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**NHS**  
South Central

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South West

Wessex Deanery

[www.wessexdeanery.nhs.uk](http://www.wessexdeanery.nhs.uk)

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TRAINING EXCELLENCE IN WESSEX



**NHS**  
South Central

**NHS**  
South West

Wessex Deanery

**Welcome  
to Wessex**  
*a great place to train*



# The area we cover



# Investing in your future

The years you spend in postgraduate medical or dental education are a big investment of your time. You want to be sure you get the training and support you are looking for and have some fun too. So it makes sense to choose Wessex Deanery with its commitment to delivering high quality training, education and support in a location that has lots to offer to help you relax and develop a healthy work-life balance.

Not only does the Wessex area have great beaches and locations including the New Forest, you will find that London is within reach, while nearby airports and ferry terminals add to your travel options. Factor in an average annual temperature that's higher than the UK average and you may begin to appreciate why many trainees who train here choose to stay on.

This is certainly a historic area, but it is far from stuffy. With five universities there's plenty of entertainment going on across the patch. So whether your taste is for getting out on the water, cycling or running, or hitting the shops, clubs, music festivals, you can indulge it here.



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# Why choose Wessex Foundation School?

Wessex Foundation School offers training opportunities in almost all mainstream medical and surgical sub-specialties plus some not so commonly seen in the Foundation Programme. For example in Year 1 there are options to undertake Paediatrics, Anaesthesia and Intensive Care Medicine. In Year 2 you can gain experience in a wide range from GP to Plastic Surgery, Public Health to Cardiothoracic surgery, or Neonatology to Ophthalmology. Please look at our website for details of the full range of options.

For those considering an academic route there are a number of options for programmes including surgery/oncology, Child Health and clinical genetics. These are mainly based in Southampton University Hospitals, though academic options are available across the region.

All this makes the Wessex Foundation School an excellent location to take the step from medical student to doctor and our record shows Wessex Foundation Doctors perform well and have a high success rate in applying for their chosen future training.

We feel proud of our reputation for providing, high standard, stimulating, diverse, and well supported foundation programmes for all our foundation doctors.

I have had a fantastic year working as FY1 on the Isle of Wight. There was some nervousness as well as uncertainty when I first started the job; this period was short lived as the support I received from staff and colleagues was very encouraging. Overall, this year has been a fantastic learning experience and I would therefore certainly consider working here again.

**Dr Karim Wahed**

I am thoroughly enjoying my foundation training in Wessex. The teaching has been incredible. I hope this will serve me well in a career in anaesthetics. The Wessex region offers some stunning countryside with plenty to do, I have learnt to fly at Bournemouth Airport and now hold a private pilot's license.

**Dr Robert Wiltshire**

Wessex offers varied and wholesome foundation training. My 2 years in Basingstoke has allowed me the opportunity to explore and develop my interest in ENT surgery. This combined with the support provided by my seniors enabled me the opportunity to present my audits at two national conferences and secure a core surgical training job.

**Dr Ananth Vijendren**

Your time as a Foundation Doctor is challenging and it is essential that you work in a place that is supportive and welcoming. I have worked with many consultants and nurses in many different specialties during my time here and all are unfailingly approachable. Out of work one is truly spoilt for choice whether it is beach volleyball or walking in the New Forest at weekends.

**Dr Rory Honney**

# Specialty training

Wessex offers training in:

Core Training
Acute Care Common Stem
Anaesthetics
Core Medical Training
Core Psychiatry Training
Core Surgical Training
Run Through Specialty Training
Clinical Radiology
Dental & Orthodontics
General Practice
Histopathology
Medical Microbiology
Neurosurgery
Obstetrics and Gynaecology
Ophthalmology
Paediatrics
Public Health

Higher Specialty Training	
Acute Medicine	GU Medicine
Anaesthetics	Haematology
Cardiology	Learning Disability Psychiatry
Cardiothoracic Surgery	Medical Oncology
Chemical Pathology	Neurology
Child and Adolescent	Occupational Medicine
Clinical Genetics	Old Age Psychiatry
Clinical Immunology and Allergy	Oral and Maxillo Facial Surgery
Clinical Neurophysiology	Paediatric Cardiology
Clinical Oncology	Paediatric Surgery
Dermatology	Palliative Medicine
Diabetes and Endocrinology	Plastic Surgery (via Oxford)
Emergency Medicine	Rehabilitation Medicine
ENT (Otolaryngology)	Renal Medicine
Forensic Psychiatry	Respiratory Medicine
Gastroenterology	Rheumatology
General Surgery	Sexual and Reproductive Health
General Adult Psychiatry	Trauma and Orthopaedics
Geriatric Medicine	Urology



The training I have received in the Wessex region so far has been of an excellent standard. It is well known in this area that people come to work in Wessex and enjoy it so much they remain here for the rest of their career. The hospitals are closer together than some other deaneries and we also benefit from a wide range of courses including the groundbreaking Wessex Professional Programme.

**Dr Emily Shaw,  
ST3 Histopathology**

Training in paediatrics in Wessex is an excellent choice. There are lots of great teams to work with around the region in the different paediatric departments. The School of Paediatrics is very supportive and there are many and varied opportunities for developing your career in the individual direction you want to take. I would highly recommend it!

**Dr Katrina Cathie,**  
Paediatrics ST6

The Wessex Training scheme has not only provided excellent clinical training but actively encouraged and supported me to develop other important skills in areas such as management/leadership and research through its links with Southampton University.

**Dr Charlotte Underwood,**  
ST6 Learning Disability Psychiatry

Why would I suggest you apply to Wessex? That's Easy – Excellent training and Great opportunities! Throughout my training I have had supportive consultants guiding my training so that I have developed professionally and personally. I have further had the opportunity to pursue my interests in Medical Education and Patient Safety.

**Dr Asif Bachlani,**  
General Adult Psychiatry ST6



## Wessex offers academic posts at the following levels:

**Academic Foundation Programmes** with a four-month academic placement in FY2 with hands-on research. There are two posts in Medicine, two in GP and one each in Surgery, Child Health, Clinical Genetics, Neurosurgery, Psychiatry, Biomedical Engineering, and Gastroenterology.

**Academic Clinical Fellowships (ACFs)** during early specialist training, for those who have outstanding potential for development as a researcher and/or educationalist. The Fellowships provide part-funding for the basic salary (25%) to allow the clinician in training to set aside time to develop academic skills and to prepare and compete for a training fellowship to undertake a higher degree.

**Clinical Lectureships** during late specialist training or soon after completing GP training. These are open to those with a higher degree, for example a PhD, MD or equivalent educational training.



'Wessex is an innovative deanery offering world-class surgical training. There's a great breadth of surgical specialities on offer enabling your experience to be tailored to you. Deanery courses (including free MRCS courses) are invaluable for both your surgical practice and your CV. To top it all off it's one of the hottest & naturally blessed regions in the country meaning you can play just as hard as you work.'

**Dr James Donaldson, CTI Core Surgery**



'I came to Wessex in 2007 on an Inter-Deanery transfer and I wish I had come here sooner! This is a friendly Deanery and the support you receive from supervisors and Deanery staff to help you build a strong portfolio as you progress through your training is fantastic. In particular, the in-house management skills training courses are of extremely high quality. Wessex has everything!

**Dr Pippa Haywood, SpR, Paediatrics**



'Ophthalmic training in Wessex is of an extremely high standard providing excellent clinical experience and regular formal teaching. This is backed by a supportive deanery which has led the way in developing a subsidised leadership and professional development programme. It caters for all your training needs.'

**Mr Luke Clifford, ST7, Ophthalmology**

# The Trusts

*we work with*

## Basingstoke & North Hampshire NHS Foundation Trust

● [www.northhampshire.nhs.uk](http://www.northhampshire.nhs.uk)

BNHFT has been in the independent CHKS 40 Top Hospitals nine times since the awards began 11 years ago in 2000, based on 21 indicators including patient experience and health outcomes. It has 450 beds and is a national centre for pseudomyxoma surgery - offering excellent specialist training opportunities in surgery and anaesthesia - and is a tertiary referral centre for hepatobiliary and colorectal surgery.

In addition all foundation doctors are encouraged to engage in academic and audit activities. Every F2 has an opportunity to enjoy four months general practice experience with active GP surgeries across the patch.

## Dorset County Hospital NHS Foundation Trust

● [www.dch.org.uk](http://www.dch.org.uk)

Situated on the outskirts of the town of Dorchester the hospital has 400 beds and serves around 210,000 people. We get some excellent feedback from our trainees about their training here, particularly about the breadth of experience, the support they receive and the opportunities to do things they would not do elsewhere. We have an award-winning Professionalism programme that is run in Bournemouth University for all our F2s, plus opportunities to be involved in audit and in the running of the hospital as well as excellent and broad surgical experiences in specialty training. We have very good success rates in specialty exams.

## NHS Isle of Wight

● [www.iow.nhs.uk](http://www.iow.nhs.uk)

The Isle of Wight is situated off the coast of South East England and the nearest mainland port cities are Portsmouth and Southampton.

NHS Isle of Wight is a single NHS provider and commissioning organisation supporting the contained health economy for the largest off-shore Island in England and Wales. As such it encompasses Mental Health, Acute Care (including A&E and Maternity services), Prison Health, Ambulance Service, Commissioning, Primary Care, Community Services, public health delivery and all the associated corporate functions. The resident population of 140,000 doubles at the height of the summer season and the Island hosts a number of high profile events (IOW Festival, Cowes Week, Bestival, etc.).



## Jersey General Hospital

● [www.gov.je](http://www.gov.je)

Serving 100,000 people Jersey is the largest of the Channel Islands.

Jersey General Hospital in St Helier has Foundation Year 1 and 2 training places and hosts the hospital component of some Wessex GP training posts. It provides excellent all round experience. The hospital provides free accommodation for trainees.



## Poole Hospital NHS Foundation Trust

● [www.poole.nhs.uk](http://www.poole.nhs.uk)

Poole Hospital is a busy district general hospital with 640 beds, serving a local community of 146,350 and is the major trauma centre for East Dorset. It has been recognised as the highest ranking hospital in the South of England for its care to patients with cancer and also named the best hospital for patient experience in the 2010 Healthcare Excellence and Leadership Awards, with a rating of 'excellent' by the Care Quality Commission.

It is a vibrant and engaging place of work, with many excellent training opportunities. In 2009 Poole Hospital opened its new laparoscopic theatre with multi-media facilities and has been named as a National Training Centre for the HALO (Haemorrhoidal Artery Ligation Operation) procedure. For Foundation trainees, there is a varied training programme, including the use of the Trust simulation suite, quality improvement projects and specific training in prescribing. Education and training is taken seriously, with highly rated supervision for all trainees.

## Portsmouth Hospitals NHS Trust

● [www.porthosp.nhs.uk](http://www.porthosp.nhs.uk)

Our state-of-the-art hospital provides the largest acute service on the South Coast, with about 1400 beds and over 100,000 patients treated annually through our Emergency Department alone! This maximises learning opportunities, making it a busy and sometimes challenging environment, within a supportive and encouraging culture. We offer a wide variety of specialties and are home to the Wessex Renal Transplant Unit, along with hosting the largest Military Defence Hospital Unit in the UK which in turn gives a unique slant to the knowledge and experience held within our clinical teams.

With over 110 Foundation trainees spread across 30 specialties we offer a wide variety of rotations plus a proactive and enthusiastic team to support career planning through workshops, tasters and discussion groups.



### Royal Bournemouth & Christchurch NHS Foundation Trust

● [www.rbch.nhs.uk](http://www.rbch.nhs.uk)

Opened in 1992, RBCH is purpose built and close to the main roads to the New Forest, Southampton, Salisbury, Winchester, Christchurch and Poole. The Trust caters for a population of over 550,000, with numbers rising considerably in the summer. The hospital has 720 beds a state of the art Cardiology, Stroke and Acute Medicine services. We have a vibrant education programme which offers excellent training opportunities; a dedicated Education Team that will support your training and pastoral care.

### Salisbury NHS Foundation Trust

● [www.salisbury.nhs.uk](http://www.salisbury.nhs.uk)

Salisbury NHS Foundation Trust provides healthcare for some 200,000 people locally as well as providing specialist services such as burns, plastic surgery, cleft lip and palate, genetics and rehabilitation to a wider population of over 3 million.

Training opportunities include weekly protected core teaching, dedicated departmental teaching programmes, as well as bedside teaching for important reflective learning. The AIM course (Acute Illness Management) in F1 and AIMS course (Acute Intervention Medicine in Salisbury) in F2 offer multidisciplinary learning, whilst Hospital at Night (H@N) training is well supported at all levels. Regular educational supervision sessions ensure all trainees are given the guidance and support they require in collaboration with their clinical supervisors. With a newly upgraded Simulation Suite, trainees will benefit from consultant led simulation scenario training. There are regular Trust wide clinical governance sessions and a monthly Hospital Round, to which all staff are invited.

### Southampton University Hospitals NHS Trust

● [www.suht.nhs.uk](http://www.suht.nhs.uk)

The Trust is a major centre for teaching and research in association with the University of Southampton; partners include the Medical Research Council and Wellcome Trust. While the Trust provides local services for 500,000 people living in Southampton and south Hampshire, its specialist services, such as neurosciences, cardiac services and children's intensive care, cater to a population of more than three million, including Channel Island residents.



### Winchester & Eastleigh Healthcare NHS Trust

● [www.wehct.nhs.uk](http://www.wehct.nhs.uk)

The Royal Hampshire County Hospital and Andover War Memorial Hospital provides a full range of acute and scheduled care for the Historic Cathedral city of Winchester and the surrounding areas. The Trust has a well established teaching and development programme for undergraduates, junior doctors, dentists and allied health professionals. This is supported by an impressive Multi Disciplinary Education Centre with state of the art simulation facilities, and an award winning satellite simulation programme a squash court and gym.

The trust has strong links with the University of Southampton and has a flourishing Research and Development department. Training opportunities are available in all the major disciplines and a significant number of sub-specialities. We also welcome involvement in the extensive undergraduate teaching programme for those with a specific interest in education.

### Dorset HealthCare University NHS Foundation Trust

● [www.dorsethealthcare.nhs.uk](http://www.dorsethealthcare.nhs.uk)

Dorset HealthCare University NHS Foundation Trust provides integrated mental health and specialist learning disability services, addictions services, community brain injury, community dental services and some primary care services. The Trust is recognized as a University Trust for its close affiliation with Bournemouth University. It serves a population of almost 700,000 people across the county of Dorset. Most of the services are based in the local communities, in people's homes or in local centres through locally based integrated health and social care teams and facilities. Specialist assessment and treatment centres are also provided at St Ann's Hospital and other inpatient services. There are training opportunities in General Adult, CAHMS, Old Age, Learning Disability, Forensic, Eating Disorders and Rehabilitation Psychiatry.



### Solent NHS Trust

● [www.solent.nhs.uk](http://www.solent.nhs.uk)

Solent NHS Trust was established to support the Department of Health's objective to:

"...create modern, innovative community and mental health services that have direct benefits for patients, are responsive to local need and promote seamless care through increased opportunities for integration of health and social care services."

We provide a range of community and specialist mental health services to over a million people in Southampton, Portsmouth and parts of Hampshire.

## Southern Health NHS Foundation Trust

● [www.southernhealth.nhs.uk](http://www.southernhealth.nhs.uk)

SHFT provides mental health, learning disability and community health services across Hampshire and the surrounding area. We provide quality patient care in community settings when and where they need it. This provides a unique environment in which trainees can develop a wide range of clinical and professional skills. Posts are available in Adult and Older Persons' Mental Health, Learning Disability and Forensic Psychiatry and in Adult and Children's Community Health Services.

We host a number of Wessex courses for Psychiatry trainees: Core Skills for trainees new to Psychiatry; the Wessex Core Psychiatry Course; Psychotherapy courses in all three years of Core Training, comprising CBT, Motivational Interviewing, DBT and CAT.

Each local area has an active academic programme, including a journal club and Case Based Discussion groups for junior trainees. There are opportunities for all trainees to be involved in undergraduate teaching and for Higher Specialty trainees to facilitate Core training, including the Core Psychiatry Course and mock CASC examination. Participation in research and audit activities is strongly encouraged.



# Innovations and opportunities

## Medical education

The Deanery has 21 Medical Education Fellows (MEFs) who play key roles in the organisation of educational events at Trust, specialty, Deanery and national level. MEFs may also choose to be a medical education associate tutor, part of the Tomorrow's Teachers faculty, or belong to Deanery working groups. Many of them are undertaking, or have completed, a Certificate, Diploma or Masters in Medical Education, which is supported by the Deanery.

## Improving Global Health

This project places individuals in rural areas in Cambodia and Tanzania, to support delivery of the millennium development goals for health. Participants from a variety of health care backgrounds develop leadership skills through the application of quality improvement methods under the mentorship of UK experts.

The scheme has three objectives

- to support the delivery of sustainable improvement in health and healthcare
- to provide a personal and leadership development experience
- to develop clinical leadership in the NHS

## Leadership and Management

Wessex is very proud of what is believed to be the largest Leadership and Management programme of any Deanery in England. As well as the nationally recognised Lead or be Led course there are more than ten one day masterclasses and a two-day Leadership Development Centre. 800 doctors per annum participate in this programme. Many attendees apply to become Clinical fellows at both national and local level after attending this inspiring programme.



## Career support

Wessex Deanery takes the future direction of its trainees very seriously, offering free career planning help in the Foundation years and career management support throughout training, via a network of locally based Career Leads and a Deanery Career Lead. If a trainee hits a rough patch, the Deanery's Professional Support Team is on hand to help them work through any difficulties and reach their potential.

Every summer International Medical Graduates [IMGs] about to join the Deanery are welcomed on a two-day course to help them settle into their NHS post. Held at St Mary's Hospital on the Isle of Wight the course ranges from sessions on terms and conditions & contracts, assessments, CVs & portfolios, career choices, interview preparation and interview practice.

# General Courses and Conferences Centre

The dedicated Course and Conferences Centre supports our junior doctors in their training through to consultant level. In 2010 over 2000 trainees took advantage of the heavily subsidised clinical specialty and revision courses offered. Attendance at these events has noticeably increased examination pass rates in their College examinations.

A particular strength of the programme is that we involve trainees as much as possible. The popular Tomorrow's Teachers course has been developed, and is delivered, by trainees for trainees and we have a Trainee Leadership group who advise on the strategy and content of programmes.



Lead or be Led: ***'I am now more aware of the role that I play in the NHS... and feel equipped to get involved in leadership and management roles.'*** BMJ Careers 6 January 2010

Leadership Development Centre: ***'Fantastic people; fantastic time; fantastic learning opportunity.'***

Leadership Development Centre: ***'Excellent course - very informative, inspiring and thought provoking.'***

Tomorrow's Teachers: ***'The course is an excellent practical taster on teaching skills... advises on ways of maximising learning opportunities in everyday clinical situations.'*** BMJ Careers

## Useful websites:

General Medical Council  
[www.gmc-org.uk](http://www.gmc-org.uk)

Medical Defence Union  
[www.the-mdu.com](http://www.the-mdu.com)

Medical Protection Society  
[www.medicalprotection.org/uk](http://www.medicalprotection.org/uk)

British Medical Association  
[www.bma.org](http://www.bma.org)

Home Office  
[www.bia.homeoffice.gov.uk](http://www.bia.homeoffice.gov.uk) and  
[www.workingintheuk.gov.uk](http://www.workingintheuk.gov.uk)

International English Language Testing System  
[www.ielts.org](http://www.ielts.org)

NHS Jobs  
[www.jobs.nhs.uk](http://www.jobs.nhs.uk)

### Career support

[www.medicalcareers.nhs.uk](http://www.medicalcareers.nhs.uk)  
[www.wessexdeanery.nhs.uk](http://www.wessexdeanery.nhs.uk)  
[www.mmc.nhs.uk](http://www.mmc.nhs.uk)  
[www.support4doctors.org](http://www.support4doctors.org)  
[www.cfwi.org.uk](http://www.cfwi.org.uk)

Interviewing skills  
[www.iscmedical.co.uk](http://www.iscmedical.co.uk)

### Royal Colleges/Faculties/Academies

The Royal College of Anaesthetists – [www.rcoa.ac.uk](http://www.rcoa.ac.uk)

The College of Emergency Medicine – [www.emergencymed.org.uk/cem](http://www.emergencymed.org.uk/cem)

The Royal College of General Practitioners – [www.rcgp.org.uk](http://www.rcgp.org.uk)

The Royal College of Obstetricians and Gynaecologists – [www.rcog.org.uk](http://www.rcog.org.uk)

The Royal College of Ophthalmologists – [www.rcophth.ac.uk](http://www.rcophth.ac.uk)

The Royal College of Paediatrics and Child Health – [www.rcpch.ac.uk](http://www.rcpch.ac.uk)

The Royal College of Pathologists – [www.rcpath.org](http://www.rcpath.org)

The Royal College of Physicians in Edinburgh – [www.rcpe.ac.uk](http://www.rcpe.ac.uk)

The Royal College of Physicians in London – [www.rcplondon.ac.uk](http://www.rcplondon.ac.uk)

The Royal College of Physicians and Surgeons of Glasgow – [www.rcpsg.ac.uk](http://www.rcpsg.ac.uk)

The Royal College of Psychiatrists – [www.rcpsych.ac.uk](http://www.rcpsych.ac.uk)

The Royal College of Radiologists – [www.rcr.ac.uk](http://www.rcr.ac.uk)

The Royal College of Surgeons of Edinburgh – [www.rcsed.ac.uk/site/0/default.aspx](http://www.rcsed.ac.uk/site/0/default.aspx)

The Royal College of Surgeons of Ireland – [www.rcsi.ie](http://www.rcsi.ie)

The Royal College of Surgeons of England – [www.reseng.ac.uk](http://www.reseng.ac.uk)

The Royal Society of Medicine – [www.royscomed.ac.uk](http://www.royscomed.ac.uk)

Academy of Medical Royal Colleges – [www.aomrc.org.uk](http://www.aomrc.org.uk)

Academy of Medical Sciences – [www.acmedsci.ac.uk](http://www.acmedsci.ac.uk)

Faculty of Occupational Medicine [of Royal College of Physicians] – [www.facoccm.ac.uk](http://www.facoccm.ac.uk)

Faculty of Public Health – [www.fphm.org.uk](http://www.fphm.org.uk)