

Hywel Dda University Health Board

Foundation Programme Year 2

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.





Addysg a Gwella lechyd Cymru (AaGIC) Health Education and Improvement Wales (HEIW)

Haverfordwest Withybush General Hospital



Withybush Hospital is

a modern District General Hospital with approximately 218 beds and is the only hospital serving Pembrokeshire residents and holiday makers year round. We have 6 operating theatres including a Day Surgery Unit, Emergency and Urgent Care Centre and Adult Clinical Decision Unit (ACDU) and a Renal Unit. Our Endoscopy suite is the 3rd unit to receive JAG accreditation in Wales. A Haematology & Oncology unit opened in January 2017.

The medical department has a ward based model which provides an opportunity to work in a multi-disciplinary team with engaged physicians. We have recently appointed 2 Care of the Elderly Consultants and an Ortho-geriatric Consultant which has enhanced the department.

Withybush also contains 3 surgical wards, a general surgical, orthopaedic, gynaecological ward as well as ITU and HDU facilities, Paediatric Ambulatory Care Unit (PACU) and a Midwifery Led Unit.

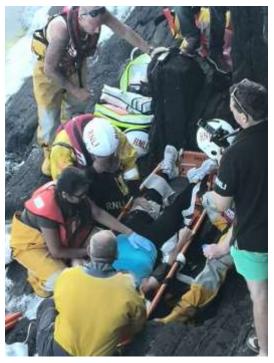
The F2s in the Emergency Medicine/surgery/Care of the elderly rotation, will have opportunity to join the Coastal Medicine programme, working with the RNLI (Lifeboats and Lifeguards. F2s



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would continue to learn medical, communication and educational skills, via a realistic, team-based approach to the pre-hospital management of casualties.





The Medical Education department consists of 6 members of staff who have created an educational environment that nurtures and develops doctors for the future. We deliver quality training standards by harmonising service and teaching to maximise all the educational opportunities within the clinical setting. We have a culture at Withybush of educators supporting and developing doctors as



trainers and provide continual professional development opportunities to all of our doctors and dentists.

Withybush Hospital has a robust teaching and training programme providing the Foundation curriculum and departmental teaching on a weekly basis along with ward-based teaching.

As winners of the Paul Bradley Prize for Excellence in Clinical Skills Training, we pride ourselves in providing a safe environment for undergraduate, postgraduate, team and inter-professional simulation and skills training. Our Clinical Skills tutor facilitates various skills teaching using our wide range of manikins with assistance of senior doctors and simulation training with our Leardal Simman in the skills lab as well as in-situ in A&E and on the wards.

The Withybush Library offers support and advice with multidisciplinary resources and aim to provide an equitable service to all employees and students on placement. The library, IT room and clinical skills lab have 24hr access and the whole site has The Cloud as its Wi-Fi provider.

There are 2 Doctor Mess rooms, one located in the hospital and the other in an accommodation block. Every year a Mess committee is assembled to provide a voice for the junior doctor in training at a Health Board level as well as organise social meetings and functions to support new doctor in Withybush.

We have medical students from both Cardiff and Swansea University whom of which are all eager to learn from both foundation and senior doctors.



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Hospital Provided Accommodation

F2s in the hospital are offered accommodation at a very reasonable rate.





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.

Programme	Placement 1	Placement 2	Placement 3
F2/79a	General Surgery	Emergency Medicine	Obs/Gynae GGH
F2/79b	Obs/Gynae GGH	General Surgery	Emergency Medicine
F2/79c	Emergency Medicine	Obs/Gynae GGH	General Surgery
F2/80a	General Surgery	General Practice	Trauma &
			Orthopaedics
F2/80b	Trauma &	General Surgery	General Practice
	Orthopaedics		
F2/80c	General Practice	Trauma &	General Surgery
		Orthopaedics	
F2/81a	General	General Practice	Paediatrics GGH
	Medicine/COTE		
F2/81b	Paediatrics GGH	General	General Practice
		Medicine/COTE	
F2/81c	General Practice	Paediatrics GGH	General
			Medicine/COTE
F2/82a	General Practice	General	Emergency Medicine
		Medicine/Haematology	
F2/82b	Emergency Medicine	General Practice	General
			Medicine/Haematology
F2/82c	General	Emergency Medicine	General Practice
	Medicine/Haematology		

F2 posts at Withybush General Hospital

For more detailed information on these posts contact Helen Francis

Foundation Programme Coordinator,01437773723

helen.francis@wales.nhs.uk



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.



Placement Details

General Surgery	Withybush Hospital Haverfordwest
Programmes:	F2/79a
Band 2B	Oncall one day per week:clerking a&e
	referrals + covering Mr Mathias' inpatients
Typical working pattern in this sessions Daily/weekly/monthly (if appl	s post e.g. ward rounds, clinics, theatre
the afternoon, clerking for pre Thurs: Handover, clerking for theatres	ward jobs , ward jobs, clerking for day case, theatres in
Educational Meetings:	DailyHandover – various stylesWeeklyF1 Teaching (Tuesdays 12.30 pm)Grand Rounds via MS Teams (Wednesdays1.00 pm)Emergency Medicine Teaching(Wednesdays 2.00pm)F2 Teaching (Thursday 12.00)Medical Department Teaching (Thursdays1.00 pm)T&O Teaching (Fridays 9.00am)Surgical Teaching (Fridays tbc



	Journal Club for F2's – F1 participation welcome Junior Doctors Forum
Educational & Clinical Supervisors:	Mr Jegadish Mathias

Obs/Gynae	Withybush Hospital Haverfordwest
Programmes:	F2/79b
Band 2B	1 in 11 European time directive compliant
	Rota

To join the busy team at the department of Obstetrics and Gynaecology where there are 3200 maternity delivery per annum and 6000-8000 gynae referrals. To participate in European time directive compliant rota of 1 in 11 at first on call level. There is plenty of opportunity to gain experience in both obstetric and gynae emergencies on the Labour Ward, Antenatal/ Post Natal Ward, Gynae Ward, elective caesarean list and elective gynae theatre. There is an opportunity to attend out-patient clinics of both obstetrics and gynae to develop clinical skills in the Specialty such as obtaining history, clinical examinations, interpreting results and to formulate management plans. There is also the chance to attend special interest clinics such as hysteroscopy, colposcopy, urodynamics, early pregnancy and antenatal day assessment unit depending on the availability. When Foundation Doctors are on call during the night are supported by the night Nurse Practitioners as well as direct Registrar supervision. Foundation Doctors attend the Ward round which are supervised by Senior team members. Also, they have an opportunity to attend the MDT meeting and Risk Management meetings.

Educational Meetings:	Daily
Educational Meetings.	
	Handover – various styles
	Weekly
	F1 Teaching (Tuesdays 12.30 pm)
	Grand Rounds via MS Teams (Wednesdays
	1.00 pm)
	Emergency Medicine Teaching
	(Wednesdays 2.00pm)



	F2 Teaching (Thursday 12.00)
	Medical Department Teaching (Thursdays
	1.00 pm)
	T&O Teaching (Fridays 9.00am)
	Surgical Teaching (Fridays tbc
	Monthly
	Royal College of Physicians Edinburgh
	lectures – as per programme
	Journal Club for F2's – F1 participation
	welcome
	Junior Doctors Forum
Educational & Clinical	Mr Debashish Sanyal
Supervisors:	

Emergency Medicine	Withybush Hospital Haverfordwest
Programmes:	F2/79c
Band 1A	The EUCC is a 24/7 organisation. The F2 doctor will participate in the day time Rota as planned on a 6 week cycle.
	Protected teaching takes place on Thursday mornings 08.30 – 10.30 on a weekly basis. Attendance at Grand Round and other teaching opportunities are available. Attendance at the F2 Teaching Programme is protected.
	This post provides a unique opportunity to work in an innovative unscheduled care environment in a DGH in a rural environment.
	Withybush Hospital is a friendly learning environment with a supportive Consultant and Nursing Staff.
	Audit and case presentations are expected.



The Emergency and Urgent Care (EUCC) has 2 Consultants, 2 Associate Specialists and 5 Middle Grade Doctors. The department delivers a range of care from resuscitation in a purpose built 4 bay resuscitation room to the management of acute medical emergencies, and the management of urgent minor injuries and urgent minor illness. The unit works closely with an adult clinical decision unit immediately adjacent and is supported by paediatric services in a Paediatric decision unit on ward 9.

The EUCC opened in July 2010 and is purpose built, there is an onsite helipad.

The department serves a population of Pembrokeshire (130,000) and has links with tertiary care in Swansea and Cardiff.

Educational Meetings:	Daily Handover – various styles
	Weekly
	F1 Teaching (Tuesdays 12.30 pm)
	Grand Rounds via MS Teams (Wednesdays
	1.00 pm)
	Emergency Medicine Teaching
	(Wednesdays 2.00pm)
	F2 Teaching (Thursday 12.00)
	Medical Department Teaching (Thursdays
	1.00 pm)
	T&O Teaching (Fridays 9.00am)
	Surgical Teaching (Fridays tbc
	Monthly
	Royal College of Physicians Edinburgh
	lectures – as per programme
	Journal Club for F2's – F1 participation
	welcome
	Junior Doctors Forum
Educational & Clinical	Dr Antony Mathew
Supervisors:	



	WALES TImprovement wales (HEIW)
General Surgery	Withybush Hospital Haverfordwest
Programmes:	F2/80a
Band 2B	Oncall one day per week:clerking a&e
	referrals + covering Mr Serafeimidis'
	inpatients
	ost e.g. ward rounds, clinics, theatre
sessions	
Daily/weekly/monthly (if applica	ble)
Mon: Handover, ward round, wa	ird jobs
Tues: Handover, ward round, wa	rd jobs
Wed: Handover, ward round, wa	ard jobs, clerking for day case, theatres in
the afternoon, clerking for pre-o	p patients for thursday
_	y case patients, ward round, ward jobs,
theatres	
	ward round, ward jobs, surgical teaching
Sat: Rest day unless oncall	
Sun: Rest day unless oncall	
Educational Montings:	Daily
Educational Meetings:	Handover – various styles
	Weekly
	F1 Teaching (Tuesdays 12.30 pm)
	Grand Rounds via MS Teams (Wednesdays
	1.00 pm)
	Emergency Medicine Teaching
	(Wednesdays 2.00pm)
	F2 Teaching (Thursday 12.00)
	Medical Department Teaching (Thursdays
	1.00 pm)
	T&O Teaching (Fridays 9.00am)
	Surgical Teaching (Fridays tbc
	Monthly
	Royal College of Physicians Edinburgh
	lectures – as per programme
	Journal Club for F2's – F1 participation
	welcome

Junior Doctors Forum



Educational & Clinical	Mr Konstantinos Serafeimidis
Supervisors:	

Trauma & Orthopaedics	Withybush Hospital Haverfordwest
Programmes:	F2/80b
Band 2B	On call requirements: 1:6
General Junior Doctor duties co admission clinics, assisting in th	overing T&O on call. Ward rounds, pre neatre elective and trauma.
Ward Work all patients to be se theatre and clinics(pre admission Daily Trauma handover meetin	
Mon: ward work, am and pm Tues: ward work and and pm Wed: ward work, grand round Thurs: pre admission clinic, wa Fri: day surgery, teaching, m	ird work
Educational Meetings:	DailyHandover – various stylesWeeklyF1 Teaching (Tuesdays 12.30 pm)Grand Rounds via MS Teams (Wednesdays1.00 pm)Emergency Medicine Teaching(Wednesdays 2.00pm)F2 Teaching (Thursday 12.00)Medical Department Teaching (Thursdays1.00 pm)T&O Teaching (Fridays 9.00am)Surgical Teaching (Fridays tbcMonthly



Royal College of Physicians Edinburgh
lectures – as per programme
Journal Club for F2's – F1 participation
welcome
Junior Doctors Forum
Mr Mohammed Yaqoob

General Practice – Robert St Practice	Milford Haven
Programmes:	F2/80c

Duties include primary care clinic based and procedure based where applicable such as patient assessment, review and management of both acute and long term conditions.

Duties and activities suited to clinical sessions

1. Supervised or supported consultations within the practice, with a minimum appointment length of 15 and most commonly of 20 minutes for face to face consultations. There will be adequate time provided for at the end of any consulting period to allow a trainee to debrief with the supervising GP.

2. Supervised or supported home visits, nursing home visits, community hospital duties including time for debriefing, and travelling.

3. Administrative work that directly and indirectly supports clinical care, which includes: reviewing investigations and results, writing referral letters, acting upon clinical letters, preparing reports, general administration.

4. Time spent with other members of the practice and healthcare team for the purposes of care and learning e.g. practice nurses, community nurses, nurses with a role in chronic disease management, receptionists, triage nurses, etc.

5. Time spent with other healthcare professionals who are encountered in primary care e.g. ambulance crews, school nurses, midwives, occupational therapists, physiotherapists, counsellors, to gain a necessary understanding of working relationships within primary care.



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

Daily
Surgery consultation
Home Visits/Review
Weekly
F1 Teaching (Tuesdays 12.30 pm)
Grand Rounds via MS Teams (Wednesdays
1.00 pm)
Emergency Medicine Teaching
(Wednesdays 2.00pm)
F2 Teaching (Thursday 12.00)
Medical Department Teaching (Thursdays
1.00 pm)
T&O Teaching (Fridays 9.00am)
Surgical Teaching (Fridays tbc
Monthly
Royal College of Physicians Edinburgh
lectures – as per programme
Journal Club for F2's – F1 participation
welcome
Junior Doctors Forum
Dr Ben Aubrey

General Medicine /COTE	Withybush Hospital Haverfordwest
Programmes:	FP/81a
Band 2B	On call requirements – 2 weekend days, 1 block of 4 nights. On call is based in the ward also to support the F1 who is on call in A&E.

The F2 doctor is ward based during the working day, providing medical care of inpatients. During this placement, trainees will build on their knowledge of elderly conditions, assess problems and determine appropriate course of action. Thrombolysis calls, MDT, general medical referrals, documentation drug reviews. Every day starts with a 9am MDT Board round. You would be expected to carry out discharge summaries, letters of communication with GP's if and when required, looking at investigation results, taking the appropriate action including writing the results in the notes, prescribing



medication, being a member of Cardiac Arrest Team during on call attending to all medical patients in Hospital with the help of the other team members issuing death certificates etc.

The post also has an educational responsibility for supervising Cardiff and Swansea Medical Students allocated to the department.

Swansea Medical Students anotated to the department.	
Educational Meetings:	Daily
	Handover – various styles
	Weekly
	F1 Teaching (Tuesdays 12.30 pm)
	Grand Rounds via MS Teams (Wednesdays
	1.00 pm)
	Emergency Medicine Teaching
	(Wednesdays 2.00pm)
	F2 Teaching (Thursday 12.00)
	Medical Department Teaching (Thursdays
	1.00 pm)
	T&O Teaching (Fridays 9.00am)
	Surgical Teaching (Fridays tbc
	Monthly
	Royal College of Physicians Edinburgh
	lectures – as per programme
	Journal Club for F2's – F1 participation
	welcome
	Junior Doctors Forum
Educational & Clinical	Dr Sarah Davidson
Supervisors:	

Paediatrics	Glangwili Hospital Carmarthen
Programmes:	FP/81b
Band 1A	
It provides ample opportunity to gain the competencies necessary to complete FY2. In addition, there is the opportunity to gain experience in the management of critically unwell and injured children and young people; both	



in the emergency and elective setting. The duty rota is based on normal days, long days and nights in They are encouraged to attend as many of the other clinical activities including CAMHS; Specialist ENT; Ophthalmology and tertiary clinics. Clinical and educational support provided by the consultant paediatricians.

Audit and service development ideas are welcomed

1 in 12 rota covering paediatric assessment unit; in patient ward, Post natal ward, baby checks, deliveries, SCBU and OPD. Also First on call to receive referrals We have 8 consultant paediatricians each with a specialist interest. We provide Level1 + neonatal care and have 4 HDU neonatal beds. We provide care for children and young people from 0-16 years of age and have POSCU(paediatric oncology) services. We do have 3 Paediatric HDU beds. Separate community paediatric clinics covered by 3 consultants. We also provide experience in safe-guarding children. We regularly hold MRCPCH/DCH clinical examination with 2 consultants being college examiners. Of note every year 1-2 junior doctors have been successful in obtaining run-through paediatric training.

Educational Meetings:	Weekly Paediatric teaching
	Daily bedside teaching
Educational & Clinical	Dr Swe Lyn
Supervisors:	Dr Patwardhan

General Practice – Barlow	Milford Haven
House Practice	
Programmes:	F2/81c
Duties include primary care clinic based and procedure based where	
applicable such as patient assessment, review and management of both	
acute and long term conditions.	



Duties and activities suited to clinical sessions

1. Supervised or supported consultations within the practice, with a minimum appointment length of 15 and most commonly of 20 minutes for face to face consultations. There will be adequate time provided for at the end of any consulting period to allow a trainee to debrief with the supervising GP.

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3. Administrative work that directly and indirectly supports clinical care, which includes: reviewing investigations and results, writing referral letters, acting upon clinical letters, preparing reports, general administration.

4. Time spent with other members of the practice and healthcare team for the purposes of care and learning e.g. practice nurses, community nurses, nurses with a role in chronic disease management, receptionists, triage nurses, etc.

5. Time spent with other healthcare professionals who are encountered in primary care e.g. ambulance crews, school nurses, midwives, occupational therapists, physiotherapists, counsellors, to gain a necessary understanding of working relationships within primary care.

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	Weekly
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	Surgical Teaching (Fridays tbc
	Monthly



	Royal College of Physicians Edinburgh lectures – as per programme Journal Club for F2's – F1 participation welcome Junior Doctors Forum
Educational & Clinical Supervisors:	Dr Jenny Randall

General Practice – St Thomas Surgery	Haverfordwest
Programmes:	F2/82a
Duties include primary care clinic based and procedure based where	

applicable such as patient assessment, review and management of both acute and long term conditions.

Duties and activities suited to clinical sessions

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	Monthly
	Royal College of Physicians Edinburgh
	lectures – as per programme
	Journal Club for F2's – F1 participation
	welcome
	Junior Doctors Forum
Educational & Clinical	Dr Taher Ali
Supervisors:	

Emergency Medicine	Withybush Hospital Haverfordwest
Programmes:	F2/82b
Band 1A	The EUCC is a 24/7 organisation. The F2 doctor will participate in the day time Rota as planned on a 6 week cycle.
	Protected teaching takes place on Thursday mornings 08.30 – 10.30 on a weekly basis. Attendance at Grand Round and other teaching opportunities are available. Attendance at the F2 Teaching Programme is protected.



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	Emergency Medicine Teaching
	(Wednesdays 2.00pm)
	F2 Teaching (Thursday 12.00)
	Medical Department Teaching (Thursdays
	1.00 pm)
	T&O Teaching (Fridays 9.00am)
	Surgical Teaching (Fridays tbc
	Monthly



	Royal College of Physicians Edinburgh lectures – as per programme Journal Club for F2's – F1 participation welcome Junior Doctors Forum
Educational & Clinical Supervisors:	Dr Antony Mathew

General Medicine /Haematology	Withybush Hospital Haverfordwest
Programmes:	FP/82c
Band 2B	On call requirements – 2 weekend days, 1 block of 4 nights. On call is based in the ward also to support the F1 who is on call in A&E.

Haematology Ward rounds (9:00-9:30)

-Ward round with haematology consultants. Document consultant interview with patient, physical examination findings as well as action and plan. Execute any changes or investigations relevant to the patient. Have basic introduction into management of leukaemia's, anaemias and other cancers.

Palliative/Geriatric Medicine (9:30-12:30 + 14:30-17:00)

-Ward rounds in the morning with supplementary patient evaluation in the evening. One has exposure into evaluating and managing prominent geriatric conditions such as dementia, delirium, congestive heart failure, acute kidney injuries. Very multidisciplinary dependent patient care, post requires great communication and work between different teams including incontinence and memory specialists, social services and many different teams within the hospital.

Main Duties/Clinical Opportunities. a) Haematology -Document and execute consultant plan.

b) Internal Medicine-Geriatrics/Palliative



-Assess each patient and document progress.

-One is able to practice their skills in withdrawing bloods, blood cultures, urine samples, cannulate patients and physical assessments.

-Post is heavily dependent upon multidisciplinary involvement, requires prompt referrals and follow ups with social services and other specialist to deliver proper treatment to patients.

The post also has an educational responsibility for supervising Cardiff and Swansea Medical Students allocated to the department.

Educational Meetings:	Daily
	Handover – various styles
	Weekly
	F1 Teaching (Tuesdays 12.30 pm)
	Grand Rounds via MS Teams (Wednesdays
	1.00 pm)
	Emergency Medicine Teaching
	(Wednesdays 2.00pm)
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	Royal College of Physicians Edinburgh
	lectures – as per programme
	Journal Club for F2's – F1 participation
	welcome
	Junior Doctors Forum
Educational & Clinical	Dr Harry Grubb
Supervisors:	