Obstetrics and Gynaecology training in Wessex

Be challenged
Be rewarded
Be fulfilled
Be valued

Developing people for health and healthcare
www.hee.nhs.uk
Welcome to the Wessex School of Obstetrics and Gynaecology

Bringing life into the world is just one of the rewards of a career in Obstetrics and Gynaecology (O&G). Doctors tell us that the specialty brings variety and opportunity, opening up a range of career paths. Many choose to sub-specialise in fields such as infertility, maternal and fetal medicine. Others are drawn to research posts or work overseas, advancing global health. The mix of medicine and surgery is a major appeal.

Training for a career in Obstetrics and Gynaecology is the beginning of a journey which will be demanding and rewarding. We will support you at every stage.

Our training programme aims to meet the needs of all trainees for the full 7 years through to CCT. We oversee all aspects including the subspecialties of reproductive medicine, fetal maternal medicine and gynae-oncology. We have close links to the University of Southampton with Academic Clinical Fellowship posts (ACFs ST1-3), an NIHR Academic Clinical Lecturer post (ACL) and out of programme for research (OOPR) opportunities. www.southampton.ac.uk/medicine

We value our trainees. Workshops, courses and leadership development are all part of the training in Wessex. We understand that work-life balance is important too, and we have a strong tradition of less than full-time training (LTFT).

Health Education England Wessex Educational Supervisors receive GMC-accredited training and help to develop not only clinical skills but also a wider range of professional skills such as multi-professional team working and quality improvement.

By choosing a career in O&G you will be improving women’s health throughout their lives. Choose Wessex, and you will join our tradition of excellence and work in one of the most beautiful parts of the UK noted for its exceptional quality of life.

We look forward to helping you fulfil your potential. www.hee.nhs.uk/hee-your-area/wessex
Why choose Wessex?

Trainee satisfaction and quality of training

- Health Education England in Wessex consistently performs well in the annual GMC surveys, ranking first for adequate experience and feedback, second for educational supervision and third for overall satisfaction in 2016.
- Our training programme aims to meet the needs of all trainees for the full 7 years through to CCT.
- Excellent trainee engagement with a very proactive Trainee Committee and enthusiastic Deanery education fellows.

Support for trainees

- Workshops, courses and leadership development underpin our training.
- Supporting trainees leads to safer, quality care for patients.

Trainee-led mentoring scheme

- We understand that work-life balance is important and actively support training Less than Full-Time (LTFT) and out of programme opportunities.

Wessex is an exceptional location

- Good connections make it easy to travel round for placements.
- The quality of life is high, with vibrant modern and historic cities, rolling countryside and unspoilt beaches.
Location, lifestyle and living

Wessex is a vibrant, diverse region with great culture, adventure, sport and leisure opportunities.

A selection:

- Poole Harbour, Europe’s largest natural harbour is a great place to try water sports.
- World class heritage sites abound, including HMS Victory, the Mary Rose in Portsmouth, King Arthur’s Round Table, Winchester Cathedral and Stonehenge near Salisbury.
- The New Forest National Park offers superb walking and 55 miles of cycle routes through open forest, heathland and grassland with wonderful wildlife.
- The iconic Needles endure as an unforgettable landmark and attraction.
- Art and culture lovers will find plenty here too, including theatre, the visual arts and some of the UK’s best summer music festivals.
- Travel and connections mean that you can feel miles away from everything but never be far away. The area is served by excellent rail links to London from Basingstoke, Southampton and Salisbury, ferry links from Portsmouth to France and airports at Southampton and Bournemouth.
- It’s drier, sunnier, warmer and less windy – and that’s according to the Met Office!
Obstetrics and Gynaecology training in Wessex

Your training journey

The Wessex School of Obstetrics and Gynaecology training programme aims to meet the needs of all trainees to ensure a fulfilling and enjoyable journey through to CCT.

We oversee all aspects of training in O&G including the sub-specialties of reproductive medicine, fetal maternal medicine and gynaecology oncology.

Where we provide training

The Trusts in the rotations are:

- University Hospital Southampton NHS Trust
- Portsmouth Hospitals NHS Trust
- Poole Hospital NHS Foundation Trust
- Salisbury NHS Foundation Trust
- Hampshire Hospitals NHS Trust
- Dorchester County Hospital NHS Trust
- Royal Bournemouth and Christchurch Hospitals NHS Foundation Trust
- Jersey is in Health Education England in Wessex but currently all training units are on the mainland.

“My decision to apply to Wessex for run-through training in O&G was an easy one, and five and a half years down the line, it is certainly not a decision I regret. Geographically, training in Wessex confers several unrivalled benefits, due to the proximity of the stunning coastline, lush sandy beaches, as well as gorgeous countryside and areas of outstanding beauty. Through the years, I have rotated through several hospitals peppered around the local office and have always been struck by how friendly, accommodating and engaging my colleagues have been, regardless of rank and profession. I have felt well-supported as I have advanced up the rungs of the training ladder and have been afforded plenty of outlets to flourish.

I am very appreciative of the high quality of clinical/educational/managerial opportunities that are woven into the training curriculum. I continue to find my training experience in Wessex very enjoyable and rewarding and I would recommend Wessex to would-be future trainees.”

Seun Latunde-Dada
ST6 O&G trainee
Your training journey

This is a seven year run-through training programme to deliver the RCOG curriculum in Obstetrics and Gynaecology starting at ST1. It is aimed at Doctors who can demonstrate the essential skills, knowledge and competencies to enter this level of training.

The [programme (pdf)](https://example.com) is designed to support training for a CCT in Obstetrics and Gynaecology.

Training rotations:

- ST1 placement will often be in a District General Hospital and ST2 placement will be in a Hospital with a three tier rota system to enable competency development and to build confidence progression to ST3.
- ST3 to 5 - currently 12-18 month rotations. If possible ST3 at the same hospital as ST2 year.
- ST6 and ST7 12 month posts at different hospitals depending on ATSM modules.

"I did my Foundation Years in Wessex and as a result of working with such friendly and supportive Registrars and Consultants, I applied to stay in the region for run-though training in O&G. The mix of hospitals offers plenty of exciting opportunities and allows a good balance between obstetric exposure as well as gynae operating. The transition from ST2 to ST3 is made easier in Wessex as trainees remain in the same unit during this time and have resident senior support. There is a structured teaching programme where trainees meet monthly to cover elements of the curriculum and log book.

“Consultants have been supportive of research and encouraged me to take study leave to attend conferences. I have presented work in Amsterdam, Brussels and Newcastle, to name a few, and shared work at local meetings. Above all, Wessex is a beautiful part of the country with both urban and rural space to explore.”

Gemma Nightingale
ST5 O&G
"I look back on my training in Wessex with such warmth at being part of ‘The Wessex Way’.

There are many opportunities within the region to move forward with interests outside of pure O&G, including medical education, quality improvement and patient safety.

I have organised the monthly regional teaching with a small group of people over the last 4 years. As well as facilitating achieving logbook competencies, and targeting the MRCOG, these teaching days have been an opportunity for trainees in the region to socialise.

More recently I was appointed by HEE Wessex as a Medical Education Fellow as part of a programme running for the last 12 years. This helps professionalise the educational activities I undertake, network with educators in different specialities across the region and be involved in the work of the HEE’s Wessex local team and the annual Education Conference. There has been support for undertaking a post graduate certificate in medical education allied to this.

HEE Wessex runs an annual patient safety programme, for which I have been a ‘patient safety champion’ working with ST1s and 2s to test and develop patient safety projects, culminating in the annual Patient Safety Conference held at Otterbourne.

The Deanery offers everything you could possibly wish for moving forward in O&G and beyond, in beautiful surroundings, with enthusiastic supportive colleagues.

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The syllabus

Minimum standards of education are agreed by all Trusts within the rotation for a region-wide syllabus which is designed to produce CCT holders who are competent and confident to undertake a consultant role in O&G.

Health Education England in Wessex is committed to developing postgraduate training programmes as laid down by the GMC, Colleges and Faculties and by COPMED, the Postgraduate Deans Network.

At a local level, college/specialty tutors work with the Programme Director and Directors of Medical Education in supervising these programmes.

Trainees will be expected to take part in these programmes which as well as the core clinical areas include development of non-clinical skills such as audit, patient safety projects, service improvement, leadership and management. They are expected to attend regular meetings with their nominated educational supervisor to reflect on, assess and plan progress.

All posts within the training programme are recognised for postgraduate training by the GMC in accordance with their standards.

More information is available on our School of Obstetrics and Gynaecology webpages
Courses and workshops

Our local courses are designed to support you through your training, and include:

- **Keep Calm Workshop.** A human factors workshop for new specialty trainees in O&G. The workshop acknowledges the pressures of clinical work, recognises the impact this might have on self, patients and colleagues and identifies quick and simple ways to manage stress and increase resilience.

- **Patient Safety First.** Wessex trainees are supported to deliver a patient safety project in the first year of their programme as part of our Patient Safety First fellowship programme. All trainees attend a one-day introduction and education day which, alongside patient safety learning, covers areas such as human factors, leadership and quality improvement tools and methods. Each trainee is assigned a project supervisor in his/her place of employment and carries out their patient safety project over a period of 12 months, before a regional conference in the summer.

- **RCOG Basic Surgical Skills Course.** This is franchised by RCOG and held in Portsmouth. It is mandatory for ST1-2 trainees for entry to ST3. It is designed to introduce trainees to safe surgical techniques and obstetric clinical skills in a structured workshop environment.

- **Step Up Course.** To support the transition from ST2 to ST3 with training in general confidence and team working skills for those about to step up onto the registrar rota. This is run by senior Wessex trainees and consultants allowing a relaxed forum to discuss any concerns about moving to the more senior tier on the rota, building on 'The Wessex Way' of equipping and supporting our trainees.

- **ROBuST.** – Simulation based training franchised from the RCOG for ST2-3 trainees, and mandatory for entry into ST4. The course aims to provide hands on training in operative vaginal delivery and caesarean section at full dilatation.

- **Gynaecological Minimal Access Training (GMAT).** For ST1-4 trainees to gain basic diagnostic laparoscopic and hysteroscopic skills in a safe unpressured environment before taking them forward in to the workplace. This course is subsidised by Health Education England in Wessex.
Advanced Training Skills Module

During ST5, trainees choose ATSMs:

- Abortion Care
- Acute Gynaecology and Early Pregnancy
- Advanced Antenatal Practice
- Advanced Laparoscopic Surgery for the excision of benign disease
- Advanced Labour Ward Practice
- Benign Abdominal Surgery: open and laparoscopic
- Benign Gynaecological Surgery: Hysteroscopy
- Colposcopy
- Fetal Medicine
- Oncology
- Labour Ward Lead
- Maternal Medicine
- Medical Education
- Menopause
- Paediatric and Adolescent Gynaecology
- Sexual Health
- Subfertility and Reproductive Health
- Vulval Disease
- Urogynaecology and Vaginal Surgery.

Community Sexual and Reproductive Health (CSRH) Programme

The programme is available to medical practitioners who wish to specialise in Sexual and Reproductive Healthcare (SRH).

- The programme develops the skills required to lead and manage the community based Sexual Health services of the future and lead large multi-disciplinary teams.
- It follows the CSRH curriculum and is divided into basic (years 1-3), intermediate (years 4-5) and advanced (year 6) training.
- It comprises basic training in O&G and SRH.
- Gynaecological competencies are maintained throughout training.
- Leadership and management training is ongoing throughout the programme.
- Advanced training is a year of completing all outstanding competencies, with opportunities for shadowing and preparing for a role as a consultant.

For further information, follow the links to csrh on www.wessexdeanery.nhs.uk
Your next steps to a great career in Obstetrics and Gynaecology

Recruitment is managed nationally from the Oriel portal

To contact the team at the Wessex School of Obstetrics and Gynaecology, please click here: School of Obstetrics and Gynaecology Contacts

Further information about careers in Obstetrics and Gynaecology can be found on the RCOG website

"Being an Obstetrics and Gynaecology Trainee in the Wessex Deanery offers many unrivalled benefits.

Firstly, it offers the best training opportunities in the UK, learning from and working with some internationally renowned clinicians. Secondly, it is very friendly; you get to know your colleagues very well and I have always felt supported by my seniors and my peers.

Last but not least, its location is a major attraction; it is close to the beautiful UK coastline, numerous National Trust sites and areas of outstanding natural beauty as well as being in close proximity to London. There are monthly deanery teaching sessions organised by our ELFs (Education and Learning Fellows); the programme is always first class and it is an opportunity for all the O&G trainees in Wessex to mingle and catch up too!

As an NIHR Academic Clinical Fellow in Southampton, I have thoroughly enjoyed my training here. I have been involved in various research projects, collaborating with the School of Engineering and the School of Psychology at the University of Southampton, as well as universities outside the UK. Whether you are an academic trainee or not, there is a lot of scope for getting involved in research, education and teaching, and managerial roles if interested.”

Bonnie Ng
ST2 O&G trainee and NIHR Academic Clinical Fellow
Princess Anne Hospital, Southampton
We are here to support national policy and the local delivery of excellent healthcare and health improvement to the patients and public of England. Working across Wessex, we ensure that the workforce of today and tomorrow has the right numbers, skills, values and behaviours, at the right time and in the right place.