Welcome to Wessex
Postgraduate Medical and Dental Education

Be ambitious
Be the best
Be happy
Be adventurous

Health Education Wessex
Our Vision

“Our vision is to lead world class patient care through excellent education and training, realising the potential of our current and future workforce to meet service need.”

Alfred the Great

Alfred was King of Wessex from 871 to 899. Alfred’s reputation has been that of a learned and merciful man who encouraged education and improved his kingdom’s legal and military structure. Though he successfully defended his kingdom against the Viking invasion, he is noted for his intellect rather than his warlike character. He is the only English monarch with the epithet “the Great”. Alfred’s statue takes pride of place in Winchester where he died and was buried.

Contents

Welcome to Wessex 4/5
Supporting you through your training 6
Our offer to you 6
Simulation Training 7
Mobile Learning 7
Access the knowledge base 7
Foundation Training 8/9
Helping you with work-life balance 10/11
Less than full-time 10
Out of Programme 10
Career Breaks 11
Professional Support Unit 11
Living in Wessex: The place to live 12/13
Specialty Training 14/16
Dental School 17
Public Health 17
GP Training 18/19
Academic Training 20/21
Leadership development throughout your career 22/23

Fellowships 24/26
Quality Improvement 24
Medical Education 25
Clinical Simulation 26
Improving Global Health 27
Why we are building our futures in Wessex 27
Involving Trainees in Improving Patient Care 28/29
Living in Wessex: Shopping and sightseeing 30/31
Health Education Wessex – the bigger picture 32/33
Trust contact details 34/35

More about Wessex

- Population of 2.8 million people
- 52,500 staff working in the NHS and primary care
- 13 NHS Trusts
- 333 GP Practices
- 10 Clinical Commissioning Groups
- Co-terminus with the Academic Health Science Network

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4/5
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Quality Improvement 24
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Clinical Simulation 26
Improving Global Health 27
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Trust contact details 34/35

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Thanks to our contributing trainees

We very much appreciate that trainees have allowed us to include their opinions and experiences of training in Wessex in this prospectus. Thank you. The title and grade of our trainees was correct at the time of our first publication date (October 2014).
Welcome to Wessex

Training to be a doctor or a dentist is an amazing journey. During the next few years, with the right support, you will develop both personally and professionally to fulfil your potential and become the clinician you want to be.

We want you to feel valued when you join our community in Wessex, because putting patients and people first is the culture of our organisation; as is making sure that you are able to enjoy the work-life balance that all clinicians strive to achieve.

Wessex prides itself on its longstanding reputation for excellent clinical training, thanks to the superb community of educators based in our hospitals, GP and dental practices.

We offer a wide range of outstanding training programmes, but what makes Wessex different is our unique leadership and quality improvement programmes which thousands of trainees over the years have found makes a huge difference to their development and how they care for their patients.

So whatever your ambitions, I wish you every success and look forward to following you on your journey.

“Wessex is a nice close knit, friendly community with lots of opportunities for enriching my knowledge and skills. I love the coastal areas and the close proximity of the New Forest to spend my days off!”

Holly Joy-Pearce
CT1 ACCS-Emergency Medicine

Dr Simon Plint  FRCGP FRCP(Edin) MMEd
Dean
Welcome to WESSEX

Supporting you through your training

In Wessex we support you through every step of your career journey, from medical school to consultant and beyond as an educator and a leader.

Our offer to you:
- A supportive and caring culture and a wide range of clinical experiences
- A network of experienced and enthusiastic programme directors and heads of schools
- Induction into Health Education Wessex so that you are welcomed into our community
- Support from a strong network of directors of medical education to make sure that rotations are well managed and meet the changing demands of NHS employers, Royal Colleges, Faculties, and the ambitions of our trainees
- Named and qualified educational supervisors for all trainees as soon as you start every new role
- A diverse range of clinical settings, ranging from large teaching hospitals to district general hospitals, city and rural GP and dental practices
- A comprehensive programme of patient safety training opportunities as part of our commitment to a safer NHS
- Careers advisors in all trusts as well as in the deanery to make sure that you have access to expert and independent advice right from the beginning
- A Professional Support Unit for when things don’t go to plan with one-to-one case managers
- Free (or minimal cost) revision courses to help you prepare for exams
- A multi-professional and team-based approach to learning which provides a rich learning experience, whatever the stage of your career
- A dedicated quality team, which reviews all training to ensure it is meeting the standards laid down by the regulator, the General Medical Council (GMC), and provides support to schools and trusts in monitoring the quality of training. Wessex has been commended by the GMC for the processes they have in place in this area
- Leadership development to make sure that you are ready for your next role.

We were one of the first Deaneries to train our educators and consistently receive GMC commendation on our educational supervisor training

State of the Art Simulation Training – developing more than your skills

All acute trusts in Wessex have excellent simulation facilities to support education and training. But did you know simulation training is much more than practicing your skills and developing your competencies? With our state of the art facilities and highly trained tutors, simulation training:
- Develops your critical thinking skills
- Tests out team work
- Strengthens confidence
- Contributes to patient safety

... it can be great fun too!

In the 2013 GMC survey, Wessex ranks second for Handover nationally and work will take place to capture best practice to see if this can be further disseminated across all Trusts.

Mobile learning for trainees on the go!

Mobile learning is really helping trainees across Wessex. Apps can be downloaded to your iPhone or Android Smartphone, and online learning via PC or laptop, can be done at home or work. A wide range of online modules and an increasing number of apps are available, giving you the option to learn when it’s convenient to you.

Access the knowledge base

Library Knowledge Services can support you throughout your training, enabling you to access the most up-to-date journals, articles and good practice examples to support your education. A single SWIMS library membership card will enable you to access all seven services in Wessex. You can get information online with an Athens account – but your local librarian can help with advanced searches and difficult-to-find evidence to support you through your training. Plus all libraries have computers, quiet space and copying and other facilities and can be accessed 24 hours a day. Our highly collaborative system across Wessex means a joined up approach to supporting your learning.

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Welcome from Dr Mike Masding, Head of Foundation School

Many years ago, as a trainee I came down to the south coast from London, not really knowing where Wessex was, and have never left! It’s a beautiful part of the world, with something for you, whether you’re interested in sport, the arts, history or shopping.

We provide excellent training in a variety of different clinical settings, with lots of support whilst you develop your professional skills. I strongly believe that we produce excellent doctors from the Wessex Foundation Programme, having also developed as people, who go on to be successful in their future lives and careers.

We have developed a strong support network for Foundation Programme trainees in Wessex, using education (rather than service provision) as our underpinning principle. If you come to Wessex for your Foundation Programme, you will find that your education and training is taken seriously, and that your welfare matters to those who you work with. We believe that if you are happy, you will learn more and will become a better doctor. We will therefore strive to ensure a happy, supportive working environment.

I hope to welcome you to the Wessex Foundation Programme in the future!
Career Breaks

Need to take up to two years out of your training? Career breaks can give trainees the breather they need.

Professional Support Unit

From time to time doctors run into difficulties during their training. This might include health and personal problems, examination failures and difficulty in getting to the required standard for their level of training.

The Professional Support Unit (PSU) support trainees, educators and other colleagues to maintain patient safety, whilst ensuring that doctors receive the support they need to overcome any issues and successfully complete their training.

The PSU can commission individually targeted support in a variety of areas.

If you need the PSU for any reason, you can contact us directly or be referred through your supervisor. We treat everybody as an individual and you will be supported by a named case manager.

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"I completed my research at St Mark's Hospital in London while applying for registrar jobs and very soon after I managed to get a Wessex registrar rotation. This was a three year job between Isle of Wight and Portsmouth. Prior to this, I was offered a three month locum at Basingstoke, which was a great start in the Wessex region.

I was welcomed everywhere I went with such enthusiasm for training and amazing consultant support in all aspects of work. Phone calls in the middle of the night to consultants were greeted with helpful comments or attendance at the hospital. I felt completely supported in all my decision-making and clinical activity.

During my training in Wessex, I was offered a senior registrar position, where my training always came first. I was delighted to go to Paris for six months to learn how to make ileoanal pouches (and enjoy six months in France!). I was also allowed a day off a week to go to Oxford to learn pelvic floor surgery and how to do anorectal physiology and ultrasound. From my early days in Wessex I was offered the most amazing training opportunities.

I was fortunate to get a University consultant place and have been able to watch a group of registrars become highly competent surgeons. I hope that I have been able to encourage trainees to take any opportunity available to them, and have helped them overcome barriers.

I am now in a privileged position of being Head of School of Surgery for Wessex, where training opportunities are still amazing and the consultants and hospitals are as supportive of training and trainees as they always have been."

Karen Nugent - Colorectal Surgeon, University Hospital Southampton NHS FT; Head of Surgery, Health Education Wessex
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The place to live

Be adventurous
If you’re looking for adventure, the Wessex region can offer a wealth of activities and attractions to keep you occupied in your spare time.

The Solent is a magnet for watersports enthusiasts, whilst the New Forest National Park, Jurassic Coastline and Stonehenge World Heritage Site offer miles and miles of unspoilt countryside to explore.

The Wessex region offers a spectacular array of classic landmarks. Manmade points of interest include the historic Stonehenge and Salisbury Cathedral, whilst Mother Nature weighs in with The Needles on the Isle of Wight and Durdle Door at Lulworth Cove, Dorset.

Be happy
If you’re looking to put down roots, the Wessex region is a great place to settle. As one of the sunniest regions in the UK and coastlines to match, there’s plenty here to make you smile.

House prices generally reflect the fact that it is a relatively affluent region, lying outside the green belt area of restricted development around London. Schools and colleges across the area are generally of a good quality, with many holding ‘outstanding’ Ofsted reports.

There are excellent rail and motorway links to London, making it an easy day trip to enjoy the many sights of the capital. The regional airports at Bournemouth and Southampton also offer a convenient means by which to visit continental Europe or beyond.

“Wessex is a region with it all!”
Seb Gray, ST4 Paediatrics

Welcome to Wessex

Living in Wessex

“The Wessex region caters for every personality and hobbyist. Whether you’re into watersports at the beach, quiet country walks, historical sites or the hustle and bustle of city life, Wessex has it all!”

Surfers Against Sewage

Get involved in beach cleans and other events in Bournemouth

www.sas.org.uk

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Specialty Training

Quality education leads to quality patient care

Why come to Wessex? Because Wessex prepares doctors to deliver excellent compassionate care. I know this not only from a trust and deanery perspective, but also as a patient having been daft enough to think that having a flu jab wasn’t for clinicians and contracting swine flu in 2011 at the height of the outbreak. I spent three weeks in hospital being cared for by my colleagues and needless to say that I am now first in line for a flu jab.

Continuous learning from all your experiences is a key part of your training. A focus on quality improvement and developing you as an individual, not just as a doctor, but as a colleague, a team member and a leader both now and of the future is all part of the culture in Wessex.

You want to be sure of the training and support you are looking for and have some fun too, so it makes sense to choose Wessex; a location that has lots to offer to help you relax, indulge your past-times and develop a healthy work-life balance.

Dr Peter Hockey DM FRCP
Deputy Dean
Consultant in Respiratory Medicine and Clinical Director,
Southern Health NHS FT

Specialty Training

Specialty training is undoubtedly the most challenging years of your career; however this thorough preparation will pay dividends during your time as a consultant, GP or dentist and will have direct impact on the healthcare of the local community.

Our specialty training programmes will provide you with not only skills, knowledge and competencies to complete your CCT, but will enhance you as a professional to be the best that you can be.

Rotations that won’t leave you on the ring road!

Our training programmes provide a variety of experiences thanks to carefully considered rotations designed to maximise all learning opportunities in a large university teaching hospital, large and small district general hospitals, community and mental health trusts, GP and dental practices.

One of the great things about Wessex is that we have a small geography, with excellent road, rail and ferry networks. That means that you can pretty much establish yourself in a central location and travel daily to work. So if you are a coastal seabird, a city dweller or love the rural life – you can live where you play, and travel to work. Or you can live where you work and still access a huge range of activities.

Exam Success

Our trainees have done extremely well in recent exams and Wessex has higher than the national average pass rates in:

- Paediatrics
- Emergency Medicine
- Obstetrics and Gynaecology
- Anaesthetics
- Psychiatry

“I’ve lived and trained in Wessex since my undergraduate days and never found a reason to leave! Wessex is a relatively compact deanery, which is great if you want to make a base somewhere and still be able to commute to work easily. However, this does not restrict the wide range of opportunities both inside and outside of work that Wessex provides.

As a core surgical trainee, I have benefited from excellent operative and training.”

Tamsin Drake, CT2 Surgery

“A good range of sub-specialty experience is available, along with good research opportunities, and a very active shadow School of Surgery.”

Stuart Harrison, ST7 Neurosurgery
Specialties

Welcome to WESSEX

School Specialty School Specialty

Anaesthetics Core Anaesthetics Obstetrics and Gynaecology
Anaesthetics Obstetrics and Gynaecology
Intensive Care Community Sexual Health
Emergency Medicine ACCS Fetal Maternal Medicine
Emergency Medicine Gynaecological Oncology
Paediatric Emergency Medicine Paediatrics
Foundation Foundation Pathology
General Practice General Practice
Medicine Chief Acute Medicine
Acute Medicine Psychiatry
Cardiology Psychiatric Medicine
Clinical Genetics Child and Adolescent Psychiatry
Clinical Neurophysiology Forensic Psychiatry
Clinical Oncology General Psychiatry
Dermatology Old Age Psychiatry
Endocrinology and Diabetes Psychological Independence
Medicine Public Health
Gastroenterology Public Health
Gastro-Intestinal Medicine Public Health
Geriatric Medicine Public Health
Haematology Public Health
Immunology Public Health
Medical Oncology Public Health
Neurology Public Health
Occupational Medicine Public Health
Paediatric Cardiology Public Health
Paediatric Medicine Psychiatry
Paediatrics Paediatrics
Paediatric Medicine Paediatrics
Pathology Pathology
Paediatrics Paediatrics
Primary Care Primary Care
Respiratory Medicine Psychiatry
Surgery Psychiatry
Traumatic Medicine Psychiatry
Urology Psychiatry

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Dental School

The Dental School provides training and continuing professional development for dentists and dental care professionals across Health Education Wessex in Hampshire and the Isle of Wight. The Dental School is hosted by Health Education Thames Valley and is supported by a network of enthusiastic and highly skilled tutors and advisors.

We offer foundation training programmes (vocational training and dental SHO posts), specialist training programmes (orthodontics and dental public health) and a wide range of continuing professional development courses for the dental team. We also manage medical specialist training programmes in oral and maxillo-facial surgery.

We have excellent links with universities in London, Bristol and Birmingham to support academic training.

Great dental care for patients is a result of the whole dental team working together and we have recently developed new programmes for dental care professionals, including a dental nurse apprenticeship and a dental therapist vocational training scheme.

NHS Introduction Courses are available for non-UK dentists wishing to undertake Vocational Training by Assessment.

Public Health

Make it your mission!

Improved outcomes for patients is the common goal of all clinical specialties. In public health this is achieved by improving and protecting the health of groups of people, rather than about treating individual patients. Public health consultants must look at the bigger picture and then take action to promote healthy lifestyles, prevent disease, protect and improve general health, and improve healthcare services.

Specialty training in Wessex is a 5-year rotation (including a funded MSc in Public Health) or 4-year (without MSc). Training involves rotations of between six and 12 months in public health settings including local authorities, Public Health England and health protection units. All locations have experienced high quality and motivated educational supervisors who follow the Faculty of Public Health curriculum.

After you have been successful in your professional examinations the latter part of training can be tailored to career aspirations. Previous trainees have secured placements in Department of Health, World Health Organisation, Acute NHS trusts, Kings Fund, and the Health Protection Agency at Colindale. There are also opportunities to do a higher degree with the University of Southampton.

We have a fantastic support network in Wessex with a specially trained “day release” monthly meeting to provide opportunities to acquire knowledge, discuss current topics and to develop core skills to help you become a public health consultant. There is local support for Part A and B of MPH exams and success rates for first time passes are excellent. Trainee feedback about public health training has been outstanding.

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No typical week for a GP trainee in Wessex

The beauty of being a GP is the great variety in every aspect of the work, from the personalities you meet to the breadth of clinical presentation; no two surgeries are ever the same.

GPs can get great satisfaction from managing patients from the ‘cradle to the grave’ and are uniquely placed to establish ongoing relationships and provide continuity of care. It’s an attractive career option not only because of the stimulation, but also the potential for a positive work-life balance. GP training timetables offer generous protected teaching time in a supportive environment.

What makes Wessex different

“Wessex is a great training environment and fantastic place to work and live. It is a fairly small deanery so trainees have tremendous opportunities to tailor their training to their own needs and have hands-on and broad experience, all conducted in a friendly and supportive setting.

Lots of great amenities are on the doorstep, both cultural and recreational, and all close to stunning countryside and coastal scenery but at the same time still handy for London.

Having studied in London I have no regrets about moving to Wessex as my colleagues here have all been very supportive and I have made lasting friendships.

It’s a great place to put down roots and I’m looking forward to working as a GP in Wessex.”

Bryony Sales, ST3 GP

GP Training

Wessex receives high exam success rates and high satisfaction scores from GP trainees

Welcome in Wessex

In Wessex there is not only the opportunity to enter excellent and supportive GP programmes with high success rates, but the opportunity to go beyond just the ordinary of every day GP training.

Wessex, while a smaller deanery, is at the forefront of current UK GP Training, receiving high satisfaction scores from its trainees and success rates at the qualifying exam, the MRCGP. We accept around 140 trainees each year into our four local area programmes which provide friendly local support and teaching programmes.

Wessex also provides opportunities to take breaks from training to experience GP in other countries, with strong links to New Zealand and opportunities to participate in the “Improving Global Health through Leadership Development programme” with overseas placements in Cambodia, South Africa and Zambia. Wessex also continues to offer innovative post-qualification fellowships with the opportunity to develop leadership, educational skills and lead on service improvement projects within the wider health community.

The Wessex School of General Practice is proud of its long tradition of involvement in training having created the first ever two-year GP Training Scheme in 1959 in Winchester under the leadership of Dr George Swift. We are pleased to continue this tradition of innovation and leadership in GP training across Wessex to this day.

Dr Richard Weaver
Director of GP Education and Head of School of Primary Care

The ‘nitty gritty’

Your 40-hour week is split into 10 x 4 hour sessions and you are allocated a GP trainer within a practice with whom you will work throughout your training.

In addition to your weekly protected tutorial session with your GP trainer you have protected educational sessions, which are run by the programme directors. During these structured educational sessions (‘day release’) you meet fellow GP trainees and learn about clinical and non-clinical topics. These sessions also provide invaluable peer support and great friendships develop.

You are also given weekly protected personal study time to complete the e-portfolio and other work placed based assessments such as clinical audit.

This independent educational session allows you to stay on top of your workload and is paced for the intensive training nature of the GP trainee year. The structure formalises protected educational time for trainees and their trainer, which is unique to general practice. The training within Wessex provides an excellent practical mix of clinical and educational sessions.

The School of General Practice; L to R: Philippa Ricketts-Alighieri, PA/Administrator; Richard Weaver, Director of GP Education; Fenella Williams, Programme Manager; Matthew Parker, Programme Administrator; Jenny Gould, Acting PA
Combine your training with research

Have you got a passion for research? Have you got a nagging question from clinical practice that you are seeking to answer? Working with world-class scientists in a supportive research-based environment will help you achieve your ambitions.

The University of Southampton attracts top researchers that change the treatment of disease to make a difference for patients, and influences the decisions of global partners in government and industry.

Many of our trusts are specialist centres in their own right with a research and pioneering focus and participate in a range of trials.

We have a lot to offer…

- Academic training programmes in Wessex are designed around the individual’s ambitions which will help you to balance clinical and academic training
- We work closely with the University of Southampton and the National Institute of Health Research Trainees Coordinating Centre to identify areas of excellence for academic training
- Posts offered in a broad range of specialties – new ideas are always welcome
- We are forging excellent links with the new Wessex Academic Health Science Network.

Academic posts at every level

Academic Foundation Programmes are an exciting way to combine early clinical training with research methods training. This includes a four-month academic placement in FY2 with hands-on research. This also provides you with the perfect stepping stone to your next academic training post (See Foundation School – page 9).

Academic Clinical Fellowships are for those with outstanding potential for development as a researcher. Fellowships provide part-funding over three years (25% of basic salary) to give you time to develop your academic skills and prepare to undertake a higher degree.

Clinical Lectureships are for those determined enough to combine their role as a consultant with an academic career. The post provides 50% of basic salary for four years to enable you to develop as a leading senior academic during the last year of specialist training, or soon after completing GP training.

Find out more about medical research at the University of Southampton

www.southampton.ac.uk/medicine

“I came to Wessex as part of the academic foundation programme. I have found working in Southampton rewarding, at times challenging but overall it has been an excellent place to train. Academic opportunities have been numerous and I have been superbly supported by my educational supervisors. I would thoroughly recommend University Hospital Southampton to a colleague, especially someone who was interested in a career in academia.”

James Ashton, F2

Fighting cancer through world class research in Southampton

Cancer treatments researched and developed at the University of Southampton that use the immune system are revolutionising treatment of the disease and may someday allow tumours to be managed or eliminated in millions of patients. The University of Southampton is developing its world class research as one of 15 cancer sciences centre in the country funded by Cancer Research UK and the NIHR.

Research into a healthier future

Pioneering research into how nutrition can improve health across the life course is helping young people break the cycles of unhealthy behaviour. It will also assist the global effort to combat chronic diseases associated with modern lifestyles, as increasing economic costs associated with obesity approach seven percent of total healthcare costs worldwide.

Translating research into innovations for asthma patients

Research at the NIHR Southampton Respiratory Biomedical Research Unit has completely transformed our understanding of asthma and had a major impact on pharmaceutical research and treatment guidelines. The Unit is seen as a world-class facility in creating medical technologies for keeping the air pathways open.
Investment in your expertise and leadership style will not just make a difference to the patients you care for, but to the colleagues you work alongside and the organisations for which you work.

We believe that Wessex uniquely brings together our commitment to developing your management and leadership skills alongside programmes for medical specialty training and clinical revision.

We run a number of locally-developed programmes alongside our expert NHS Thames Valley and Wessex Leadership Academy.

You will have access to:
• A wide range of management and leadership programmes
• An extensive range of specialty training courses
• Educator and trainer development
• Intensive revision courses.

NHS Thames Valley and Wessex Leadership Academy
Great leadership saves lives. Research shows that investment in leadership and team working reduces mortality and improves patient experience.

The NHS Thames Valley and Wessex Leadership Academy is a local delivery partner of the NHS Leadership Academy. We build on a well-established track record of proven success.

Leadership development is about helping people to reach their potential. We support people from the start of their leadership journey to the top of their careers.

Coaching and mentoring
Coaching and mentoring are powerful personal development tools which enable you to learn from your own experiences, improve performance and move forward. This is not about your clinical skills, but most often issues around communication, dealing with people and making the impact that you want to.

Find out more at: www.tvwleadershipacademy.nhs.uk

Personal Impact
Whether we like it or not, we are all being judged and assessed by others all the time. It is tempting to say that this doesn’t matter and the only thing that really counts is the knowledge, skills and ability we have to do our jobs as a doctor, clinician or manager. However, competence on its own is no longer enough. The impact you make on colleagues at work and on patients makes a real difference to your working life and your effectiveness.

Legal Aspects of Consent
A Glasgow Ice Cream parlour, an Australian underwear manufacturer, a young FBI agent, a meticulous journalist with a bad back… we visit the stories behind the legal cases which shape the modern civil law position on consent to treatment. It is a story of international law, and designed to give insight into the logic and reasoning top judges have applied to this apparently simple transaction between doctor and patient.

What our trainees say...
“The courses Wessex offers to their trainees shows how much they value educating us!”
Hannah Wong, CT1 ACCS Anaesthetics

“Good support from the conferences centre and good leadership courses.”
Carl Heffernan, ST3 Acute Medicine

“It’s great to have so many subsidised courses on offer and consultants who are interested in our professional development.”
Eimile Howlin, CT1 ACCS

Some of our courses to whet your appetite!

The online Edward Jenner Programme is designed to give you confidence and competence in your role. Designed by clinicians working on the frontline of care, it is highly practical and patient-focused to help you feel more able to deal with the daily challenges of working in healthcare.

Find out more at www.leadershipacademy.nhs.uk

Tomorrow’s Teachers
This course has been developed ‘by trainees, for trainees’, with the aim of increasing your confidence and expertise as a teacher. Teaching and supervising your colleagues is an important part of your career, within an environment of ever increasing demands on your clinical time.

This course will help to encourage your enthusiasm and confidence to provide this educational role in the most effective and efficient way.

Lead or be Led
This course offers managers and clinicians individual assessment of their leadership and management skills, to help you recognise your strengths and weaknesses. The course focuses on immediate one-to-one feedback of observed role play. This is a two-day residential course, the first in a series of programmes.

“This is the best course I have ever been on. I have learnt so much about myself and reflections on leadership as well as a hugely improved understanding of the NHS and where it is going.”

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Fellowships

We offer a wide-range of fellowship programmes to encourage trainees to focus on a particular area of interest, develop new skills and work in new teams on exciting projects. Fellowships are highly prized and awarded on merit.

Quality Improvement Fellows

This programme is a Masters level year-long bespoke course that supports personal development and clinical service. The QI Fellowship programme aims to improve patient care by developing the leaders of the future. Fellows develop new knowledge and skills through leading a quality improvement project.

All fellows develop key skills in leadership, change management, patient safety, personal effectiveness and quality improvement. Fellows are supported through the programme by a mentor and take part in regular action learning sets. The programme offers participants a unique opportunity to develop their management and leadership potential, this fellowship gives you the time, training and supervision you need to be successful.

You get real experience of the ups and downs of trying to design, initiate, lead and write up a service improvement project. It’s not always easy, but it’s a fantastic experience. I do not think I could have gained this level of experience in my higher training without such a fellowship. The fellowship has given me dedicated time to learn, do and develop. I cannot recommend this fellowship enough for those motivated to become leaders and managers in health care.

Victoria Osman-Hicks
ST5 Trainee

Public Health
Trainee and Quality Improvement Fellow

“I wanted an opportunity to develop quality improvement and leadership skills. I have a particular interest in policy development and implementation and I saw the fellowship as an ideal opportunity to gain experience in this area in a supported environment. I have also been encouraged to think more broadly about on-going pressures and developments in healthcare and how these are managed with patients’ best interests and quality improvement at heart.

I have already adopted quality improvement approaches into other aspects of my work and I believe that undertaking the fellowship will expand my knowledge and improve patient care.

Mary O’Brien
Public Health

Quality Improvement Fellow

“I applied for the fellowship hoping it would develop my skills and knowledge in ways not available in traditional medical clinical training alone. I wanted the opportunity to really be able to improve care in a meaningful way. What I achieved in my year still amazes me now, and I would have never thought possible before. The personal learning and development were as significant as the improvements in care I made for severely injured children across the whole of the Wessex region and beyond, which has been presented at meetings internationally.

The fellowship confirmed my passion for delivery of quality care. I have also been able to continue my journey and influence care since the fellowship.

I am delighted to have recently been appointed to a consultant role where I will be continuing this work both within the trust and more widely. I would actively encourage people to apply for these posts which offer an unrivalled opportunity for system and personal development.”

Kate Pryde
Paediatric High Dependency Care
Why we are building our futures in Wessex

"I have completed all of my registrar rotation within Wessex and plan to stay in the region for my consultant career. The Wessex Geriatrics training is second to none with many leading national and clinical figures working locally. There are regular regional training meetings for both Geriatrics and GIM allowing time to focus on specific aspects of the curricula, giving the chance to mix with colleagues and make connections. Links with Southampton Medical School allow plenty of opportunities for teaching and research, and Health Education Wessex gives comprehensive support and development for all trainees. Plus Wessex is a great place to live - why would I leave?"

Lucy Sykes, Locum Consultant in Geriatrics and Stroke Medicine

"I trained in Wessex on a new programme from 2004. The deanery provided excellent training in my chosen specialty, Acute Medicine. I chose Wessex because it is a great place to live, and a nice place to train. Being in a new programme gave training a very personalised feeling which I really enjoyed. Since getting my CCT I have stayed in the region, and now have become the training programme director for Acute Medicine. This has enabled me to continue the development of the training programme, with the backing of an excellent deanery."

Ben Chadwick, Training Programme Director for Acute Medicine

Fellowships

Clinical Simulation Fellows

Clinical Simulation Fellows focus on mapping curricula and developing simulation education packages to help improve education and training and improve patient outcomes. Fellows also have a responsibility to provide simulation instruction or educational programmes. Applicants need to demonstrate a keen interest in patient safety, leadership, education and research and development. Fellowships are for a minimum of three months full-time or six months part-time.

Improving Global Health Fellows

The Improving Global Health Programme is a highly challenging and innovative leadership development programme which offers participants the opportunity to develop personally and professionally through an overseas placement while contributing to developing health systems. Placements are for between three and six months currently in Cambodia and Kenya though we are exploring new opportunities. IGH contributes to the UK’s commitment to supporting developing countries.

Improving Global Health initiatives in Cambodia

"Wessex has enabled me to combine my clinical interests in Medical Education and Healthcare Leadership through opportunities such as Tomorrow’s Teachers and the Improving Global Health Fellowship. This has helped me become a well-rounded professional by promoting transferrable skills of leadership, problem solving, public speaking and research development. Wessex is a friendly deanery which takes care of its trainees and helps them develop as individuals with extensive opportunities to learn “softer” skills. It is a geographically diverse location and if that’s not enough, direct trains and ferries to London and France make for an alternative adventure!"

Freddie Speyer, ST3 Paediatrics

A small geographical area makes it easy to commute, with good training opportunities in the deanery. Trainers are kind, approachable and helpful.

Abubaker Fadl, ST6, Diabetes and Endocrinology

It’s busy but friendly...!

"I really do believe that Wessex is the perfect place to train. It has a huge variety of hospitals spread across the beautiful south coast and offers everything from large, city-based teaching hospitals to smaller district generals in pretty locations. No matter where you are, you are never very far from the coast, the national parks or from London. My first year at Basingstoke has given me an excellent grounding in general medicine, surgery and orthopaedics. It’s busy but friendly and within weeks I felt I knew my way around and am really pleased I’ll be spending the next year in such a supportive and welcoming environment."

Hannah Thompson, F2
Involving Trainees in Improving Patient Care

Be the change you want to see! If you have a bright idea in Wessex, we are keen to hear it. Whether it’s about improving patient safety or a great idea to improve your training programme, trainees are an important part of our community and we want you to be involved.

"Training is consistently good across the hospitals, and I learnt a good variety of skills at different units. The consultants are supportive and the Trainees Committee is a good opportunity to address training issues and ensure continuing excellence.

If you enjoy living by the beach and having access to places such as the New Forest there is plenty of opportunity for a fun social life."

Shikha Arora, ST4 Obstetrics and Gynaecology

Patient Safety Conference
Since 2009 all CT1-ST1 trainees have completed a patient safety project. This culminates in a high profile Annual Conference where trainees are encouraged to submit a poster or an oral presentation of their projects. In 2013 there were 145 presentations across a range of specialties. Prizes are awarded for the best oral presentations and posters, which are all helpful for the CV!

We are developing a comprehensive programme of Patient Safety training opportunities within and across specialties. The Academy of Medical Royal Colleges will publish their Patient Safety curriculum in 2014 but the current Wessex programme matches their aspirations and current themes.

Trainee Committees
To ensure trainee engagement, all specialties involve trainees in their Specialty Training Committees and School Boards looking at both local and national issues surrounding training as well as sharing good practice. Often trainees are involved in the regional training programmes as well as any specialty specific annual conferences.

Notable Practice Awards
The Wessex annual Notable Practice Awards not only celebrates good practice within medical education but supports the spread of innovation throughout the region. We believe that we will improve patient care by improving the quality of medical education.

KIDS course (Kommunicating in Difficult Situations)
The GMC felt this course was innovative.

KIDS is a one day course introducing key concepts in communicating with children and families. This includes the psychosocial, behavioural and mental health issues increasingly frequent in everyday paediatrics.

The One Minute Wonder Network
The GMC felt this was a creative way to allow trainees to use time wisely to absorb educational information.

A One Minute Wonder board was positioned in the Emergency Department resus room, next to the gas machine to take advantage of the 60-90 seconds spent stood waiting for a blood gas result.

How to survive as an F1 doctor
The GMC were intrigued by the positive affects it has had on trainees and welcome the plans to share this.

A course using problem-based tutorials, clinical skills training and high-fidelity simulation to equip final year medical students with the necessary skills to recognise and effectively manage critically ill patients.
Living in Wessex

“Winchester sits in the heart of the Wessex region, boasting an intriguing blend of medieval heritage and modern café culture. The city offers on one hand a magnificent Cathedral and legendary Round Table at the Great Hall, whilst on the other, the UK’s largest planetarium and the annual colourful street theatre that is The Hat Festival.

The city of Southampton, meanwhile, is a major port and a regular berth to some of the largest cruise ships in the world. The annual Southampton Boat Show is a showcase for all things nautical, whilst the Cowes Week on the Isle of Wight is one of the longest running and largest sailing regattas of its kind in the world.

The Wessex region is a mecca for those who like to shop, offering a winning combination of both high street brand name stores and smaller independent retailers. Wherever you are based, there will be a centre not far from you, with West Quay in Southampton, Festival Place in Basingstoke, Gunwharf Quays in Portsmouth, Castlepoint Shopping Park in Bournemouth and Whiteley Shopping Village in Fareham.

“Welcome to WESSEX

As well as being near good hospitals, for me, being in Wessex is about being near the blue stuff at the bottom of the county! The sea. The Solent is without doubt the best sailing area in the UK and is well known worldwide. Numerous opportunities for sailing, in all capacities - dinghies, yachts, kite surfing, windsurfing and stand up paddle boarding.”

Elaine Elding
ST3 GP

“Working in Jersey for a year as part of the Southampton programme was a great experience which I would recommend to anyone. An amazing place to spend a year abroad without taking time out from training.”

Neil Moody-Jones
ST3 GP

From the top of the iconic Spinnaker Tower, you can enjoy the view across Portsmouth’s historic dockyard, then indulge in a spot of alfresco dining at one of the many eateries along the waterfront, and grab some bargains across the wide range of retail outlets in Gunwharf Quays.

“Shop till you drop!”

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Health Education Wessex - the bigger picture

Health Education Wessex is responsible for the planning, development, education and training of the whole healthcare and public health workforce across Hampshire, Dorset, Isle of Wight and South Wiltshire. We are also responsible for medical training for the States of Jersey and GP appraisal for Jersey and Guernsey.

We are one of 13 Local Education and Training Boards (LETBs) that were established on 1 April 2013 as sub-committees of Health Education England.

We have an annual budget of around £196 million.

Our staff are based at Southern House, Otterbourne, near Winchester where we run a number of induction and training programmes.

“Our vision is to lead world class patient care through excellent education and training, realising the potential of our current and future workforce to meet service need.”

The NHS Constitution

We fully commit to promote and uphold the values of the NHS Constitution in all that we do:

- Respect and dignity
- Commitment to quality care
- Compassion
- Improving Lives
- Working together for patients
- Everyone counts.

Our responsibilities:

- To plan the supply of the future workforce for Wessex and nationally, and annually commission around:
  - 800 nurses and midwives
  - 300 Allied Health Professionals including physiotherapists, occupational therapists and radiographers
  - 13 clinical psychologists
  - 50 pharmacists and pharmacy technicians
  - 50 scientists and technicians.
- To support the development of the Bands 1-4 workforce working in the NHS through apprenticeships and foundation degrees
- To provide training for dentists and the whole dental team
- To commission continuing personal development (CPD) for the registered workforce
- To quality manage education and training programmes working with our commissioned universities and placement providers
- To support the quality of education and training by ensuring good support for learners through library and knowledge services and mobile learning
- To provide leadership development for the whole workforce
- And of course to manage the education and training of 2,477 doctors.

At the official opening of Health Education Wessex, July 2013

(l-r) Paul Holmes, Managing Director; Jacqueline Swift, Chair and Rameen Hassan, Information Support Administrator, who won a game of heads and tails to cut the ribbon!
Trust Contacts:

Dorset County Hospital NHS Foundation Trust

Dorset County Hospital
Williams Avenue
Dorchester
DT1 2Y
Tel: 01305 251150
Website: www.dchft.nhs.uk

Dorset Healthcare University NHS Foundation Trust

Sentinel House
Nuffield Road
Poole
BH17 0BB
Tel: 01202 277000
Website: www.dorsethealthcare.nhs.uk

Hampshire Hospitals NHS Foundation Trust

Basingstoke site:
Basingstoke and North Hampshire Hospital
Aldermaston Road
Basingstoke
RG24 9NA
Tel: 01256 473202

Winchester site:
Royal Hampshire County Hospital
Romsey Road
Winchester
SO22 5DG
Tel: 01962 863535
Website: www.hampshirehospitals.nhs.uk

Isle of Wight NHS Trust

St Mary’s Hospital
Parkhurst Road
Newport
Isle of Wight
PO30 1TG
Tel: 01983 524081
Website: www.iow.nhs.uk

Portsmouth Hospital NHS Trust

Queen Alexandra Hospital
Southwick Hill Road
Portsmouth
PO6 3LY
Tel: 023 9228 6000
Website: www.porthosp.nhs.uk

Isle of Wight NHS Trust

St Mary’s Hospital
Parkhurst Road
Newport
Isle of Wight
PO30 1TG
Tel: 01983 524081
Website: www.iow.nhs.uk

Portsmouth Hospital NHS Trust

Queen Alexandra Hospital
Southwick Hill Road
Portsmouth
PO6 3LY
Tel: 023 9228 6000
Website: www.porthosp.nhs.uk

States of Jersey

Jersey General Hospital
The Parade
St Helier
Jersey
Channel Islands
JE2 3DG
Tel: 01534 442000
Website: www.gsi.je

The Royal Bournemouth & Christchurch Hospitals NHS Foundation Trust

The Royal Bournemouth Hospital
Castle Lane East
Bournemouth
Dorset
BH17 7DQ
Tel: 01202 303626
Website: www.rbch.nhs.uk

Southern Health NHS Foundation Trust

Tatchbury Mount
Calmore
Southampton
SO40 2RZ
Tel: 023 8087 4000
Website: www.southernhealth.nhs.uk

Poole Hospital NHS Foundation Trust

Poole Hospital
Longfleet Road
Poole
BH15 2JB
Tel: 01202 665511
Website: www.poole.nhs.uk

Solent NHS Trust

Southampton University Hospital
Sultan Qaboos Building
Tremona Road
Southampton
SO16 6YD
Tel: 023 8077 7222
Website: www.uhs.nhs.uk

Dorset Healthcare University NHS Foundation Trust

Sentinel House
Nuffield Road
Poole
BH17 0BB
Tel: 01202 277000
Website: www.dorsethealthcare.nhs.uk

We also work in partnership with
Avon and Wiltshire Mental Health NHS Partnership www.awp.nhs.uk and
Sussex Partnership NHS Foundation Trust www.sussexpartnership.nhs.uk

University Hospital Southampton NHS Foundation Trust

Southampton General Hospital
Tremona Road
Southampton
SO16 6YD
Tel: 023 8077 7222
Website: www.uhs.nhs.uk

Salisbury NHS Foundation Trust

Salisbury District Hospital
Old Nick Road
Salisbury
SP1 2BJ
Tel: 01722 336262
Website: www.salisbury.nhs.uk

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