Welcome to Wessex

TRAINING EXCELLENCE IN WESSEX

a great place to train

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www.wessexdeanery.nhs.uk
The years you spend in postgraduate medical training are a big investment of your time. You want to be sure you’ll get the training you’re looking for and that you’ll have some fun, too. So it makes sense to choose a Deanery with a strong commitment to high-quality education—which Wessex certainly has, and we hope you’ll catch a flavour of that in the following pages—plus a location that has lots to offer to help you relax and find some work-life balance.

Investing in your future

Not only does the Wessex area have fabulous beaches and the New Forest, you’ll find that London is within easy reach, while nearby airports and ferries add to your travel options. Factor in an average annual temperature that’s higher than the UK average and you can understand why many doctors who train here choose to stay on.

This is certainly an historic area, but it’s far from stuffy. With five universities there’s plenty of entertainment going on across the patch. And in 2012 Weymouth hosts Olympic sailing. So whether your taste is for getting out on the water, cycling or running, or hitting the shops, clubs and music festivals, you can indulge it here.
The Foundation School offers training opportunities in all mainstream medical and surgical specialties plus some not so commonly seen in Foundation – for example in Year 1 there are options in some hospitals to undertake Anaesthesia and Intensive Care Medicine. In Year 2 you can also gain experience in GP, Public Health and medical education. For those considering an academic route there is a wide range of programmes from Neurosurgery to Child Health. These are mainly based in Southampton University Hospitals, though academic options are available across the region.

‘I’ve really enjoyed training in Wessex and am about to start specialty training here. I found the Emergency Department at Southampton General Hospital a particularly inspiring place to work.’

Harriet Shere, F2 doctor

‘An F2 colleague, Jamie Wilson, and I were lucky enough to have a poster on teaching medical students accepted at a NACT (National Association of Clinical Tutor) conference. It was a great opportunity to show off a teaching project we had developed, but also to see the work that other Foundation doctors around the country are doing to improve service.’

Matt Taylor, F2 doctor

‘I’m moving to an Acute Care Common Stem specialty training post in Poole. I think this area provides excellent training with enthusiastic consultant-led teaching.’

Michael Stewart, F2 doctor

‘I’ve had a high quality formal teaching programme – senior colleagues are proactive in teaching and supervising practical skills. Overall it’s been a very well supported learning environment.’

Vicki Ayres, F1 doctor

‘What’s good about Wessex? Two words: opportunities and development. Personally I have had the opportunity to develop skills that will make me a better doctor and a better leader, which I believe will put me in an excellent position when I become a consultant. What else could you want from a deanery?’

Asif Bachlani, StR6 General Adult Psychiatry

‘I cannot fault the GP training here. I’ve had three very enjoyable and productive years. The GP trainers in Southampton are a huge asset and they have been such an inspiration that I will be working with them as a GP Education Fellow this year.’

Jonathan Rial, GP ST3
Basingstoke & North Hampshire NHS Foundation Trust

www.northhampshire.nhs.uk

BNHFT has been in the independent CHKS Top 40 hospitals list for six consecutive years, based on 21 indicators including patient experience and health outcomes. It has 450 beds and is a national centre for pseudomyxoma surgery – offering specialist training opportunities in surgery and anaesthesia – and is a tertiary referral centre for hepatobiliary and colorectal surgery.

Dorset County Hospital

www.dch.org.uk

Situated on the outskirts of the town of Dorchester, and close to Weymouth, site of 2012 Olympic sailing, the hospital has 400 beds and serves around 210,000 people. It also provides renal services for patients throughout Dorset and South Somerset.

An annual Improving Practice competition for F1 doctors focuses on audit and other clinical governance issues and in 2010 one of the audits won a national Healthcare Quality Improvement Partnerships award.

‘Wessex has a friendly ethos, with familiar faces regularly cropping up, and seniors are enthusiastic about teaching and support of juniors. It’s a beautiful place to live and work, with great opportunities for medical training and also for enjoying an active outdoors lifestyle.’

Chris Jordan, CT1 Surgery

‘This is a very friendly Deanery with a good mix of hospitals. One of the big benefits is being able to attend the Counties and Extreme departments courses, which are often free or largely discounted, and include MRCP revision as well as Tomorrow’s Teachers and Lead in the Lifeline...’

Theresa Hydes, CMT

‘The training in anaesthesia here is excellent in terms of breadth and depth and includes specialist units for cardiosurgery, burns, spinal injuries, a renowned neurosurgical intensive care unit and a national centre for pseudomyxoma cytoreduction surgery. It is also an extremely picturesque part of the world!’

Shiny Shankar, ST6 Anaesthetics

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.

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The Trusts

we work with

Isle of Wight Healthcare NHS Trust

www.iow.nhs.uk

The Isle of Wight NHS is a single PCT spanning the hospital and ambulance services plus some 21 GP Practices and Healthcare centres. With over 500 beds, St Mary’s Hospital in Newport provides services associated with a typical DGH. Visiting mainland consultants provide additional services in some of the smaller specialties. The island’s resident population of 132,000 almost doubles during the summer.
Jersey General Hospital

www.gov.je

Although not an NHS hospital, Jersey General in St Helier has Foundation Year 1 and 2 training places and hosts the hospital component of some Wessex GP training posts. The hospital provides free accommodation for trainees.

Portsmouth Hospitals NHS Trust

www.porthosp.nhs.uk

State-of-the-art Queen Alexandra Hospital opened in 2009, bringing together acute services from the original Queen Alexandra Hospital, St Mary’s Hospital, Portsmouth, and The Royal Hospital Haslar, Gosport. Offering some of the best medical facilities in Europe, the hospital has more than doubled in size with about 1400 beds and 6000 staff, plus a wellness centre with gym and indoor pool, which staff can join.

Poole Hospital NHS Foundation Trust

www.poole.nhs.uk

Poole Hospital, with 789 beds, serves as the major trauma centre for East Dorset – 85% of inpatients are admitted as emergencies and the hospital provides services for all medical, elderly, surgical and child emergency admissions. In 2009 a new laparascopic theatre with multimedia facilities opened. F1 doctors benefit from accommodation at the top of the main building, with spectacular views over Poole harbour.

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Salisbury NHS Foundation Trust

www.salisbury.nhs.uk

The Trust has 550 beds and provides healthcare for some 200,000 people locally, while specialist services such as burns, plastic surgery, cleft lip and palate, genetics and rehabilitation, extend to a population of more than three million. The hospital’s Duke of Cornwall Spinal Treatment Centre covers most of southern England, with a catchment of approximately 11 million people. F1s here undertake a service improvement project and in 2009 two trainees presented theirs at the International Forum on Quality and Safety in Berlin.

Southampton University Hospitals NHS Trust

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 50,000 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. There are 900 beds.

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Winchester & Eastleigh Healthcare NHS Trust

www.wehct.nhs.uk

The Royal Hampshire County Hospital (RHCH) in Winchester is the main acute hospital for the area and has some 500 beds. Florence Portal House is adjacent and incorporates a maternity unit, neonatal unit, breast screening unit and some gynaecology services. There is also a staff creche, gym and squash courts on site.

Dorset Health Care University Foundation Trust

www.dorsethealthcare.nhs.uk

The trust specialist mental health services and some dental and primary care services to 700,000 people in Dorset.

Hampshire Partnership NHS Foundation Trust

www.hampshirepartnership.nhs.uk

The Trust provides specialist mental health and learning disability services for people across Hampshire and its surrounding area, working from over 160 sites and employing 4500 staff.

Hampshire Community Health Care

www.hchc.nhs.uk

Solent Healthcare

www.solent.nhs.uk

The trust specialist mental health services and some dental and primary care services to 700,000 people in Dorset.
The dedicated Courses and Conferences Centre supports our junior doctors in their training through to consultant level. In 2009 over 2000 trainees took advantage of the heavily subsidised programmes offered, including clinical specialty and examination courses.

Wessex is especially proud of what is believed to be the largest Leadership and Management programme of any Deanery in the country. As well as the nationally recognised Lead or be Led course there are a variety of one-day masterclasses and a 2-day Leadership Development Centre.

A particular strength of our 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. Also a Trainees’ Leadership Group actively contributes to the direction of the professional programme and is open to all Wessex trainees.

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 working groups. Many of them are undertaking, or have completed, a Certificate, Diploma or Masters in Medical Education.

As part of the Improving Global Health programme, Wessex clinicians are involved in a variety of health projects with partners that include the Maddox Jolie-Pitt Foundation in north-western Cambodia.  Concentrating on sustainable improvements in health and healthcare, there are projects on increasing TB detection rates in Tanzania, family planning programmes in both Cambodia and Tanzania and work with local hospitals in both countries on developing triage systems, easing patient flow and staff training.

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 three-day course to help them settle into their NHS post. Held on the Isle of Wight, the course ranges from practicalities about contracts and pensions to sessions on assessment, portfolios, career choices and revalidation.

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Innovation and opportunities

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‘Fantastic people; fantastic time; fantastic learning opportunity.’ Leadership Development Centre

‘Excellent course – very informative, inspiring and thought provoking.’ Leadership Development Centre

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 Jan 2010

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 3 Sept 2008