



# INTEGRATED EDUCATION

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## MEDICAL EDUCATION



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*Striving to provide excellent educational opportunities and to improve the trainee doctor experience via encouragement and facilitation within a supportive environment*

***Access to Learning – Learning for You***

# About East Sussex Healthcare NHS Trust

**We provide acute hospital and community health services for people living in East Sussex and surrounding areas.**

Our services are mainly provided from two district general hospitals, Conquest Hospital and Eastbourne DGH both of which have Emergency Departments and provide care 24 hours a day. They offer a comprehensive range of surgical, medical and maternity services supported by a full range of diagnostic and therapy services.

At Bexhill Hospital we provide outpatients, ophthalmology, rehabilitation and intermediate care services. At Rye, Winchelsea and District Memorial Hospital we provide Outpatient and inpatient intermediate care services. We also provide some services at Uckfield Community. Our community staff also provide care in the patient's own home and from a number of clinics and health centres and GP surgeries.

The role of East Sussex Healthcare NHS Trust is to provide the best possible healthcare service to patients, who come first in everything the organisation does.

There are some 525,000 people who live in East Sussex and the Trust is one of the largest organisations in the county. We employ over 6,000 dedicated staff with an annual turnover of £442 million.

## Building for our Future

It is an exciting time here at ESH with 'The Building for our Future' programme - transforming the environment in which care is provided for patients in East Sussex. A complete redesign of our hospitals sited at Bexhill, Eastbourne and Hastings, taking advantage of new technologies and improvements in healthcare to ensure that the future needs of the local population can be met.

# Mission statement, strategic objectives and aims

## Patients come first at East Sussex Healthcare NHS Trust.

We work in partnership with commissioners, other providers, our staff and volunteers as part of a locally focused and integrated network of health and social care in the county.

### Our Vision

To combine community and hospital services to provide safe, compassionate, and high quality care to improve the health and wellbeing of the people of East Sussex.

### Our Mission

To provide a wide range of safe and high quality healthcare, delivered by a skilled and caring workforce, committed to putting people first and striving for excellence.

### Our Strategic Objectives:

- Safe patient care is our highest priority. We will provide high quality clinical services that achieve and demonstrate optimum clinical outcomes and provide an excellent care experience for patients.
- All ESH's employees will be valued and respected. They will be involved in decisions about the services they provide and offered the training and development that they need to fulfil their roles.
- We will work closely with commissioners, local authority, and other partners to plan and deliver services that meet the needs of our local population in conjunction with other care services.
- We will operate efficiently and effectively, diagnosing and treating patients in timely fashion and expediting their return to health.
- We will use our resources efficiently and effectively for the benefit of our patients and their care to ensure our services are clinically, operationally, and financially sustainable.

### Our Aim is to be outstanding

### Our Values

- Respect and compassion (we care about acting with kindness)

- Working together (we care about acting with kindness)
- Engagement and involvement (we care about involving people in our planning and decision-making)
- Improvement and development (we care about striving to be the best).

CEO Joe Chadwick-Bell



## In a Year

**136,000** times our Emergency Departments were used, an increase of 5% on last year

**3,029** children born in our hospitals, including 319 children born at the Eastbourne Midwifery Unit



**54,000** people had planned surgery; 89% of these were day cases

**22,500** cancer referrals were made to us, an increase of 6% on last year

**400,000** outpatient appointments were made; nearly **290,000** of these were consultant-led



**288,000** X-ray and scans were carried out

**7 million** pathology tests were performed



# What can we provide for you in Medical Education?

Here at ESHT, your Medical Education Team work collaboratively as part of the Integrated Education department which include our colleagues in Clinical Education, Learning and Development and the Library and Knowledge services under the leadership of Dawn Urquhart - Assistant Director HR Education. Your Medical Education Team are keen to ensure that the learning environment for our trainees is fit for purpose and we continue to lead on development of the respective Education Centres; upgrades to the lecture theatres, works to update classrooms and recent refurbishments of the respective Doctors Mess on each site, as well as actively reviewing technological advancement, to best complement our trainees learning needs.

We have modern imaging and operating theatres and the libraries are very helpful.

The consultant teams are friendly and enjoy having a few students to stimulate discussion. A wide variety of Special Study modules are offered.

Both hospitals have Education Centres and these are where most of your teaching events will take place. We have clinical skills rooms and simulation suites on both sites, access to IT facilities and 24 hour library access

East Sussex Medical Education (ESME) support a number of training posts and programmes for differing doctor grades in training in a variety of specialities, such as:

The Foundation programme includes formal weekly teaching sessions, monthly afternoon workshops, directed and self-directed personal learning, structured appraisal and assessments. Our Foundation Doctors will benefit from rotations in the following specialities:

## Foundation year 1

Posts in Surgery, Elderly Medicine, Diabetes, Urology, Respiratory, Gastro, Cardiology, Orthopaedics, Rheumatology and ITU. Some posts also include time in the Acute Assessment Unit.

## Foundation Priority Programmes

ESHT have enhanced 10 of our current FY1 rotations from August 2020, adding elements of Oral Maxillo-Facial Surgery, Sports Medicine and O&G. Allowing our Foundation doctors to gain valuable experience in these sub-specialties. Our FY2 doctors will benefit from a suite of QI training, PG Certs in Leadership, Management and Simulation from August 2021.

## Foundation year 2

Posts in General Practice, Elderly Medicine, Respiratory, Cardiology, Orthopaedics, Emergency Department, ENT, Paediatrics, Diabetes, Ophthalmology, Public Health, Psychiatry and Palliative Care.

## South Thames Foundation School (STFS)

The South Thames Foundation School manage recruitment of all our Foundation Doctors. We work closely with STFS to deliver excellence in training as well as providing information and support as necessary. Please see the STFS website for further details [www.stfs.org.uk](http://www.stfs.org.uk)

The East Sussex Medical Education team host an awards event on each site. This gives the opportunity of recognising the achievement of the FY1 and FY2 Doctors and the contribution of their Supervisors and Colleagues, and to thank both groups for their hard work throughout the year. The event is also held to formally recognise the achievement of all the Foundation Doctors with merit certificates from South Thames Foundation School. These are awarded to trainees who as well as having successfully completed their training year at ESHT have done particularly well in the areas of Audit, Learning Portfolio, Teaching and Leadership.



## Teaching

FY1 and FY2 teaching is held weekly on both sites – usually for one hour but with extended workshops sometimes held monthly.

In addition, weekly Grand Rounds are held at Conquest and Eastbourne DGH as well as regular specialty specific teaching. ESHT runs a Leadership Programme, which all junior doctors are invited to attend

Both sites have excellent medical student programmes and FY1s are encouraged to take part in supporting and teaching the medical students.

## Applications

To apply to the Foundation Programme – information for applicants is available in the UKFPO FP/AFP 2017 Applicant's Handbook (see <http://ukfpodev.co.uk/pages/fp-afp/how-to-apply>).

The handbook includes full details of each step of the process and what applicants need to do to prepare in advance.

# Foundation Doctors



*'I think the best thing about Eastbourne hospital is the people. Being surrounded by friendly, approachable people makes every day a little bit easier and brings some fun to what can be a pretty tough job. On horrific night shifts running from ward to ward, it's the little moments that keep you going. The ward clerk popping a chocolate in your pocket, the nurses singing you happy birthday or the more serious moments after an arrest call when the resus officer brings you a cup of tea and checks everyone's ok. These moments of kindness I will always be grateful for and they've massively helped me get through my foundation years.'*

**Emma Pickering, Foundation Year 2 Trainee**

## Foundation Priority Programme

FY1s will have the opportunity to apply for the Foundation Leadership Management course, there are 15 places available at ESHT. This course is provided by external provider and is fully funded. Successful completion of the course would offer the opportunity to become an Associate Member of the internationally recognised institute of Leadership and Management (ILM). The course focuses on practical leadership in a clinical environment.

**All community placements include a day or half a day attachment per week in Emergency Medicine, MAU or ITU**





## Internal Medical Trainees (IMT)

Our Internal Medical Trainees (IMT) are keen to develop a career in their chosen specialty or a related one, and are supported to do so, whereas higher level trainees are encouraged to learn speciality specific focussed skills



## Core Surgical Trainees (CST)

General Surgery has undergone a major reconfiguration with acute and high risk surgery being relocated to the Conquest site together with emergency admissions. Low risk and most day case general surgery remain at the Eastbourne DGH

The creation of the Surgical Admissions Unit at the Conquest has streamlined this process and together has created a fantastic environment for learning and surgical progression within the Trust of which Surgery are very proud. This is a proactive unit that feel that excellent patient care goes hand in hand with the provision of high quality education and training for our juniors

Here at ESHT your will benefit from training programmes for General Surgery, Orthopaedics, Urology, ENT and Maxillofacial Surgery which are all supported by committed trainers.

## GP

Our GP Speciality Training Programme (STP) details can be found at: [www.gptrainingeastsussex.co.uk](http://www.gptrainingeastsussex.co.uk)

Our excellent doctors and hospitals have an established reputation for the first-class training of GP registrars going back more than 30 years. We have an excellent team of programme directors and GP trainers with the experience and enthusiasm to stimulate, inspire and fully prepare you for the challenges of general practice in the future

**Our mission is to provide you with the educational, practical and personal support, so you can fulfill your potential as a competent, confident and successful GP**



## SAS Doctors

Our SAS doctors (dedicated to non-training posts) benefit from a very committed and supportive framework. Those doctors who are not in training posts and not in a consultant post will have an "SAS Tutor" on each site, who can be contacted via either of our Education centres for 1:1 advice, support and information. We run courses and allocate some funds for individual development. The Medical Education department also realises that some of our senior doctors who are not in consultant grades do a great deal to help with the training of doctors in training posts.



*'I have LOVED my time at Eastbourne hospital as a registrar. From the variety of*

*procedures that I have been fortunate enough to perform, to the breadth of presentations I have seen, it has given me a good base to develop as a Respiratory specialist. There is also a wealth of general medical experience to gain from, due to the diverse cases we see. The hands on training I have received has equipped me with the necessary skills required to progress from IMT to speciality training. The consultants are all incredibly supportive and genuinely take an interest in you to help you realise your potential to flourish as a dual speciality trainee'.*

**Dr Sajeew Ranmuthu**  
**ST3 Respiratory Medicine**

## LAS Doctor Support

In early 2021 we appointed a LAS Doctor Lead and a dedicated LAS Doctor support administrator to develop and enhance the educational support we currently provide for these valued colleagues.

Our SAS Doctors provide mentoring support for our new LAS Doctors (doctors recruited to the specialty and not via a dedicated training programme), so that these doctors will have a dedicated point of contact to discuss any queries or concerns.

## Physician Associate Programme

Physician Associates on placement here at ESHT, rotate through various specialties on each hospital site including Geriatrics, Cardiology, Respiratory Medicine, O&G, Surgery, Emergency Medicine, Acute Medicine, GP and Mental Health during their year at ESHT. Dr Osei Kankam – Physician Associate Tutor along with dedicated administration from medical education provide support. There are also named Educational Leads in each of the specialties who are responsible for their clinical training whilst on placement. Centralised teaching is also provided by Brighton & Sussex Medical School.



**Surgical Team at EDGH**





*"I am a GPST1 trainee, who started GP training in ESHT in August 2019. I find myself very lucky to get a training post in East Sussex. I had worked in other places before I move to East Sussex. If you ask me where's your favourite place?, I wouldn't hesitate to say East Sussex. It's not only the learning I get from rotations in different departments, it's also the support I get from everyone. This includes seniors, managers and programme administrators. I can truly say working in ESHT has helped me develop in many areas in my training and my personality as well. I am always encouraged to develop, when I need to raise an issue, there's always someone who listens and helps me.*

*As a GP trainee representative, I get the chance to talk with my colleagues, know their concerns and help deliver their ideas to the faculty. Being IMG myself, I thought I would struggle when I started training. On the contrary, I felt supported from the very first day and encouraged to develop my communication and leadership skills. In GP training, we have at least one teaching day that we spend outside hospital or surgeries. All GP trainees and program directors meet up together, and we discuss everything related to our training. Not only this we chat about different things, we spend time relaxing and sometimes do yoga.*

*If you're thinking about training or want to stay in the south, ESHT is your place. It's near to Brighton, beautiful beaches and hotels and less than 2 hours' drive to London".*

**Dr Michael Ghalamcisi**  
GPST1



*"I have had the opportunity to undertake GHF (global health fellowship) here with ESHT which allows me to take a supported year out in rural South Africa. I have loved the friendly and supportive environment there is within the medical education team and trainees here. They try to accommodate all of your rotations to your location which is particularly useful when you are on call. I feel so far I have had great exposure in relevant specialties such as Paediatrics and O&G which have been invaluable. Another plus side... you get to live by the beach in one of the sunniest places in the UK."*

**Dr Jessica Patel**  
ST2

# Medical Students

Our Medical Student programmes are linked to King's College and Brighton Medical School in the main. Dedicated administrators at both sites support 'day to day' requirements, whilst the sub-deans oversee the running of the placements. Both acute hospitals are very busy and reflect the local demographics (a large number of predominantly elderly and young patients). We have modern imaging and operating theatres and the libraries are very helpful. The consultant teams are friendly and enjoy having a few students to stimulate discussion. A wide variety of special study modules are offered.

Our Medical Students will also benefit from the support of our Educational Fellows, based in Emergency Medicine, Medicine and Surgery who will assist in the delivery and ongoing development of our undergraduate programme; which includes regular OSCE (Objective Structured Clinical Examinations) practice teaching sessions, clinical skills and simulation.'

## Transition to Foundation Programme

We currently provide Transition to Foundation 1 Programme (TTFY1) placements for medical students from Kings College London (KCL) who have already undertaken their finals. The aim of this placement is to ease worries that you may have about starting work as a junior doctor and to make the transition from medical student to Foundation Year 1 doctor as smooth as possible. At ESHT the TTFY1s will spend the majority of their time on the wards shadowing the current FY1s, cementing the learning they have received to help them enter the Foundation Programme as safe, efficient and resilient doctors with excellent team working and triaging skills.

## Overseas Medical Students Elective

We are pleased to offer a limited number of overseas medical student elective placements at Eastbourne District General Hospital and Conquest Hospital, Hastings.

Eastbourne District General Hospital and Conquest Hospital are associate university teaching hospitals for Guys, Kings and St Thomas' School of Medicine (GKT) and Brighton and Sussex Medical School (BSMS) and final year medical students from both these medical schools do attachments at both hospitals from September to April each year. We are therefore able to offer overseas medical student electives from May until September, when we have no GKT or BSMS on site. Electives are offered for a minimum of 2 weeks and a maximum of 8 weeks and are subject to availability.

## Clinical Attachments

We are pleased to offer clinical attachment placements at Eastbourne District General Hospital and Conquest Hospital, Hastings. A clinical attachment is a short term unpaid placement for a qualified doctor who needs experience of the NHS. This is an observer role only and the doctor doing a clinical attachment will not have direct patient contact or take on any responsibility. Clinical attachment are available for the following:

Doctors who have qualified abroad and would like to gain some experience of UK culture and the NHS.

Doctors returning to practice following a break (eg maternity leave or ill health)

Doctors requesting experience of a particular speciality to aid career choice.

ESHT gives priority to high calibre doctors who have an intention to apply for a vacant position in the Trust. However, please note that doing a clinical attachment does not automatically secure a position at the Trust.

In accordance with Home Office recommendations, attachments are limited to a maximum of 6 weeks.

# Trainee Support and Feedback – Get Involved, Take Action and Make a Difference

## Trainee Support

Your Integrated Education – Medical Team continue to develop a robust trainee support network, headed up by Doctor Naomi Forder, Clinical Tutor and Consultant Anaesthetist who has a vested interest in the pastoral care of our trainees and who chairs our dedicated Pastoral Support Steering Group with interested parties external and internal to ESHT with direct feedback sourced from doctors in training, trainee representatives and 'Take 5 Leads (responsible for junior our doctor peer support group)'. We also have two newly appointed Pastoral Nurse Fellows, Paul Gosling and Jolie Wilkinson whose sole remit is to ensure we are timely and responsive in continuing to develop and enhance the pastoral support we provide in these ever changing times.



**Dr Osei Kankam – Consultant in Respiratory Medicine receiving the award for 'Supervisor Supporting Clinical Skills from Mr Mark Whitehead – Director of Medical Education**

## Trainer Support

As well as ensuring our trainees receive the best possible support in their specific teaching programmes, we also continue to look at new ways we can develop and support our trainers, who are dedicated to delivering and meeting the educational and clinical supervision needs of our trainees.

Our trainees are quick to offer feedback and nominate on a regular basis – trainers who consistently offer great value.

Further information can be found at [www.esht.nhs.uk/medical-education/trainer-support](http://www.esht.nhs.uk/medical-education/trainer-support)



**Dr Rafael Golez – Consultant in Elderly Care receiving his certificate for Supervisor Teaching Excellence from Mr Mark Whitehead – Director of Medical Education**

## Feedback

We actively encourage our trainees to provide feedback in a number of ways and have developed a clear reporting hierarchy of various dedicated responsible staff happy to listen and act - to ensure issues and concerns raised, are followed up and addressed in a timely fashion via:

1. Individual 1:1s
2. Group feedback sessions during each rotation
3. Trainee Representatives appointed to Local speciality faculty groups – where on behalf of their peers, they are able to present and discuss any concerns with their leads and will be encouraged to get involved in Quality Improvement Projects within the trust

4. CEO led conversations with Junior Doctors, to ensure that trainees have the opportunity to communicate directly to our executive board, as well as to understand and ensure that our trainees are clear on, and aligned to trust objectives
5. Our trainees are encouraged to 'Exception Report' to the 'Guardian of Safe Working Hour's: <http://nwww.esht.nhs.uk/clinical/gswh/>

We actively encourage feedback from our trainees to ensure we continue to develop and support our trainees wellbeing and educational needs: [www.esht.nhs.uk/medical-education/traineesupport/](http://www.esht.nhs.uk/medical-education/traineesupport/)



**'junior doctor group feedback session'**

## HEE KSS

Health Education England – Kent, Surrey and Sussex (HEE KSS) manage our recruitment process on behalf of Health Education England <https://london.hee.nhs.uk/recruitment/london-and-kent-surrey-and-sussex-lakss-recruitment>

Any trainee may consider part-time training for part of their training. This is arranged through HEE KSS, with the option of:

- working part time in a full time post
- supernumerary (additional support post)
- slot sharing

\* Advanced planning is key as the process can take some time

*'As a less than full time worker I have been really impressed with the way in which the trust has supported me. The Conquest hospital has a friendly atmosphere and is very embracing of all team members, respecting and valuing all roles. There is clear leadership with regards to anti-bullying within the trust which is fantastic.'*

*'Placements in acute setting at Conquest are very well supported. The region has an extremely large population of elderly adults and I have had the benefit of working with excellent Care of the Elderly Consultants, learning much about the comprehensive geriatric assessment. This experience is bound to help me in my future career plans.'*

**Dr Fritha Price**  
LTFT Foundation Year 2



# Clinical Work and Support

We realise that it can be hard to make the transfer from medical student to doctor and endeavour to support our FY1s as much as possible with this transition. We have a trainee support process in place to ensure that help is provided as soon as it is needed

Our FY1/FY2 trainees are encouraged to get actively involved in dedicated focus groups at the end of each placement hosted by supportive senior educationalists. Trainees can also access 1:1 support from their programme leads, clinical tutors and pastoral support leads in medical education to advise and discuss progress as required. Your medical education team and the wider integrated education team also undertake regular quality walks – a chance to catch up with trainees on the wards to review and get a sense of what is working well, or to identify where improvements can be made, that impact on the training experience.

Our FY1s benefit from a paid Shadow Week and all our doctors in training will have a formal Induction period, prior to the start of their first rotation in the trust and on commencement of each placement, when changing rotation.

You will be supported during your four month rotation in your speciality of choice, learning key skills that can then be utilised for the rest of your career. Support will be provided by your dedicated educational supervisor, clinical supervisors, your programme lead your medical education team as well as the larger speciality team. All of whom will give you regular constructive feedback on your progress and what you can do to improve. This will better enable you to deliver core competencies from the curriculum.

Trainee progress is reviewed via eportfolio, requiring the trainee to complete set modules by way of:

- Observation
- Direct supervision
- Independent practice
- Attendance at relevant training courses and events

The individual trainee completes their eportfolio, which is monitored by the department in collaboration with our medical education team, to ensure you continue to meet your training objectives and achieve the best outcome.

Each grade and type of trainee has a different educational curriculum to follow and complete.

## Return to Work SupportTT



*It is very satisfying to be able to assist a trainee to safely and confidently return to training and feel supported by the Trust'.*

**Doctor Ratan Alexander**  
Consultant Anaesthetist  
ESHT SupportTT Champion

There are a variety of reasons why a doctor might take approved time out of programme. ESHT is committed to support our trainees when they return to help restore their skill and confidence. The Trust SupportTT Champion, works alongside our educational supervisors and HR colleagues to help facilitate the HEE SupportTT Programme offering:-

- A period of enhanced supervision
- Refresher courses and simulation training
- Mentoring or professional coaching
- Conferences and workshops
- Funding for other courses or development, as individually required



*'Throughout my time working in ESHT, I have rotated through the specialities of Acute Medicine, Gastroenterology, Care of The Elderly and General Surgery.*

*These varied placements have provided me with valuable exposure and multiple learning experiences to sharpen my clinical knowledge, procedural and communication skills.*

*The medical education team are extremely supportive and present junior doctors with the opportunity to participate in teaching and build on their portfolios.*

*All in all, my experience working here as a first-year junior doctor has helped shape my confidence for future training'.*

**Zoe Chia, Foundation Year 2**

## Cultural Support

We aim to increase the awareness of UK culture among doctors joining the NHS from overseas or doctors who may need some additional support where necessary with their written and spoken English language skills. With this in mind we have created a social and professional support and learning network with emphasis on student led interactivity in the form of dedicated cultural support covering subjects such as customs and social practices, UK life and culture and communication skills. Our doctors in training/LAS Doctors and trainers supervising our junior doctors, can request direct support in the form of a tailored 121 on any identified learning needs from your Integrated Education-Medical team.

## Simulation and Human Factors

We have simulation suites at both sites' Education Centres, fully equipped with high fidelity simulators, low fidelity simulators, and a range of part task trainers to support trainees. Our team of three are able to support the running of training scenarios for Medical Students, Junior Doctors, Educational Fellows, Consultants, and other Trust staff.



Learning opportunities are made available, specifically tailored to your respective department, to support the trainee to meet their educational objectives

## Clinical Research

ESHT acts as a participating site for national and multinational research trials and studies developed elsewhere and approved by the Health Research Authority.

This enables our trainees to take part in ground breaking trials involving medicines and other interventions, which support their career development and experience within this field.

We feel it is important that all our patients are offered research choices within their care pathway. Currently we are supporting around 50 studies, 23 of which are in active recruitment, including cancer, rheumatology, MSK, gastroenterology, anaesthetics, surgery, cardiology, sexual health, women's health, children, respiratory, neurology, and urology.

To find out more please contact:  
liz.still@nhs.net



*'Since working the Emergency Department here at ESHT, I have gained a of experience a very short amount of time. The environment*

*is fast paced and the turnaround is quick, which has helped me to develop better time management skills and confidence. I have also learnt a lot of practical skills, like suturing. The team are great and very supportive'.*

**Dr James Sidebotham**  
Foundation Year 2 Doctor

# Careers Advice and Tasters

Here at East Sussex Medical Education (ESME) we aim to provide high quality careers support for all junior doctors working at East Sussex Healthcare NHS Trust. Dr Umesh Dashora is the Consultant who leads on careers support in the Trust alongside colleagues in medical education. Please contact [christina.morphew@nhs.net](mailto:christina.morphew@nhs.net) for further details on the support we can offer you.

## Careers Workshops

Regular careers workshops are incorporated into teaching programmes. Individual support for all doctors in training is also available via the Careers Unit at LaSE - <http://www.lpmde.ac.uk/professional-development/careers-unit/what-we-do>

## Taster Sessions

You might like to have a taster session in the speciality you are exploring. FY2 Doctors can take taster time as part of their study leave. This is usually a maximum of 5 consecutive days taken in the early part of the FY2 year. FY1s can also "borrow" study leave from FY2 in order to take taster time at the end of their FY1 year

For future details of careers support we can provide for you:  
[www.esht.nhs.uk/medical-education/trainee-support/careers-support/](http://www.esht.nhs.uk/medical-education/trainee-support/careers-support/)

## Annual Careers Evening

We hold an annual careers evening for all medical students, FY1s, FY2s and other junior doctors to attend. Each specialty is represented by trainees and senior doctors. Attendees can gain advice and guidance regarding applying to and working in the specialty of their choice.

STFS also provide careers guidance and further information can be found at [www.stfs.org.uk/doctor/careers-guidance](http://www.stfs.org.uk/doctor/careers-guidance)



Professor. Nik Patel providing an overview on a typical working day in Medicine.

For further information please go to [www.esht.nhs.uk/medical-education/careers/](http://www.esht.nhs.uk/medical-education/careers/)

## Virtual Careers Support Library

We continue to develop dedicated careers presentation videos and resources tailored to support our Medical Students, Foundation Trainees and F3 final decision making, hosted on our Integrated Education – Medical YouTube channel, with esteemed Senior Clinician participation here at ESHT and Higher Grade Trainee Faculty involvement around specialty applications. Responsive to those questions our trainees never quite get round to asking:

- Why choose this specialty? Honing decision making around which specialty best matches your personality and work/life balance
- Interview techniques and how to build a CV
- Signposting to resources and further careers support learning
- Dedicated specialty specific Q&A

## Trainee career support opportunities: Careers Champions

We have a team of careers champions on hand to provide information and guidance for the specialities that you may be interested in [www.esht.nhs.uk/medical-education/trainee-support/careers-support/careers-champions/](http://www.esht.nhs.uk/medical-education/trainee-support/careers-support/careers-champions/)

## Surgical Mentoring Scheme

Trainees interested in Surgery will also benefit from the opportunity to take part in the 'Surgical Mentoring Scheme' – with dedicated tailored advice and support from our higher grade trainees; with detail such as creating a surgical CV, abstract submissions and tailored tuition. Should you be interested in becoming a mentor, please do contact the Medical Education team.

# Frequently Asked Questions

## Do FY1s work nights?

FY1s are required to work nights in surgery. ALL surgical FY1 placements are now on the Conquest site due to changes in the clinical service strategy at ESHT

## How many FY1 posts are there?

There are 35 FY1 rotations across the Trust. Specialties included are Surgery, General Medicine, Elderly Medicine, ITU, Psychiatry, T&O and Cardiology.

The Eastbourne Scheme Surgery and T&O posts will take place on the Conquest site.

It is essential you have a car for FY2 placements in Public Health (Lewes), Palliative Care, Psychiatry and some General Practice Surgeries, which are out of town.

## How often are FY1s on call?

This is dependent on each rota but is subject to change for each new in-take. The ENT FY2s on both sites work a 1:3 on call for ENT 0900 - 1700hrs but at weekends work in the Emergency Department 0830 - 2030hrs.

The FY2s in ENT are part of the Hospital@Night team in surgery doing 1:7 nights.

They work in ENT from 0900 - 1700hrs and then any out of hours is with the Hospital@Night team.

## What is the cost for on site accommodation?

### Accommodation

The cost of a:

- 1 bedroom flat is **£697** per month
- 2 bedroom flat is **£804** per month
- 3 bedroom flat is **£863** per month
- 3 bedroom house is **£996** per month

\* These costs are not inclusive of council tax and utility bills

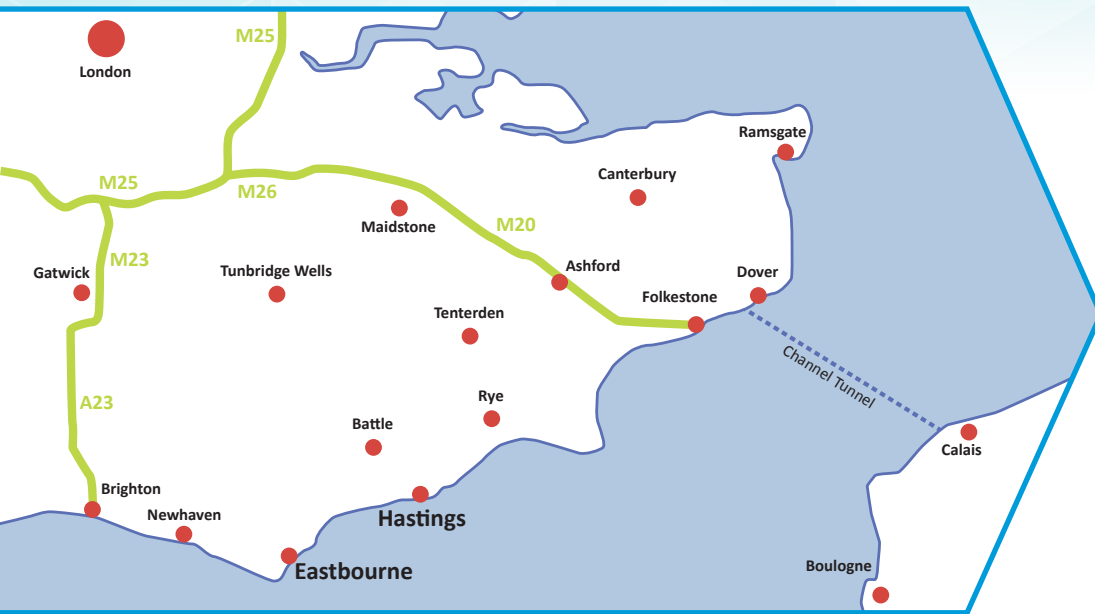
## Eastbourne and Hastings – based on 2-5 occupancy average

- **Eastbourne** Doctors (shared lounge) **£402** per calendar month  
Doctors (private lounge) **£428** per calendar month
- **Hastings** Doctors (shared lounge) **£391** per calendar month  
Doctors (private lounge) **£428** per calendar month

(Cheaper with salary sacrifice out of pre-tax income)



# Where are Eastbourne and Hastings?



The Conquest (Hastings) is around 60 miles south of London with good transport links with access to Europe via the Eurostar and Channel Tunnel. Regular trains run to London, with an average journey time of 1½ hours. Hastings main rail station is approximately 3 miles from the Hospital.

Government regeneration plans are underway for the Hastings area, and plans are in place for the implementation of a high speed rail network to extend through Hastings from Ashford in Kent, meaning a journey from Kings Cross to Hastings would be reduced to only 68 minutes.

- **Bus travel**  
[www.stagecoachbus.com](http://www.stagecoachbus.com)  
and [www.traveline.org.uk](http://www.traveline.org.uk)

- **Train travel**  
[www.nationalrail.co.uk](http://www.nationalrail.co.uk)  
and [www.southernrailway.com](http://www.southernrailway.com)

Eastbourne Rail Station is approximately 1.5 miles from the Hospital. Main line trains from London Victoria run regularly to Eastbourne. Trains from London Victoria are fast and frequent, taking just 80 minutes.

Brighton is just along the coast from Eastbourne and easily accessible by car, bus or train.



Conquest Hospital Hastings



Eastbourne District General Hospital

# Social Life

## Hastings

Hastings is a famous, historical town and seaside resort situated on the south east coast of Britain. Hastings has a castle built by William the Conqueror in the 11<sup>th</sup> Century, an attractive old town, fishing harbour, the new Jerwood Gallery and seafront. The west of Hastings is modern and lively with a theatre, cinema, bars and clubs and many eclectic restaurants, such as the 'The Crown' - possibly the best pub in Hastings <http://www.thecrownhastings.co.uk/> and the Thai Book Shop - book shop by day, amazing Thai restaurant by night <http://www.thaicafeandbookshop.com/>

There is always somewhere to go, or something to see in Hastings, such as 'Pirate Day' and the annual food and wine festival and the Jack in the Green festival'. There is also the Priory Meadow shopping centre, which benefits from many of the more common high street shops. There are many places of interest to visit in the town and more information can be found at [www.1066country.com](http://www.1066country.com) and [www.hastings.gov.uk/](http://www.hastings.gov.uk/)



## Eastbourne

Eastbourne has many restaurants, pubs and clubs and is famous for its tennis, stunning beach (Beachy Head and the local picturesque countryside, which has been the backdrop to many a film! The Sovereign harbour has numerous boutique shops and a variety of restaurants to suit most tastes. You will have the benefit of two cinemas, 10 pin bowling, yachting and surfing clubs, sports centres and a number of local theatres. More information can be found at:

[www.eastbourne.gov.uk/](http://www.eastbourne.gov.uk/)  
[www.visiteastbourne.com/tourism/Travel-Maps.aspx](http://www.visiteastbourne.com/tourism/Travel-Maps.aspx)

**East Sussex is so much more than a great place to work — it's a stunning place to live and visit. The seaside towns are lively with easy access to the nearby beautiful countryside.**



# Trainee Events

Your dedicated Doctors Mess Presidents, working alongside our Pastoral Nurse Fellows, co-ordinate a number of monthly and annual events over their tenure – including the annual formal Summer Ball and Winter celebrations as well as monthly more informal get togethers, such as Curry and Pizza nights, clubbing and attendance at seasonal events in the locality'

Trainee photo from annual 'Summer Ball' at The Powdermills Hotel, Battle



## Welcome Events

The Medical Education Team host a number of welcome events for new trainees, including our Foundation BBQ for new and departing trainees during the 'Shadow Week' period. This is a great networking opportunity to meet new colleagues; including educational and clinical supervisors and your local speciality leads as well as other supporting staff, such as our HR team.



Group photo of Welcome Event BBQ' at the Cooden Beach Hotel

# Integrated Education

## Your Medical Education Team

### Main Switchboard:

Conquest Hospital and Eastbourne DGH: 0300 131 4500

## Medical Education Management - Strategic



### Director of Medical Education

**Dr Mark Whitehead**

Conquest Hospital  
Ext: 735252

Eastbourne DGH  
Ext: 735338

mark.whitehead@nhs.net



### Assistant Director HR- Education

**Dawn Urquhart**

Conquest Hospital  
Ext: 735252

Eastbourne DGH  
Ext: 772412

d.urquhart@nhs.net



### Medical Education Manager

**Mike Dickens**

Conquest Hospital  
Ext: 735251

Eastbourne DGH  
Ext: 772431

mikedickens@nhs.net

## Clinical Tutors



### Doctor Naomi Forder

Eastbourne DGH  
Ext: (13) 3745

naomi.forder@nhs.net



### Doctor Neel Sharma

Eastbourne DGH  
Ext: (13) 4460

neel.sharma1@nhs.net



## Medical Education Management – Operational



**Programme Leader  
– FY2, Core &  
Specialty**  
**Christina Morpew**  
Conquest Hospital  
Ext: 735246  
christina.morpew@  
nhs.net



**Programme  
Leader – FY1 &  
Undergraduate**  
**Luisa Tomasetti**  
Eastbourne DGH  
Ext: 772417  
luisa.tomasetti@  
nhs.net

## Medical Education Operational Administration



**Programme  
Administrator - FY2,  
Core & Specialty**  
**Anita Todd**  
Eastbourne DGH  
Ext: 772419  
anitatodd@nhs.net



**Programme  
Administrator –FY2,  
Core & Specialty**  
**Mina Wareham**  
Conquest Hospital  
Ext: 773515  
mina.wareham@  
nhs.net



**Programme  
Administrator -  
Study Leave, GP &  
SAS**  
**Tina Scott**  
Conquest Hospital  
Ext: 735245  
tina.scott3@nhs.net



**LAS Doctor/ Clinical  
Attachments  
Programme  
Administrator**  
**Elizabeth Penfold**  
Eastbourne DGH  
Ext: 772415  
e.penfold1@nhs.net

## Medical Education Operational Administration continued



**Programme  
Administrator - FY1  
& Undergraduate**  
**Allison Duggan**  
Eastbourne DGH  
Ext: 772418  
allison.duggan@  
nhs.net



**Programme  
Administrator - FY1  
& Undergraduate**  
**Angela Geoghegan**  
Eastbourne DGH  
Ext: 772416  
a.geoghegan@  
nhs.net



**Programme  
Administrator -  
Undergraduate**  
**Bethany  
Groombridge**  
Conquest Hospital  
Ext: 735244  
bethany.  
groombridge@nhs.net



**Programme  
Administrator - FY1  
& Undergraduate**  
**Catherine Stringer**  
Conquest Hospital  
Ext: 773514  
catherinestringer@  
nhs.net



**Education  
Administrative  
Assistant**  
**Oliver Roger**  
Conquest Hospital  
Ext: 735219  
oliver.rogers@nhs.net  
For room bookings  
esh-tr.education  
centre@nhs.net



**Education  
Administrative  
Assistant**  
**Paula Jeffery**  
Eastbourne DGH  
Ext: 735508  
paula.jeffery1@nhs.net  
For room bookings  
esh-tr.education  
centre@nhs.net



**PA**  
**Kimberley Illsley**  
Eastbourne DGH  
Ext: 772432  
kimberley.illsley1@  
nhs.net

## Local Faculty Group Leads

<b>EM/ACCS</b>	Dani Vidler College Tutor	danielle.vidler@nhs.net	(14) 8846	Conquest
<b>Anaesthetics</b>	Fraser Wiggins College Tutor	fraser.wiggins@nhs.net	(14) 8340	Conquest
	Chris Scanlan College Tutor	cscanlan@nhs.net	(14) 6111	Conquest
<b>Medicine</b>	Steve Fong College Tutor	s.fong@nhs.net	734978	Conquest
	Rick Veasey College Tutor	rick.veasey@nhs.net	(14) 6319	EDGH
<b>Ophthalmology</b>	Michael Wearne College Tutor	michael.wearne@nhs.net	(13) 3725	Conquest
<b>Radiology</b>	Jenny Dagiakidi College Tutor	evgenia.dagiakidi@nhs.net	773237	Conquest
<b>Paediatrics</b>	Jayaram Pai College Tutor	jayaram.pai@nhs.net	735262	EDGH
<b>Surgery</b>	TBC			
<b>Obstetrics &amp; Gynaecology</b>	Angeli Thallon College Tutor	a.thallon@nhs.net	734947	Conquest

## Programme Directors / Leads:

<b>Foundation</b>	Javaid Rahmani	m.rahmani3@nhs.net	(14) 7518	Conquest
	Mike Williams	m.williams16@nhs.net	(13) 3745	EDGH
<b>Simulation – Trust Lead</b>	TBC			

## Programme Directors / Leads:

<b>GP</b>	Nicola Beck	nicola.beck@nhs.net	Via Tina Scott 735245	EDGH
	Joshua Getty	joshua.getty@nhs.net	Via Tina Scott 735245	Conquest
	Mark Jones	mark.jones1@nhs.net	Via Tina Scott 735245	EDGH
	Craig Namvar	craig.namvar@nhs.net	Via Tina Scott 735245	Conquest
	Rachel Austin	rachelaustin@nhs.net	Via Tina Scott 735245	EDGH
<b>Undergraduate Sub Deans</b>	Mike Williams	m.williams16@nhs.net	(13) 3745	Conquest
	Sam Panthakalam	spanthakalam@nhs.net	(13) 3714/ 3100	Cross-site
	Umesh Dashora Deputy	u.dashora@nhs.net	735070/ 735069	Conquest
	David Howlett Deputy	david.howlett@nhs.net	(13) 4015/ 4673	EDGH
	Rhian Edwards	rhianedwards@nhs.net	(13) 3745	EDGH
	Geeta Gopalakrishnan	geeta.gopal@nhs.net	(13) 3711/ 4042	Conquest
<b>Careers Lead</b>	Umesh Dashora	u.dashora@nhs.net	735070/ 735069	Cross-site
<b>Clinical Leadership Lead</b>	Elena Mucci	e.mucci@nhs.net	735001	Conquest
<b>Physician Associate Lead</b>	Osei Kankam	o.kankam@nhs.net	734836	Cross-site
<b>SAS Tutors</b>	Aktham Nahhas	aktham.nahhas@nhs.net	(13) 3720	EDGH
	Adeel Khan	adeelkhan@nhs.net	(14) 8567	Conquest





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**Website: [www.esht.nhs.uk/medical-education](http://www.esht.nhs.uk/medical-education)**

*Striving to provide excellent educational opportunities and to improve the trainee doctor experience via encouragement and facilitation within a supportive environment*