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# Swansea Bay University Health Board

## Singleton Hospital

### Foundation Programme Year 1/2

Updated: August 2020



*Above: View from Singleton Hospital*



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# Welcome to Swansea Bay

## Swansea Bay University Local Health Board

The city of Swansea sits on the beautiful South Wales coast and is the second largest city in Wales, incorporating the Mumbles and the Gower Coast.

The facilities of Swansea Bay University Health Board are situated amongst an area of outstanding natural beauty. Just 15 miles from Singleton Hospital you will find Rhossili Bay which has been voted in Trip Advisors top ten beaches in the world.



The coastline offers many prospects for adventures including walking, surfing, sailing and paragliding.

In the heart of Swansea city you will find many shops, restaurants, cinemas and bars attracting people from all around the city. Swansea is home to Wind Street which is renowned for its stretch of entertainment and bars.

Singleton General Hospital is ideally situated overlooking Swansea Bay and surrounded by the vast green spaces of Singleton Park on one side and national sport facilities on the other including the National Swimming Pool, a gym, a running track as well as hockey, rugby, and football pitches.



The hospital can be easily accessed from the promenade that stretches along the seaside connecting Mumbles to the city centre, with beautiful views for a commute to work. In addition to the gorgeous outdoors there are areas within Swansea such as Mumbles and the Uplands which offer independent boutiques, starred restaurants and world famous Joe's Ice Cream parlour.



From Mumbles past the moorland of Cefn Bryn, the Gower Peninsula features a chain of superb beaches and magnificent cliffs extending along the south coast for 22km.



The 'Doctor's Mess' for Singleton organises social events for those who work in Singleton to explore and enjoy Swansea.



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## About Singleton

Singleton Hospital is a general medicine hospital with approximately 330 beds and hosts a range of services including: Acute Assessment; Acute Medicine; Care of the Elderly; Gastroenterology; Respiratory; Haematology; Oncology; Diabetes and Endocrine; Cardiology; Ortho-geriatrics; High Dependency Unit; Surgical Unit.

It also provides a regional, Consultant-led maternity unit, Palliative Care and Neonatal Intensive Care.

Other services include Ophthalmology, Ear, Nose and Throat. There is also an acute GP unit.

In all departments of this friendly and happy hospital there are:

- Strong educational faculties
- Supportive learning environment for both learners and educators
- Reflective learning environment
- Strong focus on patient safety



The South West Wales Cancer Institute and a separate Chemotherapy day unit are also situated at Singleton, along with an iconic Maggie's Centre located in its grounds.

Bone marrow transplants are performed by the Haematology service.

Singleton Hospital will be undergoing significant change over the next few years. The ultimate vision is Singleton playing a key part as an innovative health campus offering 21st century services, care and values. An important part of this is the continuing development of ambulatory care – services where patients get faster access to treatment without needing overnight stays.



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## **Singleton Hospital 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 not available accommodation available, you will be able to claim expenses for this period instead.

Singleton hospital accommodation is onsite and offers single rooms in block style accommodation.

The accommodation comprises a single lockable room with a single bed, built in wardrobe, vanity sink, chest of drawers, bedside cabinet and a wall-mounted bookcase. Tenants in block accommodation share with up to 12 per floor with all communal areas kitchens, bathrooms, showers and toilets shared. Parking is available.

The Singleton Accommodation Officer is Claire Rozario, who is located in the Community Centre through the main staff car park in Western Residences.

Office hours are 8:15am-12:15pm Mon-Fri.

Telephone No. 01792 286869 Ext 5380



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## **The role of a foundation doctor in Singleton**

Whilst you will work within one specialty, on the whole most patients have multiple co-morbidities meaning that you communicate between teams and continue to develop a foundation in general medicine in addition to acquiring specialised skills and knowledge. In addition to this you regularly manage a whole spectrum of conditions while on call as below.

### **On Calls:**

#### **Singleton Assessment unit**

As part of your role in Singleton you will clerk acute patients creating management strategies and work alongside the consultants to provide ongoing care. This area allows you to practice skills - including data interpretation, arterial blood gases, catheterisation, lumbar punctures - whilst working closely with supportive seniors. You will see a range of presenting complaints and the structure of SAU means there are always opportunities for teaching from seniors.

As the foundation doctor in SAU you form part of the cardiac arrest team. Roles are allocated at the beginning of the day and there are opportunities to contribute to different aspects, especially after gaining your advanced life support qualification.

#### **Ward Cover**

As a foundation year one in Singleton you are not asked to undertake night shifts, however, as part of the role you are required to work occasional evenings as the 'ward cover' doctor. This includes completing tasks such as following up out of hour investigations, assessing sick patients and communicating with the medical registrar and other seniors who will be situated elsewhere in the hospitals.



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## Rotations – Master List FP1 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. Where indicated rotations are across the trust.

Programme	Placement 1	Placement 2	Placement 3
FP1 100a FP1 100b FP1 100c	Acute Internal Medicine Gastroenterology	General Internal Medicine Respiratory	General Surgery- <b>cross trust placement Morriston Hosp</b> Vascular Surgery
FP1 107a FP1 107 b FP1 107c	General Internal Medicine Gastroenterology	General Internal Medicine <b>cross trust placement Morriston Hosp</b> Geriatrics	General Surgery <b>cross trust placement Morriston Hosp</b>
FP1 108a FP1 108b FP1 108c	General Internal Medicine Diabetes and Endocrine	General Psych <b>cross trust placement NPT Hosp</b> Substance Misuse	General Surgery <b>cross trust placement Morriston Hosp</b> Colorectal Surgery
FP1 109a FP1 109b FP1 109c	General Internal Medicine Geriatrics	General Internal Medicine Respiratory	General Surgery- <b>cross trust placement Morriston Hosp</b> General Surgery
FP1 110a FP1 110b FP1 110c	General Internal Medicine Care of the Elderly	General Internal Medicine <b>cross trust placement Morriston Hosp</b> Otolaryngology	General Surgery <b>cross trust placement Morriston Hosp</b> Upper Gastrointestinal
FP1 111a FP1 111b FP1 111c	General Internal Medicine Respiratory	General Internal Medicine Haematology	General Surgery <b>cross trust placement Morriston Hosp</b> Colorectal Surgery
FP1 112a FP1 112b FP1 112c	General Internal Medicine and Stroke Medicine	General Internal Medicine Diabetes and Endocrine	General Surgery <b>cross trust placement Morriston Hosp</b> Colorectal Surgery

### 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.

***On the next a you will find feedback on these placements from the  
current foundation doctors of Singleton General Hospital...***



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# Gastroenterology

<b>Acute/general Internal Medicine - Gastroenterology</b>	<b>Singleton Hospital, Swansea Wales</b>
<b>Programmes:</b>	<b>FP1 100, 107</b>
<p>As a foundation doctor in gastroenterology you will provide ward based care to the gastroenterology patients and have many opportunities for teaching and procedures.</p> <p>Perks:</p> <p><i>Patients can attend regularly therefore you build rapport with them and experience a continuation of care. You learn a lot especially as the Consultants are extremely approachable. There are Physician Associates who spend all of their time on the ward which means the team is really supportive.</i></p> <p>Challenges:</p> <p><i>You spend time working independently which can be challenging. The patient group is often unwell which can be both medically and emotionally challenging.</i></p> <p>Opportunities:</p> <p><i>Opportunities to present at Grand Round. Ascitic taps and drains. Short synacthen tests and putting into practice assessing liver screens and other investigations.</i></p>	
<b>Educational Meetings:</b>	<b>Weekly – FP1 mandatory teaching</b> <b>Monday Journal Club</b> <b>Thursday Geriatric Meeting</b> <b>Friday Med. Case Presentation</b>
<b>Educational Supervisor:</b>	<b>Dr Linzi Thomas, Consultant Gastroenterologist (FP1 100a)</b> <b>Dr Sophie Henson, Consultant Gastroenterologist (FP1 107a)</b>



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# Respiratory

<b>Gen. Internal Med - Respiratory</b>	<b>Singleton Hospital, Swansea Wales</b>
<b>Programmes:</b>	<b>FP1 100, 109, 111</b>
<p>As a foundation doctor in respiratory you will look after a range of respiratory and general medical patients. The role typically involves ward rounds, clinics, and other commitments such as SAU and ward cover.</p> <p>Perks: <i>Amazing opportunities working alongside an extremely supportive team including working closely with the consultants. You become very good at managing common respiratory complaints but also experience and learn about unusual conditions. There is always a lot happening which keeps it really interesting and you become confident with dealing with unwell patients.</i></p> <p>Challenges: <i>The ward can be busy and the patients can become unwell quickly. Because of this the team is larger than others and it means there is a lot you can learn from your seniors.</i></p> <p>Opportunities: <i>Presenting to your team at weekly departmental teaching. Opportunities to present at Grand Round.</i> <i>Performing pleural procedures such as chest drains.</i></p>	
<b>Educational Meetings:</b>	<b>Weekly – FP1 mandatory teaching</b> <b>Monday Journal Club</b> <b>Thursday Geriatric Meeting</b> <b>Friday Med. Case Presentation</b>
<b>Educational Supervisor:</b>	<b>Dr Rhian Finn, Consultant Respiratory</b>



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## Diabetes and Endocrine

<b>Gen. Internal Med - Diabetes</b>	<b>Singleton Hospital, Swansea Wales</b>
<b>Programmes:</b>	<b>FP1 108, 112</b>
<p>As a foundation doctor in endocrine and diabetes you will look after specialised endocrine patients as well as general medical patients creating a diverse experience.</p> <p>Perks: <i>A well-staffed team with good support from seniors. Impressive efficiency during ward rounds.</i></p> <p>Challenges: <i>Managing diabetic patients with poor glycaemic control. You learn quickly about the different types of insulins and other glycaemic agents.</i></p> <p>Opportunities: <i>Endocrinology clinics. Presenting interesting endocrinology patients at Grand Round. Learning about the specialised medications used in diabetes.</i></p>	
<b>Educational Meetings:</b>	<b>Weekly – FP1 mandatory teaching</b> <b>Monday Journal Club</b> <b>Thursday Geriatric Meeting</b> <b>Friday Med. Case Presentation</b>
<b>Educational Supervisor:</b>	<b>Dr Richard Chudleigh, Consultant Diabetes</b>



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# General Psychiatry Substance Misuse

<b>Gen. Psych – Substance Misuse</b>	<b>Neath Post Talbot Hospital, Swansea</b>
<b>Programmes:</b>	<b>FP1 108</b>
<p>As a foundation doctor in general psychiatry and substance misuse you will be running your own clinics in the community, liaising with a fantastic and experienced MDT and working on the detox ward where due to the current situation there are a maximum of 2 patients per week.</p> <p>Perks and opportunities: <i>There is plenty of time to stay up to date with personal development including research and audits. The team is truly MDT involving psychiatrists, nurses, social workers, drug workers, they really are an amazing group of people! This is a fun job, and a unique experience.</i> <i>Maintaining practical skills such as taking blood from patients who others have failed on such as difficult to bleed IV drug users – a rewarding experience.</i></p> <p>Challenges: <i>One challenge is the emotional aspect of the role. You are exposed to patient groups who have had extremely difficult lives which can be hard to hear about and to process. Having said that, it allows you to develop as a doctor and find the line between empathy and detachment to become the doctor that the patient needs.</i></p> <p><i>You mainly work away from the other F1s in this role which means you can sometimes feel detached, however, there are many clubs and activities – such as football - outside of the role to keep in touch.</i></p>	
<b>Educational Meetings:</b>	<b>Weekly – FP1 mandatory teaching Journal Club Med. Case Presentation Grand Round</b>
<b>Educational Supervisor:</b>	<b>Dr Zelda Summers, Consultant Psych</b>



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## Care of the Elderly

<b>Care of the Elderly</b>	<b>Singleton Hospital, Swansea Wales</b>
<b>Programmes:</b>	<b>FP1 109, 110</b>
<p>As a foundation doctor in care of the elderly you will be involved in managing frailty, acute medicine, palliative care, discharge planning, MDT discussion, ICOP (integrated care of the elderly) and have exposure to a variety of acute medical and surgical pathologies.</p> <p>Perks:</p> <p><i>Well supported with seniors. You get practice with communication in difficult situations. General medicine.</i></p> <p><i>There is a lots of support for QIPs (quality improvement projects).</i></p> <p>Challenges:</p> <p><i>Communicating with patients with dementia can be difficult. It can also have an emotional challenge as you are managing end of life care and supporting families when their relatives pass away.</i></p> <p>Opportunities:</p> <p><i>Presenting in journal club and case presentations.</i></p> <p><i>The team are currently doing the national falls audit which foundation year doctors can be involved in.</i></p> <p><i>You get a lot of palliative care experience and treating patients at the end of life.</i></p>	
<b>Educational Meetings:</b>	<b>Weekly – FP1 mandatory teaching</b> <b>Monday Journal Club</b> <b>Thursday Geriatric Meeting</b> <b>Friday Med. Case Presentation</b>
<b>Educational Supervisor:</b>	<b>Professor Wyn Harris</b> <b>Dr Rhodri Edwards, Consultant Geriatrician</b> <b>Singleton Foundation Programme Director</b>



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# Stroke Medicine

<b>Stroke</b>	<b>Singleton Hospital, Swansea Wales</b>
<b>Programmes:</b>	FP1 112
<p>As a foundation doctor in stroke medicine you work as a very close team managing your patients.</p> <p>Perks: <i>You work very closely with the consultant who is extremely approachable and enjoys teaching. There is a continuation of care with patients as their stay and rehabilitation is generally longer than other patient groups.</i></p> <p>Challenges: <i>The theoretical aspect can be challenging but you work closely with the team and there are always opportunities to learn about the concepts associated with the conditions.</i></p> <p>Opportunities: <i>There is a lot of teaching including regular assessment of radiological investigations.</i></p>	
<b>Educational Meetings:</b>	<b>Weekly – FP1 mandatory teaching</b> <b>Monday Journal Club</b> <b>Thursday Geriatric Meeting</b> <b>Friday Med. Case Presentation</b>
<b>Educational Supervisor:</b>	<b>Dr Chris Hudson</b> <b>Dr O Taweel</b>



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# Haematology

<b>Haematology</b>	<b>Singleton Hospital, Swansea Wales</b>
<b>Programmes:</b>	FP1 111
<p>As a foundation doctor in in haematology you work within an amazing team and get a really good understanding of the specialty.</p> <p>Perks: <i>You are able to become very confident in blood transfusions including the transfusion reactions as well as electrolyte abnormalities which are a common side effect of the haematological malignancies.</i></p> <p>Challenges: <i>As the patient group is generally unwell it can be an emotional challenge to work in this specialty but it helps having a very supportive team.</i></p> <p>Opportunities: <i>The team are always very keen to teach and are really supportive. Other opportunities include taking bone marrow aspirates from patients.</i></p>	
<b>Educational Meetings:</b>	<b>Weekly – FP1 mandatory teaching</b> <b>Monday Journal Club</b> <b>Thursday Geriatric Meeting</b> <b>Friday Med. Case Presentation</b>
<b>Educational Supervisor:</b>	<b>Dr Ann Benton</b>

## Rotations – Master List

### FP2 August 2021 to July 2022

The Programmes 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. Where indicated rotations are across the trust.

Programme	Placement 1 a	Placement 2 b	Placement 3 c
FP2 44a FP2 44b FP2 44c	General Internal Medicine Oncology	General Internal Medicine <b>cross trust placement NPT Hosp</b> Medicine	GP placement St Thomas GP Surgery
FP2 58a FP2 58b FP2 58c	GP placement Sketty and Killay GP Surgery	General Internal Medicine <b>cross trust placement Morriston Hosp</b> Paediatrics	General Internal Medicine <b>cross trust placement Morriston Hosp</b> Otolaryngology
FP2 62a FP2 62b FP2 62c	Emergency Medicine <b>cross trust placement Morriston Hosp</b> A&E	General Internal Medicine Oncology	General Internal Medicine Ortho Geriatrics
FP2 63a FP2 63b FP2 63c	Emergency Medicine <b>cross trust placement Morriston Hosp</b> A&E	GP Placement <b>cross trust placement NPT</b> Briton Ferry Health Centre	Trauma & Ortho Surgery <b>cross trust placement Morriston Hosp</b> T&O
FP2 64a FP2 64b FP2 64c	Emergency Medicine <b>cross trust placement Morriston Hosp</b> A&E	General Psych <b>cross trust placement NPT Hosp</b> Psychiatry	General Internal Medicine <b>cross trust placement Morriston Hosp</b> Geriatrics
FP2 65a FP2 65b FP2 65c	Emergency Medicine <b>cross trust placement Morriston Hosp</b> A&E	General Internal Medicine Oncology	General Internal Medicine <b>cross trust placement Morriston Hosp</b> Geriatrics
FP2 66a FP2 66b FP2 66b	GP Placement Kingsway GP Surgery	General Internal Medicine Obs & Gynae	Trauma & Ortho Surgery <b>cross trust placement Morriston Hosp</b> T&O
FP2 67a FP2 67b FP2 67c	General Internal Medicine <b>cross trust placement NPT Hosp</b> Geriatrics	General Internal Medicine <b>cross trust placement Morriston Hosp</b> Paediatrics	General Internal Medicine HIV
FP2 109a FP2 109b FP2 109c	General Internal Medicine Diabetes and Endocrinology	General Internal Medicine Haematology	Acute GP Unit Singleton and GP placement

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