

Introduction to Specialised Foundation Programmes (SFPs) in Wales

Allocation Process

Unlike other Specialised “Units of Application” (UoA), or Foundation Schools, Wales does not currently take part in a separate SFP recruitment process, and instead allocates to SFPs via the main Foundation Programme vacancy using the Oriel algorithm only.

This allows all applicants allocated to the Wales Foundation School the opportunity to rank and be allocated to the SFPs, although participation in the academic or other extra-curricular activities is dependent on satisfactory progression in all other aspects of the Foundation Programme whilst in post.

No additional requirements or interviews are undertaken prior to allocation to an SFP in Wales.

Format of SFPs in Wales

The SFP element of a 2-year Foundation Programme will be based in either the F1 or F2 year and is undertaken throughout the year alongside the specified 3x 4-month placements, with at least one day per week of protected time is provided for this activity. The only exception to this is the FP/004 programme based in Wrexham.

Types of SFPs in Wales

There are a variety of SFPs offered within Wales, which cover research, teaching, medical education, and special experience placements with outside agencies.

1. F1 Research and/or Teaching SFPs

FP/001 & FP/002	Cardiff & Vale UHB
FP/003	Swansea Bay UHB
FP/004	Betsi Cadwaladr UHB

The Foundation Doctor will undertake a project under the supervision one of the Clinical Supervisors from the 4-month placements and should make contact prior to starting the Foundation Programme to coordinate a suitable project. Further details are available towards the end of this document.

Please note that the Betsi Cadwaladr UHB SFP will be working with a specified supervisor.

2. F2 Near Peer Teaching SFPs

FP/005	Aneurin Bevan UHB
FP/009, FP/055 & FP/078	Cwm Taf Morgannwg UHB
FP/042	Cardiff & Vale UHB

The Foundation Doctor will be involved in formal and informal teaching in the clinical setting, with undergraduate, postgraduate, and multi-professional learners. They are also invited to attend a “Teaching Skills for Doctors” course provided by Cwm Taf Morgannwg University Health Board. This is a two-day practical course that is further supported by a dedicated mentor throughout the year and following completion of a MedEd portfolio can lead to membership of the Academy of Medical Educators.

3. F2 Research Project SFP

FP/007	Swansea Bay UHB
FP/010 & FP/095	Cwm Taf Morgannwg UHB
FP/038 & FP/051	Cardiff & Vale UHB

In the months prior to starting their F2 year, the Foundation Doctor will be provided with a selection of suitable research projects from across Wales to apply to. Some projects require in person attendance, some can be undertaken remotely, and some are a hybrid of the two. The Foundation Doctor is welcome to select a project outside of their region or Health Board, subject to their ability to travel (where required). The projects offered vary from year to year, however previously over 80 projects have been provided and all Foundation Doctors have been able to undertake their first choice of project. Allocation to projects is coordinated by the HEIW Academic Training Programme Director, Dr Kathryn Peall.

Please note that the project site does not constitute a base site for the purposes of the relocation policy. Foundation Doctors are eligible to claim travel expenses from their base site to the project site from their study leave budget.

4. F2 Postgraduate Qualification SFP

FP/030, FP/071, FP/088 & FP/138	Betsi Cadwaladr UHB
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The Foundation Doctor has the opportunity to undertake a fully funded postgraduate qualification alongside any associated teaching or research activity.

5. F2 “Special Experience” SFP

FP/031 & FP/087	Betsi Cadwaladr UHB
FP/089	Hywel Dda UHB

The Foundation Doctor is linked to an outside organisation to undertake medical education or clinical research.

Although every effort is made to ensure information is listed correctly, please note that all posts are subject to change, possibly at short notice, and according to the needs of the Health Boards and the Wales Foundation School. Any changes to posts or rotations will meet the clinical and educational requirements of the UK Foundation Programme and we will endeavour to notify any affected parties as soon as possible

F1 Research and/or Teaching SFPs

FP/001 – Cardiff & Vale UHB – RESEARCH or TEACHING

Dedicated academic time of 1 day per week to pursue a research or teaching interest. We are able to offer Audit and Service Improvement opportunities in all of the specialties.

The Foundation Doctor is encouraged to meet their supervisor prior to commencing the post to establish their individual SFP training plan;

- The ICU has an active research department with on-call research nurses.
- The paediatric service link in with the Children's and Young Adult's Research Unit.
- Cardiology is based in a tertiary centre with research and QI opportunities.

Access to GCP (Good Clinical Practice) training can be arranged.

IQT Silver level training can be obtained by working with your Educational Supervisor to initiate or contribute to QI activity within the directorate.

Medical Education qualifications can be pursued, with dedicated time supported by the departments (*no financial support is available*).

FP/002 – Cardiff & Vale UHB – RESEARCH or TEACHING

Dedicated academic time of 1 day per week to pursue a research or teaching interest. We are able to offer Audit and Service Improvement opportunities in all of the specialties.

The Foundation Doctor is encouraged to meet the supervisor prior to commencing the post to establish their individual SFP training plans;

- The ICU has an active research department with on-call research nurses.
- The orthogeriatric team includes working alongside Prof. Johansen who lead the National Hip Fracture Database. Many F1s have presented and published work based on the database.
- The Cystic Fibrosis Unit is a highly specialised team with an active research programme.

Access to GCP (Good Clinical Practice) training can be arranged.

IQT Silver level training can be obtained by working with your Educational Supervisor to initiate or contribute to QI activity within the directorate.

Medical Education qualifications can be pursued, with dedicated time supported by the departments (*no financial support is available*).

FP/003 – Swansea Bay UHB – RESEARCH/TEACHING

Alongside the specified 3x 4-month placements, 1-2 days of the week will be spent in academic research/teaching.

Teaching opportunities will be available in the School of Medicine at Swansea University on the Graduate Entry Programme. The Foundation Doctor may choose which of the specialties they would like to pursue basic clinical/laboratory/service delivery based research. There is flexibility and there are also common research areas across the three specialties.

Academic opportunities at the School of Medicine at Swansea University and Morriston Hospital will include;

- a) Clinical, basic or epidemiological based research within the Diabetes Research Unit
- b) Involvement in diabetes phase 3 clinical trials
- c) Involvement in national/international clinical trials and research projects in the Pancreatobiliary Unit
- d) Involvement in research projects at the Institute of Life Science in Swansea University.
- e) Involvement in the largest Plastic & Reconstructive Surgery Research Group in the UK (www.reconregen.co.uk), which undertakes laboratory based research, clinical trials, health informatics based research and patient reported outcome measures.
- f) Involvement in a current project with Professor Whittaker, examples including; “Mesenchymal Tissue Engineering and 3D Bioprinting” (winner of the Clarke Medal) and “The applications of big data in Plastic Surgery” (collaboration with the MRC Farr Institute.
- g) Option to undertake a Certificate/Diploma in Medical Education (self funded)

We have been successful in supporting Academic Foundation Doctors over more than 10 years, and all our previous doctors have published papers and a number have completed a Certificate/Diploma in Medical Education.

FP/004 – Betsi Cadwaladr (East) UHB – RESEARCH

During the 4-month Urology placement, the Foundation Doctor will spend the majority of the week carrying out clinical and scientific research, working with a multi-disciplinary team of doctors, nurses, research scientists and academics, based at the BCUHB Academic Unit of Medical & Surgical Sciences (MAUMSS), which is a state of the art academic and research facility, based at Wrexham.

The Foundation Doctor will play an integral role with ongoing urological research, which generally investigate the role of various novel biomarkers (e.g. post-operative complications and cancer recurrence) for benign and malignant disorders of the kidneys, bladder and prostate.

There will also be opportunities to be involved with national clinical urological studies.

If interested, the Foundation Doctor will be fully funded and encouraged to register on a one year (full time) or two year (part time) postgraduate research degree (MRes) at Wrexham University, which provides a fantastic opportunity for career development and to gain a higher academic degree in line with their Foundation training

Our Foundation Doctors are generally able to have their research published and present at national/international conferences. We are also able to provide additional funding to attend specialist courses and to attend conferences.

For those wishing to pursue an active academic and research career in line with their clinical commitments, upon completion of the Foundation Programme and MRes, opportunities for undertaking a fully funded higher degree (such as MD, PhD or Professional Doctorate) may also be available for interested individuals.

F2 Near Peer Teaching SFPs

FP/005 – Aneurin Bevan UHB

Further details to be provided shortly.

FP/009 – Cwm Taf Morgannwg (West) UHB

Further details to be provided shortly.

FP/042 – Cardiff & Vale UHB

There is up to 1 day a week set aside for teaching related activities throughout the year. These are predominantly co-ordinated through the Medical Education team, and Foundation Doctor's should liaise with the Medical Education Department (Cochrane Building) to plan their teaching element prior to the start of the F2 year.

FP/055 – Cwm Taf Morgannwg (South) UHB

These specialised rotations involve a role in Medical Education, where post holders participate in the Near Peer Teaching programme in each of the local hubs.

The Wales Foundation School has joined with the School of Medicine in Cardiff to develop a formal education package and the F2 doctor will deliver teaching sessions for students, as part of the Community component of the C21 course throughout the year.

Doctors allocated to a Near Peer rotation will be invited to attend a two day 'Teaching Skills for Doctors' course

FP/078 – Cwm Taf Morgannwg (North) UHB

Further details to be provided shortly.

F2 Research Project SFPs

FP/007 – Swansea Bay UHB
FP/010 – Cwm Taf Morgannwg (West) UHB
FP/038 – Cardiff & Vale UHB
FP/051 – Cardiff & Vale UHB
FP/095 – Cwm Taf Morgannwg (South) UHB

All of these programmes provide one day per week of academic time during the F2 year to undertake a research project. The research project is selected by Foundation Doctors during their F1 year from a selection of local and national research projects that are available to join physically or virtually.

The Academic Lead for Wales (Dr Kathryn Peall) will be in touch in the March prior to the F2 year to coordinate the allocation to projects.

Please be aware that some of these programmes can have a lower banding compared to placements within other programmes in order to accommodate the SFP element. For more specific information, please see the regional Placement Descriptions Booklets on our website.

F2 Postgraduate Qualification SFPs

FP/030 – Betsi Cadwaladr (Central) UHB

Two protected and defined days per week will be dedicated to a combination of specialised research and teaching. The Foundation Doctor is encouraged to contact their F2 educational supervisor before starting the F2 year to discuss the post, in particular the research elements.

One day per week will be spent in the North Wales Clinical School, based in Glan Clwyd Hospital. The Foundation Doctor will assist in delivering the undergraduate curriculum for medical students in years 3, 4 and 5 from Cardiff and Manchester Medical Schools, supporting a full-time specialist registrar grade teaching fellow and the undergraduate team. This will include ward-based teaching, simulation training, facilitation of tutorials and development of undergraduate training materials.

The Foundation Doctor will also lead and deliver our Widening Access to Medicine Programme, in collaboration with the Welsh Government Seren Network. This important programme supports students from local state schools in their application for medical school. The programme includes interview practice, UCAT preparation, small group work, essay, and work experience during July. This requires cover by at least one out of three Foundation Doctors allocated to this programme for 16x Wednesday evenings (5pm – 7.30pm) during the academic year, to be coordinated between themselves. They will also be responsible for recruiting and training local faculty to assist with the programme (after initial training for themselves) and for publicising the programme to medical students. This is supported by Dr Glen, Dr Menzies and the Clinical School, ***however this is a serious commitment.***

One day per week will be devoted to research – the area of which will depend on your individual circumstances and interests. Examples of research and audit opportunities include:

- a) Integration into the Clinical Trials Unit, Glan Clwyd Hospital.
- b) Non-commercial and commercial trials occurring within Glan Clwyd Hospital
- c) Access to GCP training courses
- d) Support from the Clinical Audit department (NWSSP)

There is also the opportunity to undertake a fully funded MRes with the Institute of Health and Medical Research at Bangor University. The Foundation Doctor will be allocated a specialised supervisor, have access to modular research training (dictated by their current level of knowledge and training), and support to submit a thesis. Previous projects have included:

- “Evaluation of the impact of a secondary care smoking cessation service on the health and wellbeing of patients admitted to hospital.”
- “Morbidity and mortality associated with suspected and confirmed pulmonary embolism.”

- “Impact of mepoluzimab on asthma patients in a secondary care asthma service.”
- “Utility of a dedicated pleural disease database in secondary care and outcomes of thoracoscopy.”

FP/071 – Betsi Cadwaladr (East) UHB

The North Wales Clinical Research Facility (NW CRF) based in Wrexham are offering an innovative, longitudinal academic research post, under the guidance of Dr Orod Osanlou.

The Foundation Doctor in this post will receive:

- Fully funded MRes in Clinical Pharmacology and Experimental Therapeutics
- Honorary contract with Bangor University
- Mentoring to obtain future PhD funding
- Opportunity to be an investigator for First-in-Human studies
- Support to have their work published

This post is suitable for those who are interested in a career in research and/or the pharmaceutical industry.

FP/088 – Betsi Cadwaladr (West) UHB

This rotation is in collaboration with the School of Psychology and Sport Science at Bangor University [<https://www.bangor.ac.uk/spss>].

The Foundation Doctor will spend two days per week in the School, working under the supervision of a researcher from one of two institutes: The Institute for Applied Human Physiology [<https://www.bangor.ac.uk/iahp>] or The Institute for the Psychology of Elite Performance [<https://ipep.bangor.ac.uk/index.php.en>] (depending on your area of interest). These institutes have diverse research interests, ranging from the pathophysiology of chronic disease to environmental medicine and from group dynamics to mental toughness. Both institutes have an excellent record of developing early career researchers and producing high quality publications. Several departments from Ysbyty Gwynedd (most notably Renal, Respiratory Medicine, weight management services, and Oncology) have active collaborations with the University.

The Foundation Doctor will have the opportunity to complete a postgraduate qualification for which the fees will be paid by the Health Board. Depending on how many modules you complete, you will graduate with either an MRes in Sport and Exercise Science (180 credits including: 40 credits of research training, plus 20 credits of taught modules, plus a 120 credit Research Project) or a Post Graduate Certificate in Sport and Exercise Science Research (60 credits including 40 credits of research training, plus 20 credits of taught modules) [<https://www.bangor.ac.uk/courses/postgraduate-research/sport-and-exercise-sciences-mres>]. Although this F2 Foundation Programme will last for one year only, you can choose to complete the MRes part time over a two-year period.

The Foundation Doctor should look at each institute and its members in advance so that a suitable project and supervisor can be agreed before the start of the F2 year. They may join an established project or develop one with their supervisor. The taught modules will be delivered in a blended learning format so you can access the lecture content flexibly around your clinical schedule, with face-to-face support provided during tutorials and drop-in sessions.

In the spring, the Foundation Doctor will be encouraged to present their work at the Ysbyty Gwynedd Young Innovators Award. There may also be an opportunity to present an abstract at a national meeting and to be published in a peer reviewed journal.

FP/138 – Betsi Cadwaladr (West) UHB

The Foundation Doctor will have the opportunity to undertake a fully funded Postgraduate Certificate of Medical Education (PGCME). This is a valuable qualification and excellent first step into a career in Medical Education.

The Foundation Doctor is expected to enrol with a suitable external University to undertake the PGCME as a distance learning course. Ideally, they should enrol and apply before they start the F2 post. The doctor get one academic day per week during the F2 year to complete the course. In addition, they can use some of their Study Leave entitlement to attend the face-to-face/distance learning element of this course and utilise weekly Self Development Time (SDT) to complete assignment work and be involved in teaching activities within the hospital.

F2 Special Experience SFPs

FP/031 – Betsi Cadwaladr (Central) UHB

This post offers opportunities for the Foundation Doctor to become involved in the Simulation Training program within the North Wales Clinical School, Glan Clwyd Hospital.

The Foundation Doctor will be involved in the delivery of training to medical students, Physician's Associates and other medical and nursing staff.

FP/087 – Betsi Cadwaladr (West) UHB

The rotation is "Mountain Medicine" themed and is aimed at those who have an interest in wilderness/expedition medicine. In addition to providing a good rounding in front door medicine, it would also be attractive to those interested in acute care, Trauma & Orthopaedics, and primary care.

The "special experience" element will span 10 days per 4-month placement (on top of the prescribed SDT and Study Leave entitlements), and will involve:

- a) A funded expedition medicine course (costing approximately £1,000). E.g. <https://worldextrememedicine.com/extreme-medicine-courses/expedition-and-wilderness-medicine-course-pyb/>
- b) Supporting experienced mountain rescue doctors in providing casualty care training to MRT volunteers
- c) Providing feedback to MRT volunteers in emergency departments and completing research (<https://mountainmedicineyg.co.uk/>).

FP/089 – Hywel Dda (Pemb) UHB

The Foundation Doctor has the opportunity to join the Coastal Medicine programme, working with the RNLI (Lifeboats and Lifeguards). This experience intends to improve medical communication and education skills, via a realistic team-based approach to the pre-hospital management of casualties.

The Foundation Doctor will be supported to undertake aligned courses such as ALS, ATLS, BASICs etc, and encouraged to attend organised crew training at the National RNLI Training Centre.