialty interests, but the team is shared and looks after the whole ward. Within the role you will be involved in managing patients with respiratory failure, including non-invasive ventilation on the ward. You will also be managing patients with pleural disease including a variety of chest drains. Competency training in NIV is led by

our senior respiratory nurse specialist. Pleural procedures should be learned in the skills lab in postgraduate department, and training is led by our registrars and teaching fellows. When time permits junior doctors are encouraged to attend pleural clinics on Monday afternoons to have the opportunity to learn pleural aspiration and chest drain insertion skills

Educational Meetings:	Daily
	Consultant Ward Rounds
	Weekly
	Med Meeting
	FY1 Teaching
	Grand Round
	Respiratory Department Teaching
	Monthly
	Whole Hospital Audit Meetings held
	regularly
Educational & Clinical	Dr Mark Andrews
Supervisors:	

General Medicine / Care of the	Prince Philip Hospital, Llanelli
Elderly	
Programmes:	FP/018
Band 1B 40%	Rota is 1:20

Trainees will treat mainly unselected emergency Medical intake with continuing care of the majority of patients seen.

Daily continuing care of acute Medical patients and Stroke rehabilitation ward. 1:3 care of emergency Stroke patients cover (on rota) of rehabilitation ward.

Trainees will develop necessary basic skills including history taking, examination, bedside practical procedures, management of complexity, Stroke and special interest of movement disorders. A busy DGH GIM/COTE Foundation post allowing development of necessary basic skills including history taking, examination, bedside practical procedures, management of complexity, stroke and special interest.

Educational Meetings:	Daily
	Consultant Ward Rounds / Junior Doctors
	Ward Rounds
	Weekly
	Med Meeting
	FY1 Teaching
	Grand Round
	Department Teaching
	Monthly



	Whole Hospital Audit Meetings held
	regularly
Educational & Clinical	Dr Granville Morris
Supervisors:	

Emergency Medicine	Glangwili General Hospital, Carmarthen
Programmes:	FP/018
Band 1A 50%	Rota is 1:3
The assessment and management of both minor and major presentations to the Emergency Unit under on-site Clinical Supervision. Trainees will be involved in RCEM audits, care of children and Cognitive Assessment in the Elderly.	
Educational Meetings:	Daily
	Weekly
	F1 teaching
	Emergency Department teaching
	Monthly
	Whole Hospital Audit Meetings held
	regularly
Educational & Clinical	Dr Lakshman Nangalia
Supervisors:	

Haematology	Glangwili General Hospital, Carmarthen
Programmes:	FP/018
Band 1B 40%	Rota is 1:22

The F1 doctor is part of a team which includes two consultant haematologist, associate specialist, staff grade doctor, an F2 doctor and a haematology specialist nurse. Consultant led ward rounds occur every Monday and Thursday. The team also has responsibility for day case patients attending for chemotherapy, blood and blood product transfusions in the chemotherapy unit and day hospital.

Educational Mastings	Deily
Educational Meetings:	Daily
	Ward Rounds
	Day Hospital
	Weekly
	Medical Meeting
	FY1 Teaching
	Monthly
	Whole Hospital Audit Meetings held
	regularly



Educational & Clinical	Dr Saran Nicholas
Supervisors:	

General Medicine / Respiratory	Prince Philip Hospital, Llanelli
Programmes:	FP/023
Band 1B 40%	Rota is 1:20

The Ward 3 patients are split between the three Respiratory Consultants, taking into account the sub specialty interests, but the team is shared and looks after the whole ward. Within the role you will be involved in managing patients with respiratory failure, including non-invasive ventilation on the ward. You will also be managing patients with pleural disease including a variety of chest drains. Competency training in NIV is led by our senior respiratory nurse specialist. Pleural procedures should be learned in the skills lab in postgraduate department, and training is led by our registrars and teaching fellows. When time permits junior doctors are encouraged to attend pleural clinics on Monday afternoons to have the opportunity to learn pleural aspiration and chest drain insertion skills

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Educational Meetings:	Daily
	Consultant Ward Rounds
	Weekly
	Med Meeting
	FY1 Teaching
	Grand Round
	Respiratory Department Teaching
	Monthly
	Whole Hospital Audit Meetings held
	regularly
Educational & Clinical	Dr Mark Andrews
Supervisors:	

Haematology and Palliative	Prince Philip Hospital, Llanelli
Care	
Programmes:	FP/023
Band 1B 40%	Rota is 1:7

Haematology:

The FY1 Doctor is part of a team which includes a Consultant Haematologist, and FY2 Doctor and a Haematology Specialist Nurse. Inpatients are seen daily on a Consultant led ward round. The team also has responsibility for



day case patients attending for chemotherapy, blood and blood product transfusions in the chemotherapy unit and day hospital.

Palliative Care:

The Palliative Care service includes a Consultant, Associate Specialist, Registrar and FY2 and has a 7 bedded hospice on site. The team also do regular ward rounds providing advice on medical inpatients. There are excellent learning opportunities to gain the competencies necessary for the FY1 year. Procedures that can be learnt, other that the core competencies, include Bone Marrow biopsies, PICC and Hickman line removals. There is also the opportunity to gain exposure to laboratory services including blood

film and bone marrow reporting.

mm and bone man our reporting	
Educational Meetings:	Daily
	Consultant Ward Rounds
	Weekly
	Medical Journal Club
	FY1 Teaching
	Grand Rounds
	Respiratory Department Teaching
	Monthly
	Whole Hospital Audit Meetings held
	regularly
Educational & Clinical	Dr Rhian Fuge
Supervisors:	

General Surgery Colorectal	Glangwili General Hospital, Llanelli
Programmes:	FP/023
Band 2B 50%	Rota is 1:10

This post offers rounded experience in General and Colorectal surgery across the breadth of speciality. The post also provides experience in assessment and management of emergency surgical and Critically III Surgical patients. Under clinical and educational supervision of experienced consultants, the doctor will have opportunities to achieve appropriate competencies and is encouraged to participate in Service Improvement Projects.

Post-holder is part of 5 FY1 doctors supported by ANPs, F2/CTs and Registrars under close supervision of Consultants. The work pattern comprises a combination of normal day, Day and Night On-calls on a fully compliant rota.

^{*}Post-holder could be required to work across GGH and PPH to optimise their training experience.

[^] The rota is being reviewed and could be updated prior to commencement of the post.



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Educational Meetings:	Daily
	Ward rounds
	Theatre
	MDT Prep
	Weekly
	FY1 Teaching
	Surgical Lunchtime Teaching
	Monthly
	Whole Hospital Audit Meetings held
	regularly
	Monthly Departmental M+M
Educational & Clinical	Mr Pawan Rao
Supervisors:	

Urology	Glangwili General Hospital, Llanelli
Programmes:	FP/006
Band 1B 40%	Rota is 1:6

Trainees will participate in Ward Rounds and presentation of new admissions, seeing acute Urological admissions and review scans, with opportunity learn about investigations and treatment of Urological cases. Trainees will perform male and female catheterisations on the ward and attend Urology CNS led clinics, insert cannula and perform blood cultures and learn how to look after emergency admissions under supervision. Trainees will clerk acute and elective cases, provide discharge summary letters and undertake ward work.

dedice and elective cases, provide discharge sammary letters and undertake ward work.		
Educational Meetings:	Daily	
	Ward Rounds	
	Weekly	
	FY1 teaching	
	MDT discussion for continuity of care	
	Monthly	
	Whole Hospital Audit Meetings held	
	regularly	
Educational & Clinical	Mr Mahmoud Shafi	
Supervisors:		

General Medicine / Gastroenterology	Glangwili General Hospital, Llanelli
Programmes:	FP/006
Band 1B 40%	Rota 1:22



The FY1 doctor is generally ward based during the working day, providing medical care of inpatients. During this placement, trainees will build on their knowledge of General Medicine and Gastroenterology conditions, assess problems and manage acutely unwell patients including liver complications / failure, GI bleeding and assisting with practical procedures. Duties include clerking, ordering investigations, checking progress of patients, chasing reports, maintain patient's medical record and drug charts.

Educational Meetings:	Daily
	Ward Rounds
	Weekly
	Medical Meeting
	FY1 Teaching
	Monthly
	Whole Hospital Audit Meetings held
	regularly
Educational & Clinical	Dr Dafydd Bowen
Supervisors:	

General Medicine / Care of the	Prince Philip Hospital, Llanelli
Elderly	
Programmes:	FP/006
Band 1B – 40%	Rota is 1:20

Caring for in-patients under the team on our 2 wards (ward 1 and ward 9) plus any outliers from on-calls. These patients are under the care of 2 Consultants (Drs Haden and Sheehan) There are some opportunities for clinic attendance as well as experiencing community care home project work depending on in-patient workload

nome project work depending on in-patient workload	
Educational Meetings:	Daily
	Ward Rounds
	Weekly
	Med Meeting
	FY1 Teaching
	Grand round
	Department Meeting
	Monthly
	Whole Hospital Audit Meetings held
	regularly
Educational & Clinical	Dr Andrew Haden
Supervisors:	