

North East Thames Foundation School Individual Placement Description

Placement	F1 Neurology/Stroke
The department	The department has 4 Consultant Neurologists (Drs Everett, Coward, Gallagher and Cheesman) and 3 Stroke Physicians (Drs Guyler, O'Brien and Sinha). There is a Neurology Registrar and several Stroke Registrars. All consultants undertake several outpatient clinics a week and regularly have inpatients. The department provides Neurology and Stroke advice to other teams. There are close links with Queens Neurosurgical unit and the Royal London Hospital.
The type of work to expect and learning opportunities	<p>All F1 doctors will be ward based working on Neurorehabilitation ward with opportunity to spend time on the Acute Stroke Unit. During the normal working day the F1 will be expected to deliver the daily medical care of all the patients on their ward irrespective of specialty. Excellent MDT experience will be gained. There will be a four week AMU posting during which time the F1 will be involved in the generic clerking of patients with acute and differentiated medical problems and their care whilst in AMU. In this way the F1 gains experience in both Neurology/Stroke as well as acute medicine. The overall educational objectives of the F1 year are to provide the trainee with the knowledge, skills and attitudes to be able to</p> <ul style="list-style-type: none"> • Take a history and examine a patient • Identify and synthesise problems • Prescribe safely • Keep an accurate and relevant medical record • Manage time and clinical priorities effectively • Communicate effectively with patients, relatives and colleagues • Use evidence, guidelines and audit to benefit patient care • Act in a professional manner at all times • Cope with ethical and legal issues which occur during the management of patients with general medical problems • Educate patients effectively • Become life-long learners and teachers.
Where the placement is based	Paglesham and Benfleet wards, Southend University Hospital.
Clinical Supervisor(s) for the placement	Dr Coward, Dr Everett, Dr Cheesman, Dr Gallagher, Dr Guyler, Dr Sinha, Dr O'Brien
Main duties of the placement	Daily ward rounds and maintaining an accurate medical record every day. Seeing new referrals to neurology with consultants. Presenting patients at MDM and radiology meetings.
Typical working pattern in this placement	The Dept. Medicine operates a Ward Based System. This requires day shifts which are typically 9-5 / 1.30 to 9.30. The F1 will work 2 weekends in every 22. Nights are incorporated into the AMU Block.

	<p>Typical working pattern in this post:</p> <table border="1" data-bbox="587 293 1267 1014"> <tr> <td>Monday AM</td> <td>Stroke Handover, Consultant Ward Round</td> </tr> <tr> <td>Monday PM</td> <td>Consultant Ward Round</td> </tr> <tr> <td>Tuesday AM</td> <td>Radiology Meeting SHO/SpR Ward Round</td> </tr> <tr> <td>Tuesday 1pm</td> <td>Generic Mandatory F1 Teaching</td> </tr> <tr> <td>Tuesday PM</td> <td>Consultant Ward Rounds</td> </tr> <tr> <td>Wednesday AM</td> <td>MDM</td> </tr> <tr> <td>Wednesday PM</td> <td>Teaching</td> </tr> <tr> <td>Thursday AM</td> <td>SHO Ward Round</td> </tr> <tr> <td>Thursday 12.30 pm</td> <td>Medical Grand Round</td> </tr> <tr> <td>Thursday PM</td> <td>Ward Duties</td> </tr> <tr> <td>Friday AM</td> <td>Consultant Ward Rounds</td> </tr> <tr> <td>Friday PM</td> <td>Consultant Ward Rounds</td> </tr> <tr> <td>Saturday & Sunday</td> <td>On Call duties as per rota</td> </tr> </table>	Monday AM	Stroke Handover, Consultant Ward Round	Monday PM	Consultant Ward Round	Tuesday AM	Radiology Meeting SHO/SpR Ward Round	Tuesday 1pm	Generic Mandatory F1 Teaching	Tuesday PM	Consultant Ward Rounds	Wednesday AM	MDM	Wednesday PM	Teaching	Thursday AM	SHO Ward Round	Thursday 12.30 pm	Medical Grand Round	Thursday PM	Ward Duties	Friday AM	Consultant Ward Rounds	Friday PM	Consultant Ward Rounds	Saturday & Sunday	On Call duties as per rota
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<p>Employer information</p>	<p>The employer for this post is Southend University Hospital NHS Foundation Trust. The post will be based in Southend University Hospital which provides an extensive range of secondary services for the growing local community of approximately 338,800.</p>																										

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North East Thames Foundation School Individual Placement Description

Placement	F1 Adult Psychiatry
Department	<p>The department is part of the South Essex Partnership NHS Trust and is based at the Community Mental Health Team, Rochford Hospital, Rochford. The catchment area for this post is around Southend East and Central area covering population of around 50,000. The trainee will be based at Ashingdon Hub at Rochford Hospital where the Consultant Psychiatrists have their office and will conduct the outpatients at Taylor Centre, Warrior House Health Centre at Southend on Sea.</p>
The type of work to expect and learning opportunities	<p>The post is Community based. They will be attached to a Consultant who will be their Clinical supervisor. The trainee will always have access to direct supervision in their work by senior doctors. This includes a ST4 to 6 Psychiatric trainee. They will also receive dedicated one hour of individual supervision with their Consultant. The team works under the “New ways of Working”.</p> <p>The post aims to provide trainees with exposure and experience to Outpatient clinics, both scheduled and Drop-in/ emergency clinic every week, participation in MDT meetings, attend the inpatient MDT meeting on Cedar Ward every alternate Wednesday morning, reviewing Community Assessment Service work, and conduct domiciliary visits when required.</p> <p>The trainee attends weekly academic postgraduate teaching programme and regular Balint Group after the academic teaching. They would be encouraged to undergo Work based place assessments as per the training requirement. They would also have opportunity to participate in audits and local projects. A senior trainee in the same post is also available to provide supervision for this work. The trainee is expected to keep up with his training requirements which include mandatory trainings, updating clinical skills and requirements of the Foundation School.</p> <p>Other services that one could gain experience from include Adult and Older age in-patient units, Crisis Resolution and Home Treatment Team, the Assertive Outreach Services, Drug and Alcohol services, Psychology and Psychotherapy services. During the placement the doctor will learn about the following:</p> <ul style="list-style-type: none"> • Taking a psychiatric history and performing a Mental state examination • Formulating management plans • Management of psychiatric emergencies and Rapid Tranquilization • Prescribe psychotropic medication safely • Keep an accurate and relevant medical record • Communicate effectively with patients, relatives and colleagues • Work within a Multi-disciplinary team • Use evidence, guidelines and audit to benefit patient care • Act in a professional manner at all times • Cope with ethical and legal issues which occur during the management of patients with psychiatric problems • Educate patients effectively

Where the placement is based	Community Mental Health Team, Rochford Hospital, Rochford					
Clinical Supervisor for the placement	Dr Abu Abraham, Consultant Psychiatrist and Clinical Tutor					
Main duties of the placement	<p>The Foundation doctor is responsible with other staff, for the care of patients and the maintenance of the patient's medical record. They will have opportunity to work with the consultants in outpatient clinics for at least one session each week. They are expected to attend the structured teaching programmes provided for the psychiatric trainees. They will communicate appropriately and effectively with patients, relatives and colleagues</p> <p>The doctor will be responsible for such other specific clinical duties as allocated by consultants including performing other duties in occasional emergencies and unforeseen circumstances.</p>					
Typical working pattern in this placement		Monday	Tuesday	Wednesday	Thursday	Friday
	AM	Ward work	Drop in or emergency clinic at Warrior House	Inpatient MDT meeting on Cedar ward every alternate Wednesdays	Post graduate Teaching at Hawthorn Centre, Rochford Hospital	OPC Warrior House
	PM	OPC Warrior House	MDT meeting (1330 - 1500) Clinical Supervision (1500-1600)	Ward work	Shadow Clinical Tutor work Domiciliary visits	Special interest and Audit work
Employer information	<p>South Essex Partnership Trust is one of the leading providers of mental health services in the country. It provides services in Essex, Bedfordshire and Luton. It has services for most of the subspecialties in psychiatry, including medium secure forensic and CAMHS inpatient services. The Trust HQ is based at the Lodge, Runwell. The web address for the Trust is www.sept.nhs.uk.</p>					

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North East Thames Foundation School Individual Placement Description

Placement	F1 – Nephrology
The department	The 'renal' firm comprises 4 consultants, 2 of whom supervise the wards at any one time. The Department serves a Local Population estimated at 330,000. The renal unit has 28 chronic haemodialysis stations. Outpatients are seen in the Renal Unit, main outpatients and the Diabetes Centre. There are general medical and nephrology outpatients, specialist clinics which include transplant, low clearance, dialysis and a combined diabetic renal clinic. Both acute and chronic renal failure is managed at Southend. All aspects of renal care are performed at Southend apart from transplantation which is performed mostly at the Royal London.
The type of work to expect and learning opportunities	<p>All F1 Doctors in hospital posts will generally be ward based during the 'normal' working day and expected to deliver the daily medical care of all the patients on their ward irrespective of specialty. Whilst in the Nephrology attachment the F1 will be involved with the generic clerking of patients being admitted and the ongoing care of the patients in the unit.</p> <p>The overall educational objectives of the F1 year are to provide the trainee with the knowledge, skills and attitudes to be able to</p> <ul style="list-style-type: none"> • Take a history and examine a patient • Identify and synthesise problems • Prescribe safely • Keep an accurate and relevant medical record • Manage time and clinical priorities effectively • Communicate effectively with patients, relatives and colleagues • Use evidence, guidelines and audit to benefit patient care • Act in a professional manner at all times • Cope with ethical and legal issues which occur during the management of patients with general medical problems • Educate patients effectively • Become life-long learners and teachers. <p>The F1 doctors will have an excellent opportunity to see and manage a variety of general medical cases and gain initial experience, with careful supervision, in the management of acute kidney injury and complications of chronic renal failure. Opportunity exists to attend a dedicated teaching and assessment clinic.</p>
Where the placement is based	Blenheim Ward, Southend University Hospital.
Clinical Supervisor(s) for the placement	Dr S Kumar / Dr M Almond / Dr P Harnett / Dr F Moro-Azuela.
Main duties of the placement	The F1 doctor is responsible with other staff for the ward care of patients and the maintenance of patient's medical records. The F1 will conduct ward rounds on a daily basis with the consultant

	<p>in charge. The doctors will be responsible for such other specific clinical duties as allocated by consultants including arranging appropriate investigations and performing other duties in occasional emergencies and unforeseen circumstances. The F1 will take part in the Acute Medical rota.</p>																														
<p>Typical working pattern in this placement</p>	<p>The Dept. Medicine operates a Ward Based System. This requires day shifts which are typically 9-5 / 1.30 to 9.30. The F1 will work 2 weekends in every 22. Nights are incorporated into the AMU Block.</p> <p>Typical working pattern in this post:</p> <table border="1" data-bbox="555 598 1238 1615"> <tr> <td>Monday AM</td> <td>Consultant Ward Round</td> </tr> <tr> <td>Monday 9am</td> <td>Renal MDT</td> </tr> <tr> <td>Monday PM</td> <td>Consultant Ward Round / possible pre-admission clerking for patients requiring vascular access for dialysis.</td> </tr> <tr> <td>Tuesday AM</td> <td>Consultant Ward Round</td> </tr> <tr> <td>Tuesday 1pm</td> <td>Generic Mandatory F1 Teaching</td> </tr> <tr> <td>Tuesday PM</td> <td>Possible pre-admission clerking for patients requiring vascular access for dialysis.</td> </tr> <tr> <td>Wednesday AM</td> <td>Ward Round</td> </tr> <tr> <td>Wednesday 2pm</td> <td>MDT</td> </tr> <tr> <td>Wednesday PM</td> <td>Ward Work</td> </tr> <tr> <td>Thursday AM</td> <td>Consultant Ward Round</td> </tr> <tr> <td>Thursday 12.30 pm</td> <td>Medical Grand Round</td> </tr> <tr> <td>Thursday PM</td> <td>Ward Work</td> </tr> <tr> <td>Friday AM</td> <td>Consultant Ward Round</td> </tr> <tr> <td>Friday PM</td> <td>Journal Club/Possible Pre-admission clerking for patients requiring vascular access for dialysis</td> </tr> <tr> <td>Saturday & Sunday</td> <td>As per Rota</td> </tr> </table> <p><i>On call requirements: As per rota</i></p>	Monday AM	Consultant Ward Round	Monday 9am	Renal MDT	Monday PM	Consultant Ward Round / possible pre-admission clerking for patients requiring vascular access for dialysis.	Tuesday AM	Consultant Ward Round	Tuesday 1pm	Generic Mandatory F1 Teaching	Tuesday PM	Possible pre-admission clerking for patients requiring vascular access for dialysis.	Wednesday AM	Ward Round	Wednesday 2pm	MDT	Wednesday PM	Ward Work	Thursday AM	Consultant Ward Round	Thursday 12.30 pm	Medical Grand Round	Thursday PM	Ward Work	Friday AM	Consultant Ward Round	Friday PM	Journal Club/Possible Pre-admission clerking for patients requiring vascular access for dialysis	Saturday & Sunday	As per Rota
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<p>Employer information</p>	<p>The employer for this post is Southend University Hospital NHS Foundation Trust. The post will be based in Southend University Hospital which provides an extensive range of secondary services for the growing local community of approximately 338,800.</p>																														

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North East Thames Foundation School Individual Placement Description

Placement	F1 Gastroenterology
The department	The Dept. Gastroenterology comprises 2 Consultants. There are 24 acute beds in General Medicine and Gastroenterology.
The type of work to expect and learning opportunities	<p>All F1 doctors in hospital posts will be ward based during the normal working day and expected to deliver the daily medical care of all the patients on their ward irrespective of specialty. All Gastroenterology diseases are represented e.g. liver failure, GI bleeds, inflammatory bowel disease as well as patients with unselected acute medical problems. There is opportunity for Gastroenterology procedures such as ascetic drains. Interested trainees will be able to arrange exposure to gastroscopies and colonoscopies.</p> <p>There will be a four week AMU posting during which time the F1 will be involved in the generic clerking of patients with acute and differentiated medical problems and care whilst in AMU. In this way the F1 gains experience in both Gastroenterology as well as acute medicine. The overall educational objectives of the F1 year are to provide the trainee with the knowledge, skills and attitudes to be able to</p> <ul style="list-style-type: none"> • Take a history and examine a patient • Identify and synthesise problems • Prescribe safely • Keep an accurate and relevant medical record • Manage time and clinical priorities effectively • Communicate effectively with patients, relatives and colleagues • Use evidence, guidelines and audit to benefit patient care • Act in a professional manner at all times • Cope with ethical and legal issues which occur during the management of patients with general medical problems • Educate patients effectively • Become life-long learners and teachers.
Where the placement is based	E. Hobbs, Southend University Hospital.
Clinical Supervisor(s) for the placement	Dr G Bray
Main duties of the placement	The F1 doctor is responsible with other staff for the ward care of patients and the maintenance of patient's medical record. To conduct ward rounds on a daily basis. The doctors will be responsible for such other specific clinical duties as allocated by consultants including arranging appropriate investigations and performing other duties in occasional emergencies and unforeseen circumstances. The F1 will take part in the Acute Medical rota.
Typical working pattern in this placement	The Dept. Medicine operates a Ward Based System. This requires day shifts which are typically 9-5 / 1.30 to 9.30. The F1 will work 2 weekends in every 22. Nights are incorporated into

	<p>the AMU Block.</p> <p>Typical working pattern in this post (e.g.)</p> <table border="1" data-bbox="555 327 1238 994"> <tr> <td>Monday AM</td> <td>Consultant Ward Round</td> </tr> <tr> <td>Monday PM</td> <td>Ward Work</td> </tr> <tr> <td>Tuesday AM</td> <td>New Patient Ward Round</td> </tr> <tr> <td>Tuesday 1pm</td> <td>Generic Mandatory F1 Teaching</td> </tr> <tr> <td>Tuesday PM</td> <td>Ward Work</td> </tr> <tr> <td>Wednesday AM</td> <td>New Patient Ward Round Gastro MDT Optional (8am)</td> </tr> <tr> <td>Wednesday PM</td> <td>Ward Work</td> </tr> <tr> <td>Thursday AM</td> <td>Consultant Ward Round</td> </tr> <tr> <td>Thursday 12.30 pm</td> <td>Medical Grand Round</td> </tr> <tr> <td>Thursday PM</td> <td>Ward Work</td> </tr> <tr> <td>Friday AM</td> <td>New Patient Ward Round</td> </tr> <tr> <td>Friday PM</td> <td>Journal Club & Ward Work</td> </tr> <tr> <td>Saturday & Sunday</td> <td>As per Rota</td> </tr> </table>	Monday AM	Consultant Ward Round	Monday PM	Ward Work	Tuesday AM	New Patient Ward Round	Tuesday 1pm	Generic Mandatory F1 Teaching	Tuesday PM	Ward Work	Wednesday AM	New Patient Ward Round Gastro MDT Optional (8am)	Wednesday PM	Ward Work	Thursday AM	Consultant Ward Round	Thursday 12.30 pm	Medical Grand Round	Thursday PM	Ward Work	Friday AM	New Patient Ward Round	Friday PM	Journal Club & Ward Work	Saturday & Sunday	As per Rota
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North East Thames Foundation School Individual Placement Description

Placement	F1 Medicine for Elderly.
The department	The Dept. of Elderly Care comprises 8 Consultant Geriatricians of whom 4 do acute General Medicine on-call. There are interests in Orthogeriatrics, Stroke, memory and falls. All geriatrics subspecialties are represented and the department is a dynamic unit with enthusiastic consultant supervision.
The type of work to expect and learning opportunities	<p>It is anticipated that the trainee will gain experience in management of confusion, delirium, falls (geriatric giants) as well as acute general medicine. All F1 Doctors in hospital posts will generally be ward based during the 'normal' working day and expected to deliver the daily medical care of all the patients on their ward irrespective of specialty. Whilst in the AMU attachment the F1 will be involved with the generic clerking of patients being admitted and the ongoing care of the patients in the unit.</p> <p>The overall educational objectives of the F1 year are to provide the trainee with the knowledge, skills and attitudes to be able to</p> <ul style="list-style-type: none"> • Take a history and examine a patient • Identify and synthesise problems • Prescribe safely • Keep an accurate and relevant medical record • Manage time and clinical priorities effectively • Communicate effectively with patients, relatives and colleagues • Use evidence, guidelines and audit to benefit patient care • Act in a professional manner at all times • Cope with ethical and legal issues which occur during the management of patients with general medical problems • Educate patients effectively • Become life-long learners and teachers
Where the placement is based	There are 3 acute geriatric wards: Windsor, Estuary and Princess Anne wards, Southend University Hospital.
Clinical Supervisor(s) for the placement	Dr I Liakas and Dr N Ballah
Main duties of the placement	The F1 doctor is responsible with other staff for the ward care of patients and the maintenance of the patient's medical record. They are expected to attend the structured teaching programmes provided by the department. The doctor will be responsible for such other specific clinical duties as allocated by consultants including performing other duties in occasional emergencies and unforeseen circumstances.

<p>Typical working pattern in this placement</p>	<p>The Dept. Medicine operates a Ward Based System. This requires day shifts which are typically 9-5 / 1.30 to 9.30. The F1 will work 3 weekends in every 25. Nights shifts according to wider rota as below.</p> <p>Typical working pattern in this post:</p> <table border="1" data-bbox="667 409 1348 994"> <tr><td>Monday AM</td><td>Consultant Ward Round</td></tr> <tr><td>Monday 1pm</td><td>DME MDT</td></tr> <tr><td>Monday PM</td><td>Ward Work</td></tr> <tr><td>Tuesday AM</td><td>Registrar Ward Round</td></tr> <tr><td>Tuesday PM</td><td>Ward Work</td></tr> <tr><td>Wednesday AM</td><td>Ward Work</td></tr> <tr><td>Wednesday 1pm</td><td>Generic Mandatory F2 Teaching</td></tr> <tr><td>Wednesday PM</td><td>Ward Work</td></tr> <tr><td>Thursday AM</td><td>Consultant Ward Round</td></tr> <tr><td>Thursday 12.30 pm</td><td>Medical Grand Round</td></tr> <tr><td>Thursday PM</td><td>Ward Work</td></tr> <tr><td>Friday AM</td><td>Ward Work</td></tr> <tr><td>Friday 12.00</td><td>X-Ray Meeting</td></tr> <tr><td>Friday PM</td><td>Journal Club/Ward Cover</td></tr> <tr><td>Saturday & Sunday</td><td>As per rota</td></tr> </table>	Monday AM	Consultant Ward Round	Monday 1pm	DME MDT	Monday PM	Ward Work	Tuesday AM	Registrar Ward Round	Tuesday PM	Ward Work	Wednesday AM	Ward Work	Wednesday 1pm	Generic Mandatory F2 Teaching	Wednesday PM	Ward Work	Thursday AM	Consultant Ward Round	Thursday 12.30 pm	Medical Grand Round	Thursday PM	Ward Work	Friday AM	Ward Work	Friday 12.00	X-Ray Meeting	Friday PM	Journal Club/Ward Cover	Saturday & Sunday	As per rota
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North East Thames Foundation School Individual Placement Description

Placement	F1 Old Age Psychiatry
Department	<p>The department is part of the South Essex Partnership NHS Trust and is based at the Older Adult Inpatient wards (Beech and Maple wards), Rochford Hospital, Rochford.</p> <p>Beech ward is the acute assessment ward for Older Adults suffering from a functional mental illness and Maple ward is an acute assessment ward for people with Dementia and challenging behaviour. The patients are admitted to these wards from Southend, Rochford, Rayleigh and Castle Point areas.</p> <p>The trainee will be based at Laurel House, Rochford Hospital where the Consultant Psychiatrists have their offices, and will join the team during ward reviews on Beech and Maple wards.</p> <p>The trainee will have the opportunity to attend the Outpatient Memory Clinic conducted once a week at The Harland Centre in Westcliff as well as attend ward reviews at the Challenging Behaviour Unit for patients with dementia at Clifton Lodge in Westcliff on Sea.</p>
The type of work to expect and learning opportunities	<p>The post is based at the inpatient wards. They will be attached to a Consultant who will be their Clinical Supervisor. The trainee will always have access to direct supervision in their work by senior doctors. This includes core Psychiatry trainees as well as a Staff Grade doctor. They will also receive dedicated one hour of individual supervision with their Consultant.</p> <p>The team works under the “New Ways of Working”.</p> <p>The post aims to provide trainees with exposure and experience to attend the inpatient ward reviews for patients with functional and organic mental illness, attend Outpatient clinics, participate in MDT meetings, and attend ward reviews on the Challenging Behaviour Unit.</p> <p>The trainee attends weekly academic postgraduate teaching programmes and regular Balint Groups after the academic teaching. They would be encouraged to undergo work-based place assessments as per the training requirement. They would also have opportunity to participate in audits and local projects. The trainee is expected to keep up with his training requirements which include mandatory trainings, updating clinical skills and requirements of the Foundation School.</p> <p>Other services that one could gain experience from include Adult and Older Age inpatient units, Crisis Resolution and Home Treatment Team, the Assertive Outreach Services, Drug and Alcohol Services, Psychology and Psychotherapy services. During the placement the doctor will learn about the following:</p> <ul style="list-style-type: none"> • Taking a psychiatric history and performing a mental state examination • Formulating management plans • Management of psychiatric emergencies and Rapid Tranquilization • Prescribe psychotropic medication safely

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Where the placement is based	The Older Adult Inpatient wards (Beech and Maple wards) Rochford Hospital, Rochford																		
Clinical Supervisor for the placement	Dr Feena Sebastian, Consultant Psychiatrist for Older people.																		
Main duties of the placement	<p>The Foundation doctor is responsible with other staff, for the care of patients and the maintenance of the patients' medical record. They will have opportunity to work with the Consultants in Outpatient clinics for at least one session each week. They are expected to attend the structured teaching programmes provided for the psychiatric trainees. They will communicate appropriately and effectively with patients, relatives and colleagues.</p> <p>The doctor will be responsible for such other specific clinical duties as allocated by Consultants including performing other duties in occasional emergencies and unforeseen circumstances.</p>																		
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Employer information	South Essex Partnership Trust is one of the leading providers of Mental Health Services in the country. It provides services in Essex, Bedfordshire and Luton. It has services for most of the subspecialties in psychiatry, including medium secure forensic and CAMHS inpatient services. The Trust HQ is based at The Lodge, Runwell. The web address for the Trust is www.sept.nhs.uk .																		

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North East Thames Foundation School Individual Placement Description

Placement	F1 Diabetes and Endocrinology/Infectious Diseases
The department	The Dept. comprises of 3 Consultant Endocrinologists and 1 Consultant in Infectious Disease. There are interests in thyroid disease, pituitary tumors, adolescent and antenatal diabetes and renal diabetes. All endocrine and diabetic pathology is represented. There is an endocrine day unit where investigations such as insulin tolerance tests may be carried out. There are close links with St Bartholomew's Endocrine Unit. There is opportunity for audit and presentation at local and national meetings.
The type of work to expect and learning opportunities	<p>All F1 Doctors in hospital posts will generally be ward based during the 'normal' working day and expected to deliver the daily medical care of all the patients on their ward irrespective of specialty. The F1 will be involved with the generic clerking of patients being admitted and the ongoing care of the patients in the unit. The overall educational objectives of the F1 year are to provide the trainee with the knowledge, skills and attitudes to be able to:</p> <ul style="list-style-type: none"> • Take a history and examine a patient • Identify and synthesise problems • Prescribe safely • Keep an accurate and relevant medical record • Manage time and clinical priorities effectively • Communicate effectively with patients, relatives and colleagues • Use evidence, guidelines and audit to benefit patient care • Act in a professional manner at all times • Cope with ethical and legal issues which occur during the management of patients with general medical problems • Educate patients effectively • Become life-long learners and teachers
Where the placement is based	Westcliff Ward, Southend University Hospital.
Clinical Supervisor(s) for the placement	Dr J Ahlquist, Dr K Metcalfe, Dr A Siddiqi and Dr J Day
Main duties of the placement	The F1 doctor is responsible with other staff for the ward care of patients and the maintenance of patient's medical record. The F1 will conduct ward rounds on a daily basis with the consultant in charge. The doctors will be responsible for such other specific clinical duties as allocated by consultants including arranging appropriate investigations and performing other duties in occasional emergencies and unforeseen circumstances. The F1 will take part in the Acute Medical rota.
Typical working pattern in this placement	The Dept. Medicine operates a Ward Based System. This requires day shifts which are typically 9-5 / 1.30 to 9.30.

	<p>The F1 will work 2 weekends in every 22. Nights are incorporated into the AMU Block.</p> <p>Typical working pattern in this post e.g.</p> <table border="1" data-bbox="624 360 1305 1070"> <tr><td>Monday AM</td><td>Consultant Ward Round</td></tr> <tr><td>Monday PM</td><td>Ward Work</td></tr> <tr><td>Tuesday AM</td><td>Consultant Ward Round</td></tr> <tr><td>Tuesday 1pm</td><td>Generic Mandatory F1 Teaching</td></tr> <tr><td>Tuesday PM</td><td>Ward Work</td></tr> <tr><td>Wednesday AM</td><td>New Patient Ward Round</td></tr> <tr><td>Wednesday 1pm</td><td>X-Ray Meeting</td></tr> <tr><td>Wednesday PM</td><td>Ward Work</td></tr> <tr><td>Thursday AM</td><td>Consultant Ward Round</td></tr> <tr><td>Thursday 12.30 pm</td><td>Medical Grand Round</td></tr> <tr><td>Thursday PM</td><td>Ward Work</td></tr> <tr><td>Friday AM</td><td>Consultant Ward Round</td></tr> <tr><td>Friday PM</td><td>Journal Club/Ward Cover</td></tr> <tr><td>Saturday & Sunday</td><td></td></tr> </table>	Monday AM	Consultant Ward Round	Monday PM	Ward Work	Tuesday AM	Consultant Ward Round	Tuesday 1pm	Generic Mandatory F1 Teaching	Tuesday PM	Ward Work	Wednesday AM	New Patient Ward Round	Wednesday 1pm	X-Ray Meeting	Wednesday PM	Ward Work	Thursday AM	Consultant Ward Round	Thursday 12.30 pm	Medical Grand Round	Thursday PM	Ward Work	Friday AM	Consultant Ward Round	Friday PM	Journal Club/Ward Cover	Saturday & Sunday	
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<p>Employer information</p>	<p>The employer for this post is Southend University Hospital NHS Foundation Trust. The post will be based in Southend University Hospital which provides an extensive range of secondary services for the growing local community of approximately 338,800.</p>																												

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North East Thames Foundation School Individual Placement Description

Placement	F1 Cardiology
The department	The Department Cardiology comprises of 6 Consultants most of whom work jointly with Basildon Cardiothoracic Centre.. Interests include Coronary Stenting, Non Invasive Diagnosis of Cardiac Diseases & Cardiac Imaging. The Department serves a local population estimated at 338,800. There is an 11-bed Coronary Care Unit with daily ward rounds by the cardiologists (including weekends). There are approximately 500 acute admissions to CCU each year.
The type of work to expect and learning opportunities	<p>All F1 doctors in hospital posts will be ward based during the normal working day and expected to deliver the daily medical care of all the patients on their ward irrespective of specialty. There will be a four week AMU posting during which time the F1 will be involved in the generic clerking of patients with acute and differentiated medical problems and their care whilst in AMU. In this way the F1 gains experience in both cardiology as well as acute medicine. The overall educational objectives of the F1 year are to provide the trainee with the knowledge, skills and attitudes to be able to</p> <ul style="list-style-type: none"> • Take a history and examine a patient • Prescribe safely • Keep an accurate and relevant medical record • Manage time and clinical priorities effectively • Communicate effectively with patients, relatives and colleagues • Use evidence, guidelines and audit to benefit patient care • Act in a professional manner at all times • Cope with ethical and legal issues which occur during the management of patients with general medical problems • Educate patients effectively • Become life-long learners and teachers.
Where the placement is based	Gordon Hopkins Ward, Southend University Hospital.
Clinical Supervisor(s) for the placement	Dr A Khokhar
Main duties of the placement	The F1 doctor is responsible with other staff for the ward care of patients and the maintenance of patient's medical record. To conduct ward round on a daily basis starting at 8am in CCU along with the consultant in charge The doctors will be responsible for such other specific clinical duties as allocated by consultants including arranging appropriate investigations and performing other duties in occasional emergencies and unforeseen circumstances. The F1 will take part in the Acute Medical rota.
Typical working pattern in this placement	The Dept. Medicine operates a Ward Based System. This requires day shifts which are typically 9-5 / 1.30 to 9.30. The

	<p>F1 will work 2 weekends in every 22. Nights are incorporated into the AMU Block.</p> <p>Typical working pattern in this post:</p> <table border="1" data-bbox="587 360 1267 1003"> <tr> <td>Monday AM</td> <td>CCU Ward Round</td> </tr> <tr> <td>Monday PM</td> <td>Education Meeting</td> </tr> <tr> <td>Tuesday AM</td> <td>CCU Ward Round</td> </tr> <tr> <td>Tuesday 1pm</td> <td>Generic Mandatory F1 Teaching</td> </tr> <tr> <td>Tuesday PM</td> <td>Cardiology Ward Round</td> </tr> <tr> <td>Wednesday AM</td> <td>CCU Ward Round</td> </tr> <tr> <td>Wednesday PM</td> <td>Ward Work</td> </tr> <tr> <td>Thursday AM</td> <td>CCU Ward Round</td> </tr> <tr> <td>Thursday 12.30 pm</td> <td>Medical Grand Round</td> </tr> <tr> <td>Thursday PM</td> <td>Cardiology Ward Round</td> </tr> <tr> <td>Friday AM</td> <td>CCU Ward Round</td> </tr> <tr> <td>Friday PM</td> <td>Cardioversions & Journal Club</td> </tr> <tr> <td>Saturday & Sunday</td> <td>On Call duties as per rota</td> </tr> </table>	Monday AM	CCU Ward Round	Monday PM	Education Meeting	Tuesday AM	CCU Ward Round	Tuesday 1pm	Generic Mandatory F1 Teaching	Tuesday PM	Cardiology Ward Round	Wednesday AM	CCU Ward Round	Wednesday PM	Ward Work	Thursday AM	CCU Ward Round	Thursday 12.30 pm	Medical Grand Round	Thursday PM	Cardiology Ward Round	Friday AM	CCU Ward Round	Friday PM	Cardioversions & Journal Club	Saturday & Sunday	On Call duties as per rota
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North East Thames Foundation School Individual Placement Description

Placement	F1 Respiratory Medicine
The department	The Dept. of Respiratory Medicine comprises 5 Consultants. There are 12 acute beds in Acute Respiratory Care Unit (ARCU) and 12 non acute beds for respiratory and general medical patients.
The type of work to expect and learning opportunities	<p>All F1 doctors in hospital posts will be ward based during the normal working day and expected to deliver the daily medical care of all the patients on their ward irrespective of specialty. ARCU patients require CPAP, BIPAP and close monitoring for respiratory failure from a variety of causes. There are opportunities to attend bronchoscopy lists and sleep study teaching for those interested. There will be a four week AMU posting during which time the F1 will be involved in the generic clerking of patients with acute and differentiated medical problems and their care whilst in AMU. In this way the F1 gains experience in both Respiratory as well as acute medicine. The overall educational objectives of the F1 year are to provide the trainee with the knowledge, skills and attitudes to be able to</p> <ul style="list-style-type: none"> • Take a history and examine a patient • Identify and synthesise problems • Prescribe safely • Keep an accurate and relevant medical record • Manage time and clinical priorities effectively • Communicate effectively with patients, relatives and colleagues • Use evidence, guidelines and audit to benefit patient care • Act in a professional manner at all times • Cope with ethical and legal issues which occur during the management of patients with general medical problems • Educate patients effectively • Become life-long learners and teachers.
Where the placement is based	Rochford Ward, Southend University Hospital.
Clinical Supervisor(s) for the placement	Dr Duncan Powrie; Dr Sohail Ansari; Dr Ganes Lingam; Dr Masood Ali; Dr Farag Eltaie
Main duties of the placement	The F1 doctor is responsible with other staff for the ward care of patients and the maintenance of patient's medical record. To conduct ward rounds on a daily basis with the consultant in charge. The doctors will be responsible for such other specific clinical duties as allocated by consultants including arranging appropriate investigations and performing other duties in occasional emergencies and unforeseen circumstances. The F1 will take part in the Acute Medical rota.
Typical working pattern in this placement	The Dept. Medicine operates a Ward Based System. This requires day shifts which are typically 9-5 / 1.30 to 9.30. The F1 will work 2 weekends in every 22. Nights are incorporated into

	<p>the AMU Block.</p> <p>Typical working pattern in this post:</p> <table border="1" data-bbox="557 327 1238 1131"> <tr> <td>Monday AM</td> <td>Ward Work/New Patient Ward round</td> </tr> <tr> <td>Monday PM</td> <td>Consultant Ward Round</td> </tr> <tr> <td>Tuesday AM</td> <td>Consultant Ward Round</td> </tr> <tr> <td>Tuesday 1pm</td> <td>Generic Mandatory F1 Teaching</td> </tr> <tr> <td>Tuesday PM</td> <td>Ward Work</td> </tr> <tr> <td>Wednesday AM</td> <td>New Patient Ward Round</td> </tr> <tr> <td>Wednesday 2pm</td> <td>Respiratory Teaching</td> </tr> <tr> <td>Wednesday PM</td> <td>Ward Work</td> </tr> <tr> <td>Thursday AM</td> <td>Consultant Ward Round</td> </tr> <tr> <td>Thursday 12.30 pm</td> <td>Medical Grand Round</td> </tr> <tr> <td>Thursday PM</td> <td>X-Ray Meeting</td> </tr> <tr> <td>Friday AM</td> <td>Consultant Ward Round</td> </tr> <tr> <td>Friday PM</td> <td>Journal Club & Ward Work</td> </tr> <tr> <td>Saturday & Sunday</td> <td>As per Rota</td> </tr> </table>	Monday AM	Ward Work/New Patient Ward round	Monday PM	Consultant Ward Round	Tuesday AM	Consultant Ward Round	Tuesday 1pm	Generic Mandatory F1 Teaching	Tuesday PM	Ward Work	Wednesday AM	New Patient Ward Round	Wednesday 2pm	Respiratory Teaching	Wednesday PM	Ward Work	Thursday AM	Consultant Ward Round	Thursday 12.30 pm	Medical Grand Round	Thursday PM	X-Ray Meeting	Friday AM	Consultant Ward Round	Friday PM	Journal Club & Ward Work	Saturday & Sunday	As per Rota
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<p>Employer information</p>	<p>The employer for this post is Southend University Hospital NHS Foundation Trust. The post will be based in Southend University Hospital which provides an extensive range of secondary services for the growing local community of approximately 338,800.</p>																												

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North East Thames Foundation School Individual Placement Description

Placement	F1 Oncology / Palliative Medicine
The department	The department comprises of 10 Oncologists and 2 Palliative Care Consultants. All subspecialties within Oncology are represented. There is an Acute Oncology Service (AOS) for emergency admissions.
The type of work to expect and learning opportunities	<p>This is a varied post which entails caring for patients on active treatment (chemotherapy and radiotherapy) as well as those admitted with the complications of these oncological treatments. By the end of the post, the F1 will have gained confidence in managing an acutely unwell patient and be proficient in the management of oncological emergencies. There is also ample opportunity for gaining experience in practical procedures such as paracentesis and pleural aspiration. During the post, the F1 will learn to appreciate the complex treatment decisions involved in caring for patients with advanced cancer. Those F1s assigned to the Palliative Care team will care for patients admitted for symptom control as well as end of life care. Most of our F1s participate in a departmental audit and are also encouraged to attend clinic, if possible. There is weekly departmental teaching in addition to hospital wide F1 teaching.</p> <p>There will be a four week posting during which time the F1 will be involved in the clerking of patients with acute general medical problems on the Acute Medical Unit (AMU). In this way, the F1 gains experience in both Oncology as well as acute medicine.</p>
Where the placement is based	Elizabeth Loury & Bedwell Ward, Southend University Hospital.
Educational Supervisors:	Dr D Tsang /Dr O Chan /Dr M Khaira /Dr G Sioftanos /Dr I Ahmed.
Clinical Supervisors:	Dr K Gretton /Dr R Foo /Dr H Algurafi /Dr G Dancey /Dr K Madhavan /Dr D Tsang /Dr I Ahmed
Main duties of the placement	The F1 is responsible with other staff for the care of inpatients. Duties include participating in ward rounds, ordering investigations and admitting patients for chemotherapy or radiotherapy. As well as assessing patients and formulating a management plan, with senior support. The F1 will take part in the Acute Medical rota.
Typical working pattern in this placement	The Department of Medicine operates a Ward Based System. The day shifts are typically 9-5, however, the 4 week AMU Block day shifts change weekly: 1 st week AMU early 08:00 – 18:00, 2 nd week AMU Late 13.30 - 21.30 or Tower/AMU at weekend 09:00 – 21:30, 3 rd week

	<p>AMU 09:00 – 21:30 and then nights 21:00 – 09:30.</p> <p>The F1 will be attached to 1 of 2 teams and be supported by a CT2/GP trainee/staff grade as well as registrar and consultant staff.</p>
<p>Employer information</p>	<p>The employer for this post is Southend University Hospital NHS Foundation Trust. The post will be based in Southend University Hospital which provides an extensive range of secondary services for the growing local community of approximately 338,800.</p>

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North East Foundation School Individual Placement Description

Placement	F1 Urology															
The department	The Urology department consists of 7 Consultants. All aspects of urological problems are treated including incontinence/pelvic floor services. In addition Southend Hospital is a regional cancer centre and has interests in urinary tract calculi and laser prostate surgery. The post is very well supported by dedicated ward staff.															
The type of work to expect and learning opportunities	<p>All duties of a FY1 doctor:</p> <ul style="list-style-type: none"> • Take a history and examine a patient • Identify and synthesise problems • Prescribe safely • Keep an accurate and relevant medical record • Manage time and clinical priorities effectively • Communicate effectively with patients, relatives and colleagues • Use evidence, guidelines and audit to benefit patient care • Act in a professional manner at all times • Cope with ethical and legal issues which occur during the management of patients with general medical problems • Educate patients effectively • Become life-long learners and teachers. <p>On the acute block expectations include: Clerking new patients – history, examination, basic investigations. Assessing sick patients on the general surgical wards during on-call weekends and nights.</p>															
Where the placement is based	Edmund Stone Ward, Southend University Hospital.															
Clinical Supervisor(s) for the placement	Mr Peter Pietrzak															
Main duties of the placement	<p>To be part of the daily ward round with the team and deliver daily care.</p> <p>To carry out the day-to-day care of the patients alongside the other members of the team.</p> <p>To complete discharge summaries, request investigations, reviewing blood results etc.</p> <p>To attend the foundation teaching each week.</p>															
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	Friday Lunchtime	Consultant led Teaching
	Friday PM	Journal Club & Ward Work
	Saturday & Sunday	As per Rota
	<p>Theatre Opportunities: Monday / Thursday / Friday All day lists. Consultant Ward Rounds daily – varying times.</p> <p><i>On call requirements:</i> On call 1700-2100 once a week for 5 weeks.</p> <p>Nights: 2030 – 0900 for 7 nights (once in 4 months, with week off before and after)</p>	
Employer information	<p>The employer for this post is Southend University Hospital NHS Foundation Trust. The post will be based in Southend University Hospital which provides an extensive range of secondary services for the growing local community of approximately 338,800.</p>	

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North East Thames Foundation School Individual Placement Description

Placement	F1 – General Surgery											
The department	The Surgical department consists of 12 Consultants specialising in Vascular; Colorectal; Gastrointestinal; Breast;Laparoscopic;Upper GI problems. The Department provides comprehensive care for elective and emergency, general and specialist surgery. There are three general surgical wards, as well as a 24 bedded 23-hour ward. There is a 43-bedded Day Stay Ward adjacent to the three dedicated Day Stay Theatres. There are ten in-patient Operating Theatres located on the first floor of the hospital. The Department has a Surgical Assessment Unit (Chalkwell ward) which also incorporates 12 beds/trolleys, for its emergency referrals.											
The type of work to expect and learning opportunities	<p>All duties of a FY1 doctor:</p> <ul style="list-style-type: none"> • Take a history and examine a patient • Identify and synthesise problems • Prescribe safely • Keep an accurate and relevant medical record • Manage time and clinical priorities effectively • Communicate effectively with patients, relatives and colleagues • Use evidence, guidelines and audit to benefit patient care • Act in a professional manner at all times • Cope with ethical and legal issues which occur during the management of patients with general medical problems • Educate patients effectively • Become life-long learners and teachers. 											
Where the placement is based	Southend University Hospital											
Clinical Supervisor(s) for the placement	Mr Dworkin / Mr Praveen / Miss Fine / Mr Jakeways / Mr Buhain / Miss Gray / Mr Sturt / Mr Wright											
Main duties of the placement	<p>To be part of the daily ward round with the team and deliver daily care.</p> <p>To carry out the day-to-day care of the patients alongside the other members of the team.</p> <p>To complete discharge summaries, request investigations, reviewing blood results etc.</p> <p>To attend the foundation teaching each week.</p>											
Typical working pattern in this placement	<p>Typical working pattern in this post e.g. ward rounds, clinics, theatre sessions</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 30%;">Monday AM</td> <td>Consultant/Reg Led Ward Round</td> </tr> <tr> <td>Monday PM</td> <td>Ward Work / Theatres</td> </tr> <tr> <td>Tuesday AM</td> <td>Consultant/Reg Led Ward Round</td> </tr> <tr> <td>Tuesday 1 - 2 pm</td> <td>Generic Mandatory F1 Teaching</td> </tr> <tr> <td>Tuesday PM</td> <td>Ward Work /Theatres</td> </tr> </table>		Monday AM	Consultant/Reg Led Ward Round	Monday PM	Ward Work / Theatres	Tuesday AM	Consultant/Reg Led Ward Round	Tuesday 1 - 2 pm	Generic Mandatory F1 Teaching	Tuesday PM	Ward Work /Theatres
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	Thursday PM	Ward Work /Theatres	
	Friday AM	Consultant/Reg Led Ward Round	
	Friday PM	Ward Work /Theatres	
	<p>Attendance at theatres averages out at approximately 3 times week depending on level of ward work.</p> <p>1:16 week of Nights with week off after 1:5 weekends (approx 3 over 4 month period) 1:16 Shifts - 11-9 Monday to Friday Long Shifts 8 – 9 12 x half days off during 16 week rota.</p>		
Employer information	<p>The employer for this post is Southend University Hospital NHS Foundation Trust. The post will be based in Southend University Hospital which provides an extensive range of secondary services for the growing local community of approximately 338,800.</p>		

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