

NHS Education for Scotland

Acute Care Fellowships in General Practice – Local Job Information

Supplementary Information for NHS Grampian

Acute care fellowship posts – Dr Gray’s Hospital, Elgin

Amongst the greatest concerns of the prospective rural general practitioner is the potential for encountering acute emergencies or covering medical services without specialist support on-site.

As a fully trained general practitioner, each Fellowship applicant has the skills necessary to deliver generic rural general practice, but confidence with the challenges of acute pre-hospital medicine/trauma/surgery may be daunting and the ability to gain further experience in these extended roles may be quite limited in the current provision of medical training.

As a hospital based acute care fellow, you will experience frequent exposure to patients with acute conditions and manage the first few hours of illness and injury in a supportive environment with hands-on involvement and responsibility to allow skills and confidence in managing such cases to evolve at a rapid rate. The competencies have been scoped against the specific needs of the Remote & Rural GP recognising that in real life there may be the requirement to perform some relatively uncommon interventions of a time-dependent nature. For example, this might be thrombolysis for myocardial infarction or stroke, or the insertion of a chest drain among many others.

This is an exciting development in training developed by NES and the Remote and Rural Fellowship programme, to include rural general practices in Moray and a rural District General Hospital – Dr Gray’s Hospital in Elgin.



Dr. Gray's Hospital, Elgin

Dr Gray's Hospital was massively extended and refurbished 20 years ago, while retaining the original, Grade A listed building. It is the smallest District General Hospital in Scotland, serving a population of about 132,000 spread between Forres and Macduff along the coast, and inland as far as Huntly and Tomintoul, and currently has 199 beds.

On-site services include General Surgery, Orthopaedics, Ophthalmology, General Medicine, Paediatrics, and Obstetrics & Gynaecology. There is also a Consultant Led Psychiatric Service.

The hospital has been redeveloped, with modern equipment and user friendly facilities throughout and there is a library and a Postgraduate Medical Centre with 24/7 access and videoconferencing facilities.

The hospital has 35 consultants working in the acute sector and provides a consultant-based service with a small-hospital atmosphere of friendly co-operation. There is a good rapport with local General Practitioners and the out-of-hours service is based at the hospital.

The Emergency Department

At Dr Gray's Emergency Department (ED) we see approximately 25,000 patients a year. With our nearest centres 40 miles to the West and 60 miles to the East we see a great mix of paediatrics, trauma and medical cases. This means we do our own paediatric sedation and provide critical care to patients being retrieved to ICU off site. In short within one department we practice the full range of Emergency Medicine (EM) from cradle to grave (no urgent care or separate paediatric ED) we are true generalists. Being out-with a 45-minute travel time of the nearest Major Trauma Centre in Aberdeen, we still see our fair share of major trauma.



The department has had a consultant-led service since 2011 and has senior doctor (Consultant / Specialty Doctor) cover 24/7 as well as a Consultant-delivered Trauma Team. The ED Consultant interests include paediatrics, pre-hospital care, critical care, ultrasound and teaching.

You will work alongside our current Emergency Medical Practitioners (EMP's) – experienced General Practitioners (GP's) and Specialty doctors with additional skills and experience in Emergency Care, many of whom have portfolio careers with other posts in General Practice and specialist areas of interest. Overnight their role includes support of the General Practice Out of Hours (OOH's) Centre which is co-located in recently refurbished accommodation and enjoys the benefits of the rest of the ED team and hospital support. They also support Emergency Nurse / Paramedic Practitioner colleagues working in the community, providing telephone support as required as well as taking advice calls.

There is a full complement of FY2 and GP ST junior doctors as well as a Minor Injury Nurse-led See & Treat stream.

A whole range of interventions are undertaken in the department including the latest approaches in trauma management, STEMI and stroke thrombolysis and procedural sedation, including Ketamine sedation for children undergoing painful procedures.

In recent audits Dr Gray's Hospital ED has scored highly in the provision of analgesia and management of sepsis and is committed to providing exemplary clinical care.

You will be joining a department that has a family feel with great facilities e.g. LUCAS, NIV, point of care testing. Approximately 40% of our FY2 doctors go on to apply for Emergency Medicine after working with us. We pride ourselves in our work and the climate we create.



We enjoy excellent professional relationships with the emergency services as well as local MCA Coastguard Search & Rescue services and Mountain Rescue Teams at RAF Lossiemouth. These extend to a wealth of multi-disciplinary training opportunities and team-building events, with a social emphasis.



All pre-hospital, transfer and retrieval aspects of the Major Trauma Network are now fully implemented, these include a SCOTSTAR North hub in Aberdeen Airport and the development of a network of skilled practitioners across the North of Scotland, from First Responder to Pre-hospital Critical Care Consultant - all of which are a necessity with the challenges of our Remote and Rural terrain. Further information can be found on the North of Scotland Trauma Network website: www.nhsscotlandnorth.scot/networks/trauma

The Consultant Perspective

Dr Pam Hardy, Lead Consultant in Emergency Care

I have been a Consultant for about 19 years now having trained in paediatrics then emergency medicine in and around Sheffield, and moved to Elgin 12 years ago.

I love it here especially the small-hospital atmosphere at Dr Gray's.

I have been working in pre-hospital care for the last 20 years and have just "retired" from my 450 mile commute to fly with the Derbyshire, Leicestershire & Rutland Air Ambulance to take up a new role with the Aberdeen-based EMRS North retrieval team.

I'm involved with pre-hospital care development through the Faculty of Pre-hospital Care of the Royal College of Surgeons of Edinburgh.

I love living here in my little house in the wood, running on the beach and have taken up camping and all sorts of things I never thought I'd do since moving here!

I'm happiest in a helicopter..

My favourite drug is Ketamine..

And I make good Sticky Toffee Pudding!



Dr Gavin Tunnard, Emergency Medical Practitioner



I did my EM training in London along with some time in Australia finishing in 2015. I subsequently worked as a consultant in south east London for 2 years before making a work life decision to move north of the border with my young family.

I have an interest in education and point of care ultrasound and regularly teach on ATLS, level one ultrasound and FRCCEM preparatory courses nationally. I am also a journal reviewer for the EJEM.

More recently I have completed BASICS training and I am dipping my toe into PHEM and recently joined the EMRS North retrieval team.

Out of work I can be found outdoors with my family enjoying the Moray beaches and countryside.

The R&R Fellow Perspective

Dr Catriona MacDonald: Emergency Medical Practitioner (GP)

I've been working as a part-time EMP since 2015 and combine this with my other job as a GP partner in Rinnes Medical Group, Dufftown. I came to Moray as an FY2 and liked it so much that I never left! After completing my GP training I did the Remote and Rural GP Fellowship and developed skills in acute care that have been transferable between the emergency department and rural GP pre-hospital care. I enjoy crossing the boundary between primary and secondary care and jobs in both areas keeps my working week varied and interesting. I also have a voluntary role as the medical advisor for the local lifeboat station and when not working I'm usually surfing on the beautiful Moray coast or mountain biking in the local woods.



Dr Brad Allix

I am currently completing the GP Rural Fellowship in Moray (2019-20) following a big move in the summer from Southampton where I completed my GP training. I actually discovered this fellowship at the BMJ careers fair whilst looking for rural GP jobs abroad. It offered a combination of the work I desired and the lifestyle I wanted. Now I am here I cannot see myself leaving!

The Moray acute fellowship provides the perfect opportunity to develop your acute skills whilst staying up to date with General Practice. As a rural fellow, I have felt that there is a drive from the Consultants at Dr Gray's to promote learning, and the environment is a supportive and flexible one. This is the unique part of the fellowship and is in contrast to some locum positions in A&E where service provision normally takes more priority over learning. Whilst working here, I feel I have developed skills in the acute management of patients (including thrombolysis, ALS scenarios and ultrasound amongst other cases), handling minor injuries and assessing major trauma. The study budget provided has allowed me to participate in courses such as BASICS, ALS, ATLS, APLS and advanced airway management. Alongside my A&E role, I have worked in two GP practices in the area and signed up to the local out of hours service. I have really enjoyed the variety of my working week and overall the fellowship has provided me with a fantastic foundation to move into a career in rural GP.

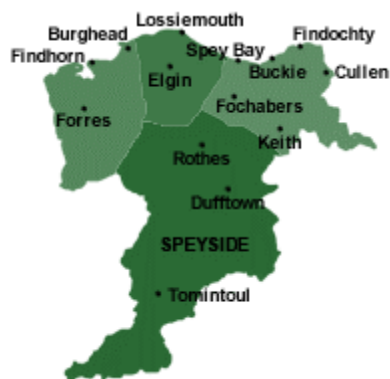
The work is good but life outside work isn't bad either! If you like the outdoors then you'd struggle to find a better location; you have the sea with white sand beaches and good surf, there are forests for trail running, hikes or mountain biking, beautiful country roads for running or road biking, and sea cliffs for rock climbing (all within 15 minutes of Elgin!). I will regularly head down to the Cairngorms on my days off for some winter climbing or hill walking and I enjoy a dram of famous Speyside Whisky after in the pub. The town has a cinema, ice rink, cafes and a nice park. If any of that floats your boat then you might get stuck here!

I'm always happy to chat via email if you are interested and to answer any questions about the job or area as I have found it so far:
brad.allix@nhs.scot



Community

Moray Community Health and Social Care Partnership is part of NHS Grampian. The CHSCP manages community health services in Moray for around 92,901 people across 861 square miles.



Elgin has a population of 20,000 and lies approximately 68 miles North West of Aberdeen with Inverness 35 miles to the West, joined by the A96.

Location

Elgin

As county town, Elgin is an administrative centre for the local farming, distilling and fishing industries. Many good schools are within the local area, and private education is available at Gordonstoun School which is 4 miles from Elgin.

The choice of housing is varied – all within easy distance of the hospital and an abundance of rural and coastal locations to choose from.

There is an excellent selection of stores and specialist shops in the town centre of Elgin and nearby Retail Park, providing for most needs, as well as local farm shops and delicatessen.

There is also a good range of restaurants and bars within easy reach with fantastic local fayre and seafood as well as international cuisine.

Local sports and leisure facilities include provision for soccer, rugby, swimming, 10-pin bowling, a cinema and an ice-rink with an endless array of outdoor sporting and leisure facilities across Moray (see below).

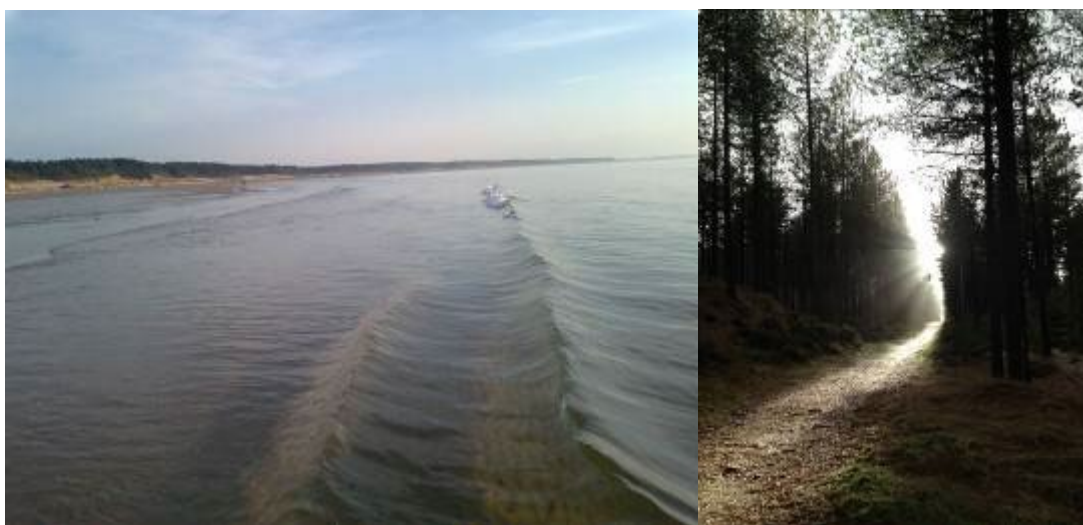
The nearest beaches and forest trails are within 10 minutes drive and the ski resorts of Cairngorm and the Lecht are within 1 hours drive.



The local rail station links to Aberdeen and Inverness and mainline rail services to Edinburgh and Glasgow. Aberdeen airport is approximately 90 minutes away, and Inverness 40 minutes, with domestic, island and international flight destinations.

Moray

Moray is a great place to live and work, lying hidden from the main Scottish tourist route between the beautiful coast of the Moray Firth and the mountains of the Highlands and the Cairngorm National Park. Long stretches of unspoiled beaches border the forest trails of Roseisle and Culbin, with picturesque fishing villages and frequent sightings of seals and dolphins along the shores.



Roseisle beach and forest trail

The Moray Firth boasts a sheltered unique microclimate with lower than average rainfall and the opportunity to experience all four seasons in one day!

Moray is a popular destination for so many outdoor activities including:

- ✓ Sea fishing, and salmon and trout fishing on the River Spey and the River Findhorn
- ✓ 16 golf courses, including a famous championship links course at Lossiemouth
- ✓ Sailing, canoeing, water ski-ing, open water swimming



Sailing at Findhorn Bay

- ✓ Hill walking, hiking, running
- ✓ Camping, caravanning and some fantastic bothies & hostels
- ✓ Horse riding
- ✓ Mountain biking including many designated trails for all abilities
- ✓ Ski-ing, snowboarding and ice climbing



An icy Coire an t-Sneachda and Ben Nevis

And Moray has the only Malt Whisky Trail in the world...



The stills of Glenlivet distillery and beating the retreat

Service Commitment

This fellowship is designed to meet the needs of the individual in addressing and achieving acute care competencies and confidence in the management of the acutely ill or injured patient to equip fellows with the skills required in those aspects of rural general practice.

Although much of the post is hospital-based, there will also be General Practice and out-of-hours GP experience. Fellows will receive their appraisal through general practice, thus avoiding problems with revalidation in the future.

Duties

The hospital provides an excellent environment for anyone wishing to develop independent working skills in a supportive environment.

The hospital post at Dr Gray's provides exposure to unselected acute patient attendances to offer greater experience within a relatively short period of time. Whilst working independently within the Emergency Department, you will always have senior ED and specialty support. You will work a combination of day and night shifts, and help support the OOH primary care as well as the Emergency Department overnight.

During the rural GP placement, duties will include the full range of general practice duties including working in the local Community Hospital if appropriate. Fellows will provide the majority of their service commitment in

these practices, which will be agreed at the beginning of the year. Some practices may be a single-handed dispensing practice to give the rural fellow the opportunity to experience all aspects of rural General Practice.

They will be expected to play a full part in all aspects of the practice and work alongside the members of the extended primary care team.

OOHs Element

Fellows are expected as part of their educational programme to gain experience in OOHs and Emergency Care. This is a unique asset of the Dr Gray's EMP role as it includes more acute / emergency care experience from a full range of unselected emergency presentations, as well as the primary care OOH stream.

Supervision in Practice

A principle in one of the practices and a hospital-based consultant supervisor will be identified as your mentor/supervisor and will be available to the Fellow throughout the year.

Education in Practice

Fellows will be expected to join in with the educational activities available within the practices that they are working.

13 Weeks Protected Educational Time

This will be organised in conjunction with the service elements of the posts and with the Rural Fellowship Co-ordinator. Fellows will have the opportunity to negotiate additional experience in secondary care, remote practices and to undertake specific course activity as available. Fellows will also be expected to attend the regular meetings of the Scottish Rural Fellows. This Job Description is not definitive and may be subject to change in discussion with the Fellow, Moray Community Health and Social Care Partnership, NHS Grampian and NES.

Many valuable and relevant training courses exist and will be offered, depending on previous experience / attendance. These may include: ATLS, ALS, APLS, an acute medicine course e.g. IMPACT, PHEC, MOET, STORM. We are also keen to support relevant staff to undertake the new Diploma in Unscheduled Care being launched by the Faculty of Pre-hospital Care of the Royal College of Surgeons of Edinburgh.

Local Educational Opportunities

A variety of regional educational activities are also available and the opportunity to gain experience in theatre and other specialities outwith the usual commitments of a junior training post thus enabling the training to be tailored to your needs.

This may include, for example:

- ✓ Acute medicine / AMAU
- ✓ Paediatrics
- ✓ Obstetrics & Gynaecology
- ✓ Family planning
- ✓ Oncology/chemotherapy / palliative care
- ✓ Minor surgery
- ✓ Orthopaedic / fracture clinics and joint injections
- ✓ Endoscopy/colonoscopy services
- ✓ Psychiatry including Child & Adolescent Services
- ✓ Inter-hospital transfers
- ✓ Pre-hospital care



Training on the Remote & Rural Fellowship Programme

The Rural Fellow will also be able to attend local PLT events, along with various CHSCP meetings.

Evidence suggests that the major anxiety facing rural isolated GPs is the management of serious illness or trauma.

It is the aim of this Fellowship that by the end of the attachment the Acute Care Fellow will feel much more confident in the management of the acutely ill or injured patient.

It is anticipated that this programme will develop skills within hospital-based GP care, and provide an excellent training environment to gain acute skills that will be transferable to working in general practice in any isolated rural location within the UK or abroad.

Further information on NHS Grampian and Moray CHSCP is available at:

<http://www.nhsgrampian.co.uk>

For more information on the area:

<http://www.thisismoray.com>

<http://www.visithighlands.com/moray>

For an informal discussion feel free to telephone:

Pam Hardy, Consultant in Emergency Care at Dr Gray's Hospital 01343
567473

Or email:

Pamela.Hardy@nhs.scot