Broad Based Training
on the Isle of Wight
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I am really excited that we have been chosen as the only centre in Wessex to run Broad Based Training on behalf of Health Education Wessex. I will personally support the trainees and truly hope that they enjoy the educational and other opportunities our island has to offer.

Dr Oliver Cramer
Associate Medical Director
Education, Training and Organisational Development
1.0 Training and working in the Trust

1.1 Isle of Wight Broad Based Training Scheme

Broad Based Training (BBT) is a two-year structured core training programme providing 6 month placements in Core Medical Training, General Practice, Paediatrics and Psychiatry. You will then enter a CT2/ST2 level in the BBT specialty of your choice without further competition, subject to satisfactory progression.

Healthcare provision is changing its focus from acute single episode care, delivered in acute hospitals, to the management of long term conditions delivered within community settings, this programme will equip you for the future by:

- Developing you into a more broad based practitioner, likely to bring a wider perspective to healthcare provision both now and throughout your career;
- Enabling you to be adept at managing patients with complex medical needs;
- Ensuring that you have a firm grounding in the provision of patient focused care;
- Providing you with time to develop conviction in your choice of career pathway; and
- Equipping you for successful entry into one of the four specialties on successful completion of the programme.

Provisional Broad Based Training Programme Timetable for 2015

<table>
<thead>
<tr>
<th>Stage</th>
<th>Date(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advert</td>
<td>Appears Thursday 6th November 2014</td>
</tr>
<tr>
<td>Applications open</td>
<td>10am, Tuesday 11th November 2014</td>
</tr>
<tr>
<td>Applications close</td>
<td>4pm, Thursday 4th December 2014</td>
</tr>
<tr>
<td>Stage 2 (Computer Based Training)</td>
<td>Between Saturday 3rd January and Saturday 10th January 2015 at various locations across the UK</td>
</tr>
<tr>
<td>BBT Shortlisting</td>
<td>December 2013 / January 2014</td>
</tr>
<tr>
<td>Invitations to BBT Selection Centre expected</td>
<td>TBC</td>
</tr>
<tr>
<td>BBT Selection Centre (covering CMT, Paediatrics &amp; Psychiatry)</td>
<td>Friday 30th January 2015 @ Macron Stadium, Horwich, Bolton, BL6 6JW</td>
</tr>
<tr>
<td>Stage 3 (GP Selection Centre)</td>
<td>Between Monday 2nd February – Friday 13th February 2015 at various locations in the UK</td>
</tr>
<tr>
<td>Offers</td>
<td>By no later than Wednesday 12th March 2015</td>
</tr>
<tr>
<td>Round 2</td>
<td>There will not be a Round 2 for Broad Based Training in 2015</td>
</tr>
<tr>
<td>Anticipated Start Date</td>
<td>Wednesday 5th August 2015</td>
</tr>
</tbody>
</table>
Broad Based Training Overview

<table>
<thead>
<tr>
<th>Year 1</th>
<th>Year 2</th>
<th>Year 3</th>
<th>Year 4</th>
<th>Year 5</th>
<th>Year 6</th>
<th>Year 7</th>
<th>Year 8</th>
<th>Year 9</th>
</tr>
</thead>
<tbody>
<tr>
<td>CT2 Core Medical Training</td>
<td>CT2 Core Psychiatry Training</td>
<td>ST3 General Practice</td>
<td>ST4 Medical Specialty</td>
<td>ST5 Medical Specialty</td>
<td>ST6 Medical Specialty</td>
<td>ST7 Medical Specialty (if applicable)</td>
<td>ST8 Medical Specialty (if applicable)</td>
<td></td>
</tr>
<tr>
<td>Broad Based Training</td>
<td>Broad Based Training</td>
<td>ST2 General Practice</td>
<td>ST3 General Practice</td>
<td>ST4 Paediatrics</td>
<td>ST5 Paediatrics</td>
<td>ST6 Paediatrics</td>
<td>ST7 Paediatrics</td>
<td>ST8 Paediatrics</td>
</tr>
<tr>
<td>Paediatrics</td>
<td>General Practice</td>
<td>ST2 Paediatrics</td>
<td>ST3 Paediatrics</td>
<td>ST4 Paediatrics</td>
<td>ST5 Paediatrics</td>
<td>ST6 Paediatrics</td>
<td>ST7 Paediatrics</td>
<td>ST8 Paediatrics</td>
</tr>
</tbody>
</table>

Please see below an example of how a rotation in BBT may work:

<table>
<thead>
<tr>
<th>BBT Year 1</th>
<th>Main Speciality</th>
<th>Secondary Speciality</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medicine</td>
<td>Pediatrics</td>
<td></td>
</tr>
<tr>
<td>General Practice</td>
<td>Psychiatry</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>BBT Year 2</th>
<th>Main Speciality</th>
<th>Secondary Speciality</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paediatrics</td>
<td>Psychiatry</td>
<td></td>
</tr>
</tbody>
</table>

**Training on the Isle of Wight**

<table>
<thead>
<tr>
<th>Mental Health</th>
<th>Psychiatry (General Adult/Old Age/Community)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current number of training posts</td>
<td>Specialty Psychiatry 8 + 2 (Registrar Grade): 1xCT3 Psychiatry, 2xCT1 Psychiatry, 3xGPVTS (ST1/2), 1xFY2 Trainee (4 monthly rotation), 1xFY2/CT1 LAS (6 months) + 1xST4, Adult Psychiatry in the Community 1xST4, Old Age Psychiatry in/outpatients</td>
</tr>
<tr>
<td>Based in the following Trust location</td>
<td>Isle of Wight NHS Trust St. Mary’s Hospital Isle of Wight</td>
</tr>
<tr>
<td>Example of Rotation</td>
<td>6-monthly posts in Adult Psychiatry In-patients, Adult Psychiatry Community, Community CAMS and Old Age Psychiatry(in/out patient)</td>
</tr>
<tr>
<td>General information on training opportunities</td>
<td>The broad-based training post will be for 6 months in the above departments. We will try to accommodate training-specific requests. There will be plenty of opportunities to gain experience in assessment, diagnosis and management of psychiatric disorders in emergency settings, in-patient, out-patient and community settings. Weekly half-day protected time for in-house departmental training includes Monthly Grand rounds, case presentations and journal clubs. This is followed by weekly CBD/Balint group experience, then followed by sessions on psychotherapy (CBT and other modalities. Trainees can also attend other specific training opportunities organised by the Deaneyry (in Psychiatry and for GPs).</td>
</tr>
<tr>
<td>Duty Rota</td>
<td>1 in 8 on call</td>
</tr>
<tr>
<td>Key Contacts</td>
<td>Dr Sarah Gladdish, Clinical Director Dr Alexis Bowers, Lead Clinician, Adult Services Dr Richard Braithwaite, Lead Clinician for Old Age, LD and CAMS Dr N Yoganathan, College Tutor</td>
</tr>
</tbody>
</table>

Useful website address’ www.rcpsych.ac.uk
<table>
<thead>
<tr>
<th>Core Medical Training</th>
<th>Core Medical Training</th>
</tr>
</thead>
</table>
| Current number of training posts | ST3+ 10  
2xCT1  
2XCT2  
4X FY2  
12 FY1  
2 x GPVTS (to include BBT post from August 2015). |
| Based in the following Trust location | Isle of Wight NHS Trust  
St. Mary’s Hospital  
Isle of Wight |
| Example of Rotation | 6 month post with 3 months each on 2 wards. i.e.  
Acute Medical plus Gastro  
Acute Medical plus Respiratory  
Acute Medical plus Cardiology  
Acute Medical plus Diabetes and Endocrine  
Acute Medical plus Care of the Elderly |
| General information on training opportunities | The broad-based training post will be for 6 months in the above departments. We will endeavour to accommodate training-specific requests. There will be plenty of opportunities to gain experience in assessment, diagnosis and management in general medical patients follow ups and admitting. Depending on the interest of the applicant you may want to gain experience in sub-speciality interests above subject to service needs. We will however endeavour to accommodate and support any individual requests. Trainees can also attend other specific training opportunities organised by the Deanery (in any BBT specialties). |
| Duty Rota | Currently 1 in 10 Full shift |
| Key Contacts | Miss Sabeena Allahdin, Clinical Director  
Dr Mark Connaughton, RCP Tutor and Lead Educator  
Dr Victor Lawrence, Lead Clinician |
| Useful website address | www.rcplondon.ac.uk |

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<table>
<thead>
<tr>
<th>Paediatrics</th>
<th>Paediatrics</th>
</tr>
</thead>
</table>
| Current number of training posts | 5 Paediatric Trust Registrars  
1 GPVTS |
| Based in the following Trust location | Isle of Wight NHS Trust  
St. Mary’s Hospital  
Isle of Wight |
| Example of Rotation | Level 2 Neonatal Unit (baby checks and possibly deliveries)  
- General Paediatric inpatient and outpatient experience  
- Acute Paediatric receiving  
- Paediatric A&E experience  
- Community Paediatric experience (in clinic with a consultant and with the paediatric nursing community team). |
| General information on training opportunities | The broad-based training post will be for 6 months in a friendly and supportive environment. We will try to accommodate training-specific requests. There will be plenty of opportunities to gain experience. |
| Duty Rota | |
| Key Contacts | Dr Sarah Gladdish, Clinical Director  
Dr Bettina Harms, Lead Clinician |
| Useful website address | www.rcpch.ac.uk |
General Practice

The General Practitioner Attachments will take place in selected GP practices around the Isle of Wight.

St. Helen’s (Cooney) Rotation
http://sthelensmedicalcentre.com/
http://www.iwhospice.org/

St. Helen’s (Groves) Rotation
http://sthelensmedicalcentre.com/

Carisbrooke/Newport Rotation
http://www.carisbrookehealthcentre.co.uk/

Shanklin Rotation
http://www.shanklinmedicalcentre.nhs.uk/

West Cowes Rotation
http://www.cowesmedicalcentre.co.uk/

Niton Rotation
http://www.southwightmedicalpractice.co.uk/
1.2 About the Trust

The Isle of Wight NHS Trust is the only integrated acute, community, mental health and ambulance health care provider in England. Established in April 2012 following the separation of the provider and commissioner functions within the Isle of Wight Primary Care Trust, the Trust provides a full range of health services to a population of approximately 138,000.

The Trust’s vision is to provide “Quality Care for everyone, every time”.

The Isle of Wight NHS Trust aims to:

- Being an excellent, trusted provider of care, central to the health and well-being of Island residents and visitors.
- Being recommended by the patients and their families to others.
- Provide the best integrated care in the country with services integrated with each other and with those of our partners.

The Isle of Wight NHS Trust

The Isle of Wight NHS Trust boasts a unique configuration, whereby it provides a comprehensive range of healthcare services. These include inpatient medicine and surgery, community, ambulance and mental health services. The Trust is moving towards Foundation Trust status.

The Isle of Wight is a county within England, and is also a Unitary Authority, with the Isle of Wight Council responsible for all social care services. The formal integration of mental health services, therefore, offers unique opportunities for the seamless provision of health and social care services across the Island.

The Trust’s clinical activities are split into two clinical directorates: the Community and Mental Health and Hospital and Ambulance Directorates.
St Mary’s Hospital

St Mary’s Hospital is situated on the outskirts of Newport and provides a full range of services associated with a typical District General Hospital. It has approximately 280 beds, over a range of medical and surgical specialty and a 24-hour Emergency Department. There are developing services in medical rehabilitation and specialist medicine for older people.

There are comprehensive diagnostic services, including biochemistry, haematology and microbiology laboratories and a modern Diagnostic Imaging department. The post holder will have access to the on-site CT and MRI scanners, in addition to functional imaging Single-proton emission computed tomography (SPECT) and DaTscan facilities at University Hospital Southampton NHS Foundation Trust.

Visiting mainland consultants provide additional services on the island in:

- Radiotherapy (University Hospital Southampton NHS Foundation Trust)
- Neurology (University Hospital Southampton NHS Foundation Trust)
- Renal Medicine (Portsmouth Hospital NHS Trust)
- Plastic Surgery (Salisbury NHS Foundation Trust)
- Oncology (University Hospital Southampton NHS Foundation Trust, Hampshire Hospitals NHS Trust and Portsmouth Hospital NHS Trust)
- Vascular Surgery (University Hospital Southampton NHS Foundation Trust)
- Orthodontics
- Cardiothoracic Surgery (University Hospital Southampton NHS Foundation Trust)
- Gynaecology Surgical Oncology (University Hospital Southampton NHS Foundation Trust)
- Neurosurgery (University Hospital Southampton NHS Foundation Trust)
- Genetics (University Hospital Southampton NHS Foundation Trust)
- Paediatric Medicine (University Hospital Southampton NHS Foundation Trust)
- Paediatric Endocrinology (University Hospital Southampton Foundation Trust)
- Paediatric Cardiology (University Hospital Southampton NHS Foundation Trust)
- Paediatric Neurology (University Hospital Southampton NHS Foundation Trust)
- Paediatric Surgery (University Hospital Southampton NHS Foundation Trust)
- Maxillofacial (Portsmouth Hospital NHS Trust)
- Genetics (University Hospital Southampton NHS Foundation Trust)
- Nephrology (Portsmouth Hospital NHS Trust)
- Audiology (Portsmouth Hospital NHS Trust)
- Learning Disabilities (Hampshire Hospitals NHS Foundation Trust– Basingstoke).
Other Facilities

Facilities for private health care on the island are based in the Mottistone Unit at St Mary’s.

The Sevenacres Mental Illness Unit includes 19 acute adult open beds (Osborne), 8 Psychiatric Intensive Care beds (Seagrove) and 12 acute older adult beds for people with functional disorders (Afton). Also there is a 7 bedded acute assessment unit for dementia patients on St Mary’s site together with 11 off site Rehabilitation beds at Woodlands in Wootton. Mental Health Services also include a Home Treatment Team and Community Mental Health Services.

The Child & Adolescent Mental Health Service is based in Newport.

The David Hide Asthma & Allergy Research Centre is located in the grounds of the hospital and the Vectasearch Centre runs industry-sponsored clinical trials.

The Education Centre

The Education Centre is the hub for Medical and Dental Education training at St Mary’s Hospital on the Isle of Wight. It promotes the exchange of ideas and perceptions between different professional staff providing health care throughout the Island, and provides continuing professional development to all healthcare professionals.

The medical education team headed by an Associate Medical Director of Education, Training and Organisational Development and a Medical Education Manager is more than happy to support GP trainees and provide a link between the hospital and the GP training scheme.

For more information please visit the Education Centre Website:

Edward Jenner programme

The Isle of Wight NHS Trust supports leadership development to give their staff members the chance to feel more able to deal with the daily challenges of working in healthcare, more equipped to care for patients and lead services.

For more information:
www.leadershipacademy.nhs.uk/grow/professional-leadership-programmes/edward-jenner-programme/
1.3 The Isle of Wight as a place to live and work

The resident population of the Isle of Wight was 138,300 in 2011. This includes 33,000 people aged 65 years and over, representing 24% of the local population, compared to an average for England and Wales of 16%.

<table>
<thead>
<tr>
<th>Age group (years)</th>
<th>Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>0–14</td>
<td>20,922</td>
</tr>
<tr>
<td>15–19</td>
<td>8,190</td>
</tr>
<tr>
<td>20–64</td>
<td>76,199</td>
</tr>
<tr>
<td>65–74</td>
<td>17,112</td>
</tr>
<tr>
<td>75–89</td>
<td>14,029</td>
</tr>
<tr>
<td>90+</td>
<td>1,813</td>
</tr>
</tbody>
</table>

The main industries on the Island are tourism, farming and manufacturing and the Isle of Wight NHS Trust is also one of the largest employers. There is a choice of crossings to the Isle of Wight via catamaran, hovercraft, car ferry and Red Jet hydrofoil. Connections to the Mainland are frequent, fast and efficient ensuring destinations are reached with ease and comfort. There is no commercial airport on the island and the nearest airport is in Southampton.

Wightlink operates car ferry services from Portsmouth to Fishbourne and Lymington to Yarmouth with journey times around 40 minutes. There is also a catamaran passenger service from Portsmouth to Ryde with a crossing time of 22 minutes.

Telephone: 033 3999 7333 or www.wightlink.co.uk.

Red Funnel operates a car ferry service from Southampton to East Cowes taking 60 minutes. The Southampton to West Cowes Red Jet service offers a short journey of 25 minutes for passengers only.

Telephone: 0844 844 9988 or www.redfunnel.co.uk.

Hovertravel operates a passenger hovercraft service from Southsea to Ryde with a journey duration time of just 10 minutes.

Telephone: 0843 477 8887 or www.hovertravel.co.uk.

From the ferry ports there is easy connection to all main rail links and roads in the UK. There is a free bus from the Red Jet terminal in Southampton to the central railway station. By train, London is only 96 minutes from Portsmouth and 90 minutes from Southampton.

Accommodation

There are 100 single en-suite units on St. Mary’s Hospital site. All accommodation is fully furnished including bedding. Kitchens are equipped with basic items.

http://www.spectrumhousing.co.uk/home/homes/student__keyworker_homes/isle_of_wight.aspx
2.0 Living on the Isle of Wight

St Mary’s Hospital is located just outside the main town of Newport. The Isle of Wight is a beautiful island situated off the south coast of England, measuring approximately 26 miles east to west and 13 miles north to south. It is separated from the mainland by approximately 4 miles of water, known as “the Solent”. The Island has a lot to offer in the way of leisure pursuits and is a fantastic place to live and relax after work. For those with children, the Island is an ideal place to bring up a family.

The Isle of Wight offers an excellent environment to work and live with attractive coastal resorts, varied countryside and many areas of outstanding natural beauty.

Living here, you are never far away from the opportunity to enjoy the many recreational opportunities the Island offers. For sailors, there couldn’t be anywhere better, with 92 kilometres of coastline and plenty of sailing clubs and marinas. That’s not forgetting the yachting world’s premier event, Cowes Week, which annually attracts more than 8,000 competitors and 100,000 spectators. Then there’s the Isle of Wight Music Festivals, the Island’s cycling festival in September, involving hundreds of thousands of visitors and local residents.

Each of the Island’s major towns Ryde, East and West Cowes, Sandown, Shanklin, Ventnor, Bembridge and Newport has its own very distinctive character and community life.

The countryside is something else again, with more than 500 miles of footpaths and 30 miles of Heritage Coastline, so walkers will never be bored, however long they live here. If you are looking for a home in a bustling town, with everything on your doorstep, then you have plenty of choice. Lovers of village life will find they will enjoy discovering the many small communities the Island boasts.

(www.isleofwightguru.co.uk, www.hampshire-life.co.uk)

Why YOU should join us!

✓ Working at the only integrated acute, community, mental health and ambulance health care provider in England!

✓ Be part of a friendly close knit medical community!

✓ Working in smaller trainee numbers means we can often alter rotations to meet individual needs.

✓ Enjoy the pleasures of Island seaside and rural life!

✓ Excellent opportunities to live and work on the Isle of Wight after your training.

✓ Safe and fun place to bring up children.
Isle of Wight NHS Trust
St. Mary’s Hospital
Parkhurst Road
Newport
Isle of Wight
PO30 5TG
www.iow.nhs.uk

Education Centre Isle of Wight NHS Trust
Allison Harries
Medical Education Manager
Telephone: (01983) 534231
E-Mail: allison.harries@iow.nhs.uk

Dr Oliver Cramer
Associate Medical Director
Education, Training and Organisational Development
E-Mail: oliver.cramer@iow.nhs.uk

Medical HR Isle of Wight NHS Trust
Liz Nials
Equality and Diversity Lead
Telephone: (01983) 822099 ext 6727
E-Mail: liz.nials@iow.nhs.uk

We are looking forward to seeing you!