

Specialty Training in Geriatric Medicine: North Wales

Wales
Deanery
Deoniaeth
Cymru



Introduction

North Wales offers fantastic training opportunities and facilities for Higher Specialist Training in Geriatrics and General (Internal) Medicine. The North Wales Geriatric Medicine STR rotation takes place between 3 hospitals under Betsi Cadwaladr University Health Board (BCUHB): **Wrexham Maelor Hospital** (East), **Glan Clwyd Hospital, Rhyl** (Central) and **Ysbyty Gwynedd, Bangor** and **Llandudno Hospital** (West). There are 10 STR posts in geriatric medicine in North Wales.

BCUHB is the largest health organisation in Wales that serves a population of over 676,000 across 6 counties of Anglesey, Gwynedd, Conwy, Denbighshire, Flintshire and Wrexham and also caters for patients from some parts of mid-Wales, Cheshire and Shropshire. Demographically, the catchment area has a high proportion of older people that also provides a great opportunity to develop experience and training and to practice geriatric medicine. Apart from the 3 District General Hospitals, BCUHB supports 18 community hospitals, 90 health centres, clinics, community bases and mental health facilities and 121 GP practices and other NHS services.

WREXHAM MAELOR HOSPITAL, WREXHAM

The Place

Wrexham is the largest town in north Wales situated between the Welsh mountains and the lower Dee Valley close to the border with Cheshire, England. It is one of the major hubs of the region's administrative, commercial, retail and educational infrastructure. The town has easy access to Chester, Manchester and Liverpool by road and rail networks.

The Hospital

The hospital is a 980 bedded district general hospital serving Wrexham and the surrounding area. Wrexham Maelor Hospital is the largest hospital in the UK housed in a town rather than a city. It is also the second largest hospital in Wales.

The Maelor Hospital is one of the main teaching hospitals in Wales and has close connections with the nearby Glyndwr University. The Clinical School accommodates students from the Universities of Cardiff, Swansea and Manchester. The hospital also provides training for student nurses studying at Wrexham's Glyndwr University and Bangor University.

The Department

The Care of the Elderly (COTE) department in Wrexham Maelor Hospital has 6 consultant physicians with 2 acute COTE wards and a 21-bedded Stroke Unit (acute stroke and rehabilitation). There are 2 rehabilitation wards on site which are covered by the consultant geriatricians, who also participate in unselected acute medicine on-call rota. Five of the

consultants also have beds in 3 Community Hospitals – Deeside Hospital, Mold Hospital, and Chirk Hospital. Four consultants with special interest in stroke participate in stroke thrombolysis rota in conjunction with colleagues from Central and West to provide a pan-BCUHB stroke thrombolysis service. Two of the consultants provide outreach service to the community based Enhanced Care Service teams.

Training opportunities in Wrexham Maelor Hospital

- Acute general and geriatric medicine
- Acute stroke, stroke rehabilitation, TIA clinics
- Geriatric liaison services to other specialties
- Orthogeriatrics including orthogeriatric ward rounds, outpatient clinics & rehabilitation
- Frailty
- Geriatric rehabilitation (post-acute, slow stream) and community hospitals
- Falls and syncope; Falls clinics
- Parkinson's Disease and other movement disorders
- Intermediate Care and Enhanced Care Services
- Psychogeriatrics in liaison with Old Age Psychiatrists
- Palliative Care
- Nutrition in elderly in liaison with Dietetic Department
- Tissue viability and wound care

Who's who in COTE Department Wrexham Maelor Hospital

- Professor Anthony White – Visiting Professor at Glyndwr University; Clinical teacher for Cardiff University; Special interests: Frailty, Stroke
- Dr Walee Sayed – Special interest: Stroke
- Dr Sam Abraham – Special interest: Movement Disorders
- Dr Sara Gerrie – Special interest: Orthogeriatrics
- 2 x vacant posts currently covered by locums

Community Hospital consultant covers:

- Deeside Hospital: Prof White
- Mold Hospital: Locum
- Chirk Hospital: Dr Abraham

Education links & opportunities with COTE in Wrexham Maelor

- Year 4 Cardiff University Chronic Disease 2 module placement (Lead Tutor: Dr Sayed)
- PACES Examining Site, with MRCP(UK) PACES Examiners and organizers of the exam: Prof White, Dr W Sayed, Dr Abraham, Dr Gerrie.

- COTE departmental educational programmes; Medicine department education programmes and teaching opportunities

GLAN CLWYD HOSPITAL, RHYL

The place

Rhyl is a historical seaside resort town in the north Wales coast situated in Denbighshire. The hospital is located in Bodelwyddan with easy access to the A55 North Wales Expressway. Rhyl is very well connected with Chester, Liverpool and Manchester and to Llandudno, Bangor and Holyhead. London is only two and half hours' journey by train. Its central location provides easy access to many tourist attractions and outdoor activities in and around north Wales.

The hospital

Glan Clwyd Hospital is one of the busiest in north Wales and has 684 beds with all major departments and services. It houses a modern Cardiac Catheterisation Laboratory that provides coronary intervention services across north Wales. The hospital compound also houses the large North Wales Cancer Treatment Centre. Glan Clwyd Hospital's medicine department has a robust educational programme for all stages of the MRCP examination. The Clinical School provides fantastic teaching opportunities for undergraduate students from Cardiff, Swansea and Manchester Universities. The hospital offers training for student nurses from Bangor and Glyndwr Universities.

The department

The Care of the Elderly (COTE) department in Glan Clwyd Hospital has 6 consultant physicians with 3 acute Care of the Elderly wards and a 30-bedded Stroke Unit (acute stroke and rehabilitation). The consultant geriatricians also participate in unselected acute medicine on-call rota. Four of the consultants also have beds in 3 Community Hospitals – Colwyn Bay Hospital, Denbigh Infirmary and Holywell Community Hospital. Two consultants with special interest in stroke participate in stroke thrombolysis rota in conjunction with colleagues from East and West to provide a stroke thrombolysis service across the three sites in North Wales. Two of the consultants provide outreach service to the community based Enhanced Care Services.

Training opportunities in Glan Clwyd Hospital

- Acute general and geriatric medicine
- Hyperacute and acute stroke, stroke rehabilitation, TIA clinics
- Geriatric liaison services to other specialties
- Geriatric rehabilitation (post-acute, slow stream) and community hospitals

- Perioperative medicine in older people
- Falls and syncope; Falls clinic
- Parkinson's Disease and other movement disorders
- Intermediate Care and Enhanced Care Services
- Psychogeriatrics in liaison with Old Age Psychiatrists
- Palliative Care
- Continence including Continence Clinics in Royal Alexandra Hospital
- Nutrition in the elderly in liaison with the Nutritional Support Team

Who's who in COTE Department Glan Clwyd Hospital

- Dr Gerallt Owen – Special interest: Falls & syncope
- Dr Krishnamurthy Ganeshram – Special interest: Stroke
- Dr Vedamurthy Adhiyaman – Special interest: Stroke
- Dr Indrajit Chatterjee (Chattopadhyay) – Special interest: Intermediate care; Training Programme Director Geriatric Medicine (North Wales); Lead COTE undergrad module
- Dr Sanghamitra Chakrabarti – Special interest: Acute geriatrics; RCP Tutor; ALS trainer
- Dr Gordon Black – Special interest: Stroke
- Dr Peter Hobson – Principal Healthcare Scientist (Research)

Community Hospital consultant covers:

- Colwyn Bay Hospital: Dr Chatterjee & Dr Black
- Denbigh Infirmary: Dr Ganeshram & Dr Chakrabarti
- Holywell Community Hospital: Dr Ganeshram & Dr Owen

Education links & opportunities with COTE in Glan Clwyd

- Year 4 Cardiff University CD2 module placement (Lead Tutor: Dr Chatterjee). The previous Neuro-COTE module had consistently received fantastic feedback as one of the best in Wales.
- MRCP(UK) PACES Examiners: Drs Ganeshram, Adhiyaman and Chatterjee. Dr Adhiyaman and Dr Chatterjee host the MRCP(UK) PACES examination on behalf of the Royal College of Physicians of Edinburgh.
- MRCP(UK) Specialty Questions Group member: Dr Adhiyaman
- MBChB Examiner (Cardiff University): Dr Chatterjee
- Academic department / Research: Dr Peter Hobson
- COTE departmental educational programmes; Medicine department education programmes and teaching opportunities

YSBYTY GWYNEDD, BANGOR

The place

Bangor in Gwynedd is a University city located in the North Wales coast near Menai Strait that separates the mainland from Anglesey. Bangor is one of the only 6 places classed as a city in Wales. Located at the foothills of Snowdonia, Bangor offers great opportunities for wide-ranging outdoor activities and has excellent connections with multiple tourist attractions. It has superb links with the north Wales coastal towns, Chester, Manchester and Liverpool and London is only 3 hours away by rail. The city is also located near Holyhead, a busy ferry port serving Ireland.

The hospital

Ysbyty Gwynedd is a 550 bedded hospital that provides all the key services to a large community in Gwynedd and Anglesey. It also houses the head-quarters of BCUHB. The hospital has close links with Bangor University and its Clinical School accommodates students from Cardiff University. The hospital houses large postgraduate and undergraduate facilities with robust educational and training programmes. It provides training facilities for nursing students from Bangor University.

The department

Ysbyty Gwynedd has a friendly, dynamic and expanding Care of the Elderly (COTE) department. Currently there are 4 consultant physicians harbouring close links with colleagues at Llandudno Hospital and community geriatricians. In Ysbyty Gwynedd there is one acute Care of the Elderly ward and an Acute Stroke Unit. The consultants all take part in the unselected medical take rota as well as the stroke thrombolysis rota for North Wales. The consultants all have beds at the local community hospitals: Bryn Beryl Hospital in Pwllheli, Ysbyty Penrhos Stanley in Holyhead and Eryri Hospital in Caernarfon. There is also the Enhanced Care Team based in Anglesey providing a community geriatrics outreach service.

Training opportunities in Ysbyty Gwynedd

- Acute general and geriatric medicine
- Acute stroke, stroke rehabilitation and TIA clinics
- Orthogeriatrics
- Geriatric rehabilitation (post-acute, slow stream) and community hospitals
- Movement Disorder clinics with Dr Hindle (an international expert in movement disorders) at Llandudno Hospital
- Intermediate Care and Enhanced Care Services

- Palliative Care
- Continence clinics through liaison with urology colleagues

Who's who in COTE Department in Ysbyty Gwynedd

- Dr Salah Elghenzai – Clinical Director; Special interests: Stroke Medicine & Community Geriatrics
- Dr John Hindle- Honorary Senior Lecturer Bangor University; Special interest: Movement Disorders, neurodegenerative diseases, dementias
- Dr Siôn Jones – Special interest: Movement Disorders and Community Geriatrics
- Dr Alan Bates – Special interest: Community Geriatrics and Intermediate Care
- Dr Swapna Alexander – Special interest: Orthogeriatrics and bone health
- Dr Anil Mane – Special interest: Community Geriatrics, Falls and Orthogeriatrics

Community Hospital consultant covers:

- Ysbyty Penrhos Stanley: Dr Sion Jones
- Eryri Hospital: Dr Anil Mane & Dr Salah Elghenzai
- Bryn Beryl Hospital: Dr Elghenzai
- Llandudno Hospital: Dr John Hindle, Dr Swapna Alexander and Dr Alan Bates

Other educational / research opportunities for geriatrics trainees in North Wales

- Monthly STR teaching afternoons in a central location – 2 hours of RCP External CPD approved. The format involves a guest lecture followed by SpR presentations. The teaching afternoons are also well attended by consultants.
- Monthly neuro-radiology meeting in Glan Clwyd Hospital with Dr Ian Turnbull, retired neuroradiologist.
- Specialist Registrars are highly encouraged to participate in projects and research and to showcase their work through various platforms notably the British Geriatrics Society's National and Wales Branch meetings.
- Out of Programme (OOP) Stroke Fellowship and Research experience are facilitated for interested trainees
- MSc in stroke medicine and other relevant higher degrees can be pursued through appropriate universities namely Keele, Liverpool and Manchester. The departments are very flexible in accommodating study leave for such courses.
- Opportunities to act as Clinical Mentors (Designated Supervising Medical Practitioner) for nurses undertaking MSc and other qualifications in Advanced Clinical Practice in Bangor and Glyndwr Universities.
- General (Internal) Medicine training days (RCP CPD approved) are organised across the 3 locations.

Version: July 2016