



INTEGRATED EDUCATION



MEDICAL EDUCATION



Website: 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

About East Sussex Healthcare NHS Trust

We provide safe, compassionate and high quality hospital and community care to over half a million people living in East Sussex and those who visit our local area.

We are one of the largest organisations in East Sussex with an annual income of £650 million and we are the only integrated provider of acute and community care in Sussex. Our extensive health services are provided by over 8,000 dedicated members of staff working from two acute hospitals in Hastings and Eastbourne, three community hospitals in Bexhill, Rye and Uckfield, over 100 community sites across East Sussex, and in people's own homes.

In 2020 the Care Quality Commission (CQC) rated us as 'Good' overall, and 'Outstanding' for being Caring and Effective. Conquest Hospital and our Community Services were rated 'Outstanding' and Eastbourne DGH was rated 'Good'.

Our two acute hospitals have emergency departments and provide 24 hour a day care, offering a comprehensive range of surgical, medical, outpatient and maternity services,

supported by a full range of diagnostic and therapy services. Our centre for trauma services and obstetrics is at Conquest Hospital, while our centre for urology and stroke services is at Eastbourne DGH.

At Bexhill Hospital we offer a range of outpatient, day surgery, rehabilitation and intermediate care services. At Rye, Winchelsea and District Memorial Hospital we offer outpatients, rehabilitation and intermediate services. At Uckfield Community Hospital we provide day surgery and outpatient care.

In the community, we deliver services that focus on people with long-term conditions living well outside hospital, through our integrated locality teams working with district and community nursing teams. Community members of staff also provide care to patients in their homes and from a number of clinics, health centres and GP surgeries.

In a Year

130,000 attendances at our Emergency Departments



3,053 babies were born in our hospitals



54,000 people had planned surgery, 87% of these were day cases



21,800 cancer referrals were made to us



410,000 outpatient appointments of these over **300,000** were consultant-led



283,000 x-rays and scans



1,200,00 calls were answered by our switchboard teams



Our vision is to deliver high quality care and experience for our patients, communities and colleagues.

Our strategic objectives

Quality:

Delivering safe care; always improving outcomes and experience for patients

People:

Fostering a positive culture; living our values; helping our teams feel equipped to deliver

Sustainability:

Always searching for the best way to use our resources for clinical, workforce and financial outcomes

Our values



KINDNESS

Kindness means treating others how you want to be treated and caring enough to get it right. It's the small acts of kindness – both to patients and each other - that make everyone's experience better.

- Treating others as you would wish to be treated
- Being kind to yourself, colleagues and our patients and their loved ones
- Choosing to react in a kind way and being open and friendly
- Being considerate of other people as individuals
- Showing empathy for patients and colleagues

INCLUSIVITY

Inclusivity involves embracing differences and working together as a team. It's fundamental to providing the best care for our patients so we can make the trust a supportive workplace where everyone is welcomed and feels involved.

- Working together collaboratively across all areas of the trust
- Involving patients and carers in decisions about their care
- Being part of a supportive workplace where we can all be ourselves
- Valuing that everyone has something different to bring to our trust
- Showing respect to everyone – consistently and without prejudice

INTEGRITY

Integrity is saying and doing the right thing, in the right way, for the right reasons. We should all come to work each day with the intention of giving the best of ourselves and doing the best for our patients, colleagues and the trust.

- Understanding what's acceptable and what's not – and speaking up when something's not right
- Being committed to doing what you say you will do
- Being honest and accountable for your actions
- Being mindful of resources and how they can be used as effectively as possible
- Striving to be the best you can be

CEO Joe Chadwick-Bell



What can we provide for you in Medical Education?

Your Medical Education Team work as part of the Integrated Education Department which include colleagues in Apprenticeships & Widening Participation, Simulation & Human Factors, Technology Enhanced Development & Governance Team and Library and Knowledge Information Services under the leadership of Dawn Urquhart, Assistant Director of HR Education. Your Medical Education Team are keen to ensure that the learning environment for you is fit for purpose and we continue to lead on the development of the Education Centre. We are actively reviewing technological advancement to best complement our trainees needs. The Director of Medical Education is Dr Mark Whitehead who is supported by two Associate Directors of Medical Education.

The Education Centres on both sites have lecture theatres, classrooms, clinical skills rooms and Simulation suites as well as IT facilities and 24 hour library access.



Integrated Education are pleased to announce the launch of the new MYLearn educational system. MYLearn enables staff to book their own training and keep track of the mandatory training compliance with ease and accuracy. Over time it will allow trainees to communicate with each other through

forums. The system is designed to give staff and managers greater autonomy when it comes to education and managing their team's compliance. This is only the beginning for MYLearn as we look to add more training and more features like appraisals and study leave.

East Sussex Medical Education support a number of training posts and programmes such as:

Foundation Doctors



"Foundation training at this trust has been really successful for me in terms of training, education and support. I have experienced surgical, medical and community rotations which have comprehensively covered all aspects of foundation training allowing me to develop safely as a junior doctor. The support given by all teams has been second to none including administrative and

clinical, which has allowed me to focus on my training and reduced any anxieties I might have had. ESHT is a friendly trust to work in and there is a fantastic network of junior doctors. There are lots of opportunities to enjoy life outside work too."

Catherine McIlroy, FY2 (rotations – ED/Psychiatry/Palliative Care)

Enhance

Enhance is a self directed professional development offer from NHS England that aligns with the Foundation Curriculum. Enhance can support you to develop attitudes, skills and behaviours that will be beneficial and transferable for both future clinical work and specialty job applications. For more information, please go to <https://kss.hee.nhs.uk/enhance/information-for-trainees/>

Community placements can include an attachment per week in Emergency Medicine, AAU or ITU. This can be half a day for FY1s and a day or a block for FY2s which is optional for FY2.

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, Psychiatry and Palliative Medicine, Rheumatology and ITU. Some posts also include time in the Acute Assessment Unit.

Foundation year 2

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



KSS Foundation School

The KSS Foundation School manage recruitment of all our Foundation Doctors. We work closely with KSS to deliver excellence in training as well as providing information and support as necessary. Please see the KSS website for further details

<https://kss.hee.nhs.uk/kss-foundation>

The East Sussex Medical Education team hosts an annual awards event. This gives the opportunity of recognising the achievements 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 awards from KSS Foundation School. These are awarded to trainees who as well as having successfully completed their training year have done particularly well in the areas of Audit, Learning Portfolio, Teaching and Leadership.



Teaching

FY1 and FY2 core 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.

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

Applications

For information about Foundation Programme including applicant guide please see UK Foundation Programme: **www.foundationprogramme.nhs.uk**

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 is split across our sites, 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

You will benefit from training programmes for General Surgery, Orthopaedics, Urology and Maxillofacial Surgery which are all supported by committed trainers.

Medical Education offers the following courses:

- Basic Surgical Skills (BSS) – a mandatory course which is strongly recommended for all trainees (from Foundation Doctors to CT1 grade) who are about to embark on their first surgical position.
- Care for the Critically Ill Surgical Patient, which is also a mandatory course for surgical trainees which provides practical skills and knowledge needed to look after surgical patients including those who are deteriorating or at risk of doing so. The course is open to CT1 grades and above.

Expenses incurred for the above courses can be claimed through the study leave allowance. Practical skills sessions on the following are also offered to core surgical trainees, which are free of charge:

- Laparoscopy
- Suturing



Basic Surgical Skills Course

GP

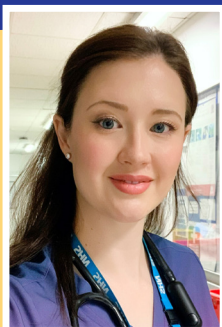
Our GP Speciality Training Programme (STP) details can be found at:
www.gptrainingeastsussex.co.uk

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

"I have been lucky enough to have had several rotations at the trust during my Emergency Medicine Specialty training and I have found it to be a welcoming and fun place to work.



This trust provides an interesting case mix of rural, urban and coastal medicine (plus injuries), with a very broad socio-economic range of patients. This is particularly useful for higher specialty training as you will see some unusual presentations - it is one of the positives of being a bit further away from the cities!

In terms of social-life Hastings had a great cultural heritage once you scratch under the surface! Jack-in-the-Green, Pirate Day and Bonfire Night are to name but a few; make sure you pack plenty of fancy-dress because you're going to need it!"

Dr Henrietta Morton-King

SAS Doctors

Our SAS doctors 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.

LAS Doctor Support

We have a LAS Doctor Lead to develop and enhance the education and support we currently provide 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 Associate students on placement here, rotate through various specialties on each hospital site including Geriatrics, Cardiology, Respiratory Medicine, O&G, Surgery, Emergency Medicine, Acute Medicine, GP and Mental Health. 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. We employ seven physician associates working in medical ward and A&E.

Medical Students



We welcome medical students from Kings College London and Brighton and Sussex Medical School. Our dedicated Programme Administrators support their day to day requirements, while our Undergraduate leads oversee the running of placements.

Our medical students also benefit from the support of our educational fellows who assist in the delivery and development of our undergraduate programme which includes regular OSCE practice, virtual on-calls, simulation and clinical skills sessions.

Transition to Foundation Programme and F0 programmes

We provide TTF1 (KCL students) and F0 (BSMS) placements for medical students who have undertaken the final exams. The aim of these placements is to prepare them for their roles as FY1 doctors and to make the transition from medical student to FY1 doctor as smooth as possible.

Medical Student Electives

We offer a limited number of places to international and UK medical students wishing to undertake electives from May to September each year.

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 4 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)

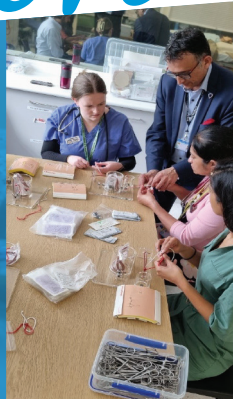
Doctors requesting experience of a particular speciality to aid career choice.

We give 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.

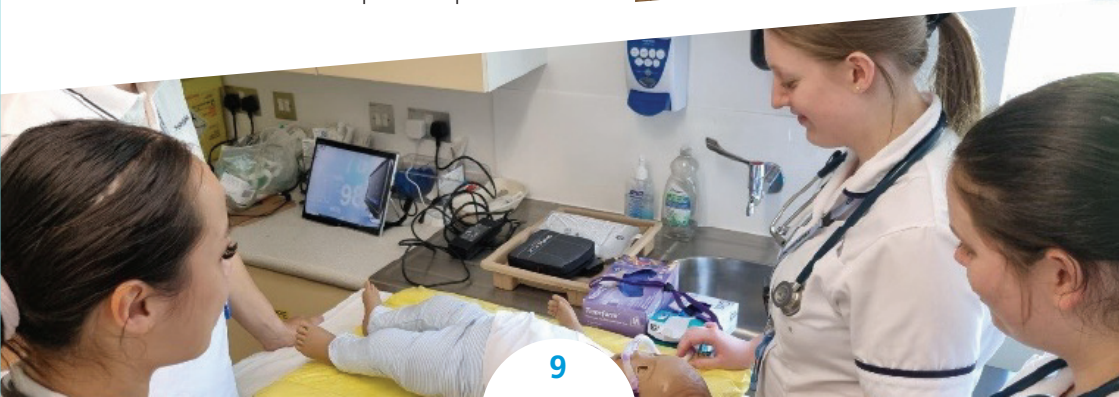
In accordance with Home Office recommendations, attachments are limited to a maximum of 4 weeks.

Simulation

Don't be fooled by the size of the team! It may be small, but we host a vast repertoire of Simulation sessions and courses. There is something for everyone. The Simulation Team consists of Claire Cree, the Simulation & Human Factors Manager, Dylan Owen the Simulation Technician, (Apprentice) and are supported in Administration by Lori Bogusz.



They work closely with all disciplines to provide the highest standards in Simulation and take a multi-disciplinary team approach to learning and patient safety. We have two simulation suites, both of which have been redeveloped over the last few years. They utilise high fidelity Laerdal manikins on both sites and have a considerable library of part task trainers that are ideal for point-of-care simulation scenarios. More information can be found on the Trust website or you can contact esht.simulation.team@nhs.net. They are also keen to hear from staff who want to develop their educational skills in simulation or who have ideas for courses or training they would like to introduce so, please do get in touch. We are located on the 3rd Floor at Eastbourne District General Hospital in the Post Graduate Centre or in the Education Centre at the Conquest Hospital.



Trainee Support and Feedback – Get Involved

Trainee Support

The Medical Education Team continue to develop a robust trainee support network, led by Dr Naomi Forder, Assistant Director of Medical Education 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 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 Pastoral 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.

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.

Further information can be found at www.esht.nhs.uk/medical-education/trainer-support



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



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

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>

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

lved, Take Action and Make a Difference

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&CMO 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 Hours': <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/trainee-support/



junior doctor group feedback session'

Clinical Research

Clinical research is a key priority for the trust. Research participation is imperative in improving the health outcomes and benefits to our patients. We have delivered and supported research over the last 30 years within our hospitals and have received awards and recognition of the work undertaken.

The trust participates in a combination of NIHR multi-centre commercial and academic studies worldwide with leading pharmaceutical companies and academic institutions which enables our trainees to take part in groundbreaking trials involving medicines

and other interventions which supports their career development. Participation in research is supported by the NIHR API Scheme which supports training to become a Principal Investigator www.nihr.ac.uk/health-and-care-professionals/training/associate-principal-investigator-scheme.htm

Currently we are supporting around 45 studies within 19 specialities including haematology, cancer, rheumatology, anaesthetics, surgery, paediatrics, obstetrics, urology, and gastroenterology.

To find out more please contact esh-tr.researchanddevelopment@nhs.net

Clinical Work and Support

We realise that it can be hard to make the transition from medical student to doctor so we 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, Assistant Directors of Medical Education and pastoral support leads in medical education to advise and discuss progress as required.

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.

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

Return to Work SupportRTT

There are a variety of reasons why a doctor might take approved time out of programme. We are committed to support our trainees when they return to help restore their skill and confidence. The trust SupportRTT Champion, works alongside our educational supervisors and HR colleagues to help facilitate the HEE SupportRTT 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

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

Dr Ratan Alexander
Consultant Anaesthetist
SupportRTT Champion



Cultural Support

We aim to increase awareness of UK culture among doctors joining the NHS from overseas or doctors who may need some additional support and encourage overseas doctors. Please contact the Medical Education Team for advice.

We strongly encourage peer to peer learning, and as such, our overseas doctors are also offered an informal 'buddy' when arriving within the trust. A buddy is typically a doctor already working in our organisation, and where possible, will originate from the same country they are from. Our pastoral fellows, Paul and Jolie will introduce overseas doctors to the buddy system shortly after their arrival within the trust.

SPIN

Support Projects Initiative: A forum for help and ideas to take your Trainee project forward. This group acts to help with wellbeing and support related projects by providing resources, ideas, funding and friends. You can either bring your project to the group or join for inspiration. We are senior educational leaders and those with pastoral roles and management positions who are experienced in moving projects forward and take to the next level for maximum impact (and portfolio points!).

Freedom to Speak Up Guardians

Guardians are appointed in every NHS Trust and act independently and impartially to provide advice and support staff at any stage of raising a concern.

The easiest way to get your concern resolved will be to raise it with your line manager. If you feel unable to raise your concerns through your reporting lines, you can raise concerns with your Freedom to Speak up Guardians. The Trust has two Freedom to Speak Up Guardians, Ruth Agg and Dominique Holliman, who you can contact at esh-tr.speakupatESHT@nhs.net.



When things go wrong, we need to make sure that lessons are learnt and things are improved. If we think something might go wrong, it is important that we all feel able to speak up to stop potential harm. Even when things are good, but could be even better, we should feel able to say something and be confident that our suggestion will be used as an opportunity for improvement and learning. We are committed to listening to staff and want to make speaking up 'business as usual' for everyone. Fostering a culture of openness and psychological safety where everyone can feel confident and safe to speak up is critical. We know that the main barriers to speaking up are fear and futility. Fear of what might happen if you speak up; or a belief that nothing will be done if you do. We want to reassure all our colleagues that you will be listened to if you raise a concern.

Equality, Diversity and Inclusion

East Sussex Healthcare NHS Trust is committed to and promotes the Equality, Diversity and Inclusion agenda. This means that all staff no matter what their race, nationality, gender, sexual orientation, disability, religious affiliation, etc. will have the same equality of opportunity and be able to work in an environment that does not tolerate any form of discrimination based upon these characteristics. There is a 'zero tolerance' policy in place towards any type of discriminatory behaviour from members of staff, the public or patients.

If you are interested in getting involved in any of the Staff Networks (BAME, LGBTQ, Dis(ability) and Women's) please e-mail the Workforce Inclusion team at esht.workforceinclusion@nhs.net or you can do a search for 'Equality' on the Trust's intranet site.

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

Pastoral Fellows

We have two pastoral fellows who support the doctors of all grades and medical students. Paul Gosling is based at Eastbourne DGH and Jolie Wilkinson is based at Conquest hospital. Jolie and Paul are mental health first aiders. They offer a variety of confidential support, wellbeing advice, provide a safe space with a listening ear and can signpost you appropriately to relevant mental health organisations where specialist support is required. Paul and Jolie are visible around the hospitals, they also host events including the FY1 "Freshers Week" and have offices in the Education centres.



Jolie Wilkinson
(Conquest)
Mobile 07971 984285
jolie.wilkinson@nhs.net



Paul Gosling (EDGH)
#07971798192
(phone, text, whatsapp)
paul.gosling@nhs.net

Thank you card scheme

This is an easy online system for recognising and reporting good practice and behaviour by any member of staff who have gone that extra mile. It takes just a minute to complete, your positive comments and feedback will be transformed into a personalised thank you card for the recipient.

Careers Advice and Tasters

We aim to provide high quality careers support for all junior doctors working at East Sussex Healthcare NHS Trust. Dr Umesh Dashora and Miss Sarah Tang are the Consultants who lead on careers support in the Trust alongside colleagues in medical education. Please contact the Medical Education Team 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 <https://london.hee.nhs.uk/careers-unit>

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

Careers resources can be found at: <https://www.esht.nhs.uk/medical-education/medical-careers/>

Annual Careers Evening

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

HEE Careers and wellbeing support can be found at **Careers & Wellbeing Support - Working across Kent, Surrey and Sussex** (hee.nhs.uk) <https://kss.hee.nhs.uk/kss-foundation/current-doctors-in-training/careers-and-wellbeing-support/>



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/

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 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/medical-careers/careers-speciality-champions/

Frequently Asked Questions

How many Foundation posts are there?

There are 53 FY1 and 55 FY2 rotations across the Trust. Specialties included are Surgery, General Medicine, Elderly Medicine, ITU, Psychiatry, Cardiology, Paediatrics, Acute Medicine and Palliative Medicine.

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

How often are Foundation Doctors on call?

This is dependent on each rota but is subject to change for each new in-take.

The ENT FY2s at EDGH work a 1:14 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 1:14 nights.

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

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.

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

Where are Eastbourne and Hastings?



The Conquest (Hastings) is around 60 miles south of London. Regular trains run to London, with an average journey time of 1½ hours. Hastings main rail station is approximately 3 miles from the Hospital.

- **Bus travel**

www.stagecoachbus.com
and www.traveline.org.uk

- **Train travel**

www.nationalrail.co.uk
and 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 11th Century, an attractive old town, made popular by the TV show 'Foyle's War'. It has a selection of quaint shops, pubs namely, The Crown and Ye Old Pump House, restaurants, a fishing harbour, museums/galleries and seafront. The Centre of Hastings is modern and lively with a theatre, cinema, bars, clubs and restaurants. There is also Priory Meadow shopping centre, which benefits from many of the more common high street shops. There is always somewhere to go, or something to see in Hastings, such as the annual food and wine festival and the Jack in the Green festival in May.

There are many places of interest to visit in the town and more information can be found at

www.1066country.com and
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 one cinema, 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/
[www.visiteastbourne.com/](http://www.visiteastbourne.com/tourism/Travel-Maps.aspx)
[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 mess presidents, working alongside our pastoral fellows coordinate a number of events such as summer and winter celebrations, curry and pizza evenings, Christmas wreath making, Easter egg hunt, paddle boarding and crazy golf just to name a few.

Freshers, Christmas Wreath making, Eastbourne DGH Crazy Golf and CQ Easter Egg Hunt



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.



Welcome Event BBQ at the Cooden Beach Hotel

Integrated Education

Your Medical Education Team

Main Switchboard:

Conquest Hospital and Eastbourne DGH: 0300 131 4500

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Medical Education Operational Administration



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INTEGRATED EDUCATION

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and Widening
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Website: 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