

*Training in the  
heart of England gives you  
**more...***



Derbyshire

Nottinghamshire

Lincolnshire

Leicestershire

Northamptonshire

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more choices...

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**more...**  
*...in the heart of England*

**Link...**

1.5 hours from London  
3.5 hours from Edinburgh  
2 hours from Manchester  
3 hours from Cardiff





## Introduction

Here at **Health Education East Midlands** we are focussed on your future by working in partnership with our health providers to make sure you get the highest quality education and training throughout the region, whether you are interested in training in general practice, secondary care or public health. **It is a fabulous area to live, work and train.**

**You will be part of team of 80,000 health professionals that deliver healthcare to a geographically and culturally diverse population of 4.3 million. This means you will have a breadth of learning in a variety of settings that vary from small and remote rural practices through to some of the largest tertiary teaching hospitals in the country.**

The diverse population and the changing patterns of healthcare provision mean that you will have unrivalled opportunities

for learning during your training and throughout your future career. Training in the secondary care specialties is provided by the specialty postgraduate schools run by enthusiastic consultants who are senior educators within Health Education East Midlands and are committed to providing you with training that will equip, prepare and develop you for your future working within the NHS.

Although our area is geographically large, we keep individual rotations small and manageable. This means that you will get

***The diverse population and the changing patterns of healthcare provision mean that you will have unrivalled opportunities for learning during your training and throughout your future career.***

to know your trainers and mentors well and you will have ample opportunities to demonstrate your progress against the specialty curricula in a wide range of settings. We endeavour to make sure that when you apply to our programmes, you are clear about the different sites you are likely to be attached to throughout your training. We will try to accommodate eligible trainees who wish to complete programmes on a less than full time basis.

Our dedicated careers team will assist you as you progress through training to help inform your choices of future career. They can equip you with career planning and management skills, information, advice on application forms and tips on CV development. We can provide you with impartial careers support through confidential one to one support, workshops and signposting. We also offer a well-resourced and respected trainee support service to those trainees who experience difficulties during training.

If you choose General Practice training in the East Midlands you will be assigned to

one of our wide variety of placements, ranging from inner city ethnically diverse practices through to leafy suburban and charming rural settings. We have a widely diverse and experienced training team who, with our varied half and whole day release programmes are attuned to developing not only the skills you need to pass the examinations but an excellent grounding to launch you into the varied and complex new world of primary care. This year we have some exciting new projects to offer. The first is based around a large health centre where a different style of programme delivery will address even more closely your individual learning needs, while incorporating input from a diverse range of teachers. In addition we are looking to develop a small group of trainees who through a four-year programme will be able to develop skills in clinical teaching in addition to completing their GP training and we also have the opportunity for some Out of Programme experiences in South Africa.





## Foundation

**The Foundation Training programme is the entry route for postgraduate medical training. It is a two-year generic programme offering exposure to a variety of specialties and healthcare settings. Successful completion of the programme enables trainees to access specialty training in the UK.**

Cross-trust rotations are the cornerstone of all our training programmes. Trainees are likely to train in different hospitals during the programme, but will have the reassurance of knowing rotations at the start of their training. We recognise the value trainees can gain by working in a specialty during foundation school training.

Health Education East Midlands has a number of policies to support work-life balance. These include, where appropriate:

- Less than full time training
- A network for parents with young children
- On-site child care facilities
- Opportunities to defer training.

We also offer supervision and support throughout training. There are a wide variety of support mechanisms for trainees, including a dedicated foundation team based in each of the hospitals' Postgraduate Education Centres, which act as a source of pastoral support and guidance for all foundation trainees.

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## ***Boston General Practice Programme***

**The Boston Programme is one of the oldest schemes in the country and offers excellent personal training for General Practice. We provide a high standard of teaching designed to meet group and individual needs. Boston has a mixture of urban and rural training practices, which allows for a diverse experience of primary care.**

Our GPStRs think highly of the scheme and many have gone on to practise locally

on completion of their training. All Boston trainers are very enthusiastic and their practices are of an exceptional standard.

Pilgrim Hospital is a friendly, busy hospital with very good facilities. Newly built, high-quality accommodation is available to all and reduced rental charges may be applicable in certain circumstances when employed by ULH Trust.

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## ***Lincoln General Practice Programme***

**The Lincoln Programme is well established and benefits from a wide choice of excellent training practices, six of which are rural dispensing practices in village locations or small market towns and two urban practices based in Lincoln.**

Full training and support is given for MRCGP assessment, and the scheme actively supports DGM, DCH, DRCOG and has an excellent pass rate for all those who have sat exams.

The Lincoln Programme enjoys a mutually beneficial relationship with trainees and trainers from RAF Cranwell, providing

a different perspective on medicine for all concerned. RAF Trainees participate in our half-day Release Programme and their Trainers actively attend our Trainers' Workshop meetings.



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## Chesterfield General Practice Programme

**General Practice provides flexible, family-friendly routes to training and employment.**

Chesterfield is a friendly and popular scheme with a great reputation. It offers excellent, forward thinking training, which aims to produce high calibre general practitioners. One of our great strengths is a very well established health community, with close links to local hospitals which offer high quality training placements for GP trainees.

We offer a variety of experience, from town centre surgeries, small ex-mining town communities, and rural villages on the edge of the Peak District.

Training activities include full day release seminars, or the 'Keeping in Touch' programme. We cover topics in a

*One of our great strengths is a very well established health community, with close links to local hospitals which offer high quality training placements for GP trainees.*



group setting, which are designed to complement the regular training sessions on offer within specialty placements. In addition we run two residential training modules per year, which are extremely popular and receive excellent evaluation.

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## Derby General Practice Programme

**The Derby GP Specialty Training Programme is a well-established, friendly and progressive training scheme. The scheme has now been in existence for over 25 years and continues to attract high quality candidates and to produce excellent young principals at the end of the three year period.**

The majority of the hospitals posts are based in the university-linked Derby Hospitals NHS Foundation Trust, Royal Derby Hospital site with some at Nottingham. The psychiatric posts are part of Derbyshire Mental Health Services NHS Trusts with wards on the Royal Derby Hospital site. We have a variety of training practices in the city and surrounding areas.



Graduates of the Programme have had a very high rate of success. The impressive results are due to the efforts, not only of the GP Registrars, but also those of a very dedicated and enthusiastic team

of Programme Directors, Trainers and Administration team. The Derby GP Specialty Training Programme not only strives to make the experience highly educational but also enjoyable.

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## Mansfield General Practice Programme

**The Mansfield GP Specialty Training Programme is a small, friendly programme offering a high level of pastoral support for all our trainees. We have excellent trainers and excellent hospital posts in a busy District General Hospital.**

The three-year programmes contain 20 months within General Practice placements, all of which are based in a mix of urban, deprived and rural areas. Specialties include:

- Obstetrics & Gynaecology
- Paediatrics
- Acute Medicine
- ENT
- Accident & Emergency
- Psychiatry
- Trauma and Orthopaedics
- Palliative care

In recent years we have had a 100% pass rate for both MRCGP and DRCOG. Many of our GP Trainees think that the Mansfield programme is an excellent place to learn.

***The three-year programmes contain 20 months within General Practice placements, all of which are based in a mix of urban, deprived and rural areas.***



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## ***North Nottinghamshire General Practice Programme***

**The North Nottinghamshire GP Speciality Training Programme is well established, with hospital posts particularly suited to GP education. The scheme is able to offer traditional three-year rotations with 20 months in GP Practice and 16 months in hospitals.**

Rotation posts are based at Bassetlaw District General Hospital, a recently modernised and extended hospital. Our GP practice attachments are in a variety of training practices. Most practices offer the GP trainees their own consulting room and all practices are computerised and equipped with the latest video teaching equipment essential for the MRCGP examination.

There is a full day release programme throughout trainees' attachment planned by the GP Trainees to meet their identified

educational needs. In addition the local GP Training Programmes combine to provide specialist whole days on subjects such as bereavement counselling, family planning and minor surgery.

Specialties include:

- Obstetrics & Gynaecology
- Paediatrics on the Special Care Baby Unit
- General Medicine
- Accident & Emergency
- Surgery
- Orthopaedics

***Rotation posts are based at Bassetlaw District General Hospital, a recently modernised and extended hospital.***



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## ***Leicester, Kettering and Northampton (LNR) General Practice Programme***

**LNR General Practice Programme looks after all aspects of the GP trainee requirements, from setting programmes and approving study leave, to trying to help trainees overcome any obstacles encountered**

**on their journey to being a GP. It is our aim that everyone who comes into contact with this innovative department receives individual attention, efficient service and has an enjoyable experience.**

We are probably one of the friendliest and most supportive programmes in the country. Each of our practices can offer a wide range of experience to an attached registrar.

The LNR Programme has a high standard of teaching designed to meet GP trainee's

needs. Throughout LNR we have a wide variety of both urban and rural practices. Trainees will meet with peers for group learning, so there is ample opportunity to meet with other GP trainees across the whole county.

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## Contact

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## Nottingham General Practice Programme

**The General Practice programme incorporates acute and chronic illnesses, providing preventive care and health education to patients.**

Rotational hospital posts for the Nottingham Programme are highly attractive, being predominantly based in teaching hospitals. Specialties include:

- Accident & Emergency
- Orthopaedics
- General Medicine
- Paediatrics
- Psychiatry
- Dermatology
- Obstetrics & Gynaecology
- ENT

We are able to offer a broad range of three-year training programmes and are

fully supportive of flexible training. Our training practices are varied in location, patient population and partnership size. Our trainers are highly skilled and enthusiastic, and teaching standards are excellent.

As a scheme we are fortunate to have a number of MRCGP examiners available and their expertise has been invaluable in providing above average success in exams, in particular the CSA component of the MRCGP.

We are an innovative scheme always aspiring to push the boundaries of our teaching. Recent developments include regular multi professional learning events and teaching using the Medical Humanities.

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## Contact

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# Specialty Courses



## Acute Care Common Stem

**Acute Care Common Stem (ACCS) is the Core training programme leading to Higher Specialist training in Anaesthesia, Intensive Care, Acute Medicine or Emergency Medicine.**

The popular ACCS rotation in East Midlands North offers a fine opportunity to train. We recruit 16 trainees each year and provide placements in:

- Emergency Medicine
- Acute Medicine
- Anaesthetics
- Intensive Care

A third year is then spent working within the parent specialty.

Based around the cities of Nottingham and Derby, experience can be gained working in a range of settings including a Major Trauma Centre and Trauma Units as well as smaller “DGH” units, all supported by well-received local and regional teaching and exam support programmes.

Our trainees have a high success rate in both continuous assessments and completion of training.

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## Emergency Medicine

**Emergency Medicine (EM) is a field of practice based on the knowledge and skills required for the prevention, diagnosis and management of acute and urgent aspects of illness and injury affecting patients of all age groups with a full spectrum of undifferentiated physical and behavioural disorders.**

Emergency Medicine is a higher training programme running from ST4- ST6. It also includes core CT3 ACCS Emergency Medicine trainees (see ACCS specialty for more detail).

There are East Midlands North posts at QMC, Derby, King's Mill, and Chesterfield.

There are East Midlands South posts at Leicester, Lincoln, Northampton

and Kettering.

Trainees rotate annually in August.

Higher trainees are issued a National Training Number (NTN), CT3 trainees must apply in open competition for an ST4 NTN at the end of their ACCS training.



### Contact

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## Anaesthesia North

**The Anaesthesia training programme aims to deliver the highest standard of training to ensure trainees emerge with a Certificate of Completion of Training, together with the skills and experience required to become a successful Consultant Anaesthetist.**

We have renowned centres of excellence in Regional Anaesthesia in Derby and Nottingham. Queen's Medical Centre is now the UK's largest designated Major Trauma Centre and as such offers an exceptional range of exciting and challenging training experiences.



***We offer numerous local fellowships and academic opportunities and have strong links with the region's universities.***

Teaching programmes operate in protected teaching time, and for trainees approaching exams there is additional tuition and practice. We offer numerous local fellowships and academic opportunities and have strong links with the region's universities. We also actively support those trainees who wish to follow alternative career pathways.

Our trainees benefit from a wealth of expertise in many clinical fields, and

# Specialty Courses

also from educators at the forefront of Simulation Training, Human Factors, Medical Education and Patient Safety. These themes are represented within

our school programme and help us to produce anaesthetists who deliver high quality care from a position of thorough understanding.

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## Core Medicine North

**Core Medicine is a generic spread of the discipline of medicine and the first step in specialty training. The programme delivers the Core Medical Training component for a CCT in any of the General Internal Medical specialties.**

Trainees work in both teaching hospital and district general hospital environments, with at least one year of the two-year programme spent in a teaching hospital environment, giving a mix of experience. This environment provides a comprehensive teaching programme, including bleep-free half-day teaching, exam based teaching, emergency medicine teaching and experience in a state of the art medical simulation centre.

The quality of teaching is reflected in recent high pass rates in the MRCP (UK)

***Robust appraisal and feedback arrangements will help ensure that trainees gain the most from the educational opportunities provided.***



examination. In addition, robust appraisal and feedback arrangements will help ensure that trainees gain the most from the educational opportunities provided.

**All trainees will undertake at least two, and ideally three of:**

- Cardiology
- Diabetes and Endocrinology
- Health Care of the Elderly

- Respiratory Medicine
- Gastroenterology

Other four months attachments available include:

- Renal Medicine
- Dermatology
- Rheumatology
- Palliative Care
- High Dependency Medicine
- Intensive Care Medicine
- Neurology
- Infectious Diseases
- Oncology
- Haematology

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## *Acute Internal Medicine*

**Acute internal medicine (formerly Acute Medicine) is concerned with the immediate and early specialist management of adult patients who present to, or from within, hospitals and require urgent or emergency care. Conditions commonly encountered include heart disease, diabetic complications, respiratory disease, acute infections, and complications of drug and alcohol misuse.**

Higher training is 4 years (5 years with GIM) ST3 - ST6 (ST7)

Trainees generally rotate twice per year August & February

Our trainees have a high success rate in both continuous assessments and completion of training.

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# Specialty Courses

## Allergy

**Trainees on the Allergy training programme will learn how to take an efficient and effective history, interpret allergy tests and manage the various allergic conditions. They will also learn how to perform allergen desensitisation and execute drug and food provocation tests.**

The Allergy training programme takes five years and is based at University

Hospitals of Leicester NHS Trust. The Allergy speciality is mostly outpatient-based with occasional consultations on the wards and some day-case activity. Some training days are provided nationally, through the British Society of Allergy and Clinical Immunology and the Association of Clinical Pathologists. Local training days are delivered via the Trent Regional Immunology and Allergy Consortium.

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### Contact

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## Cardiology North

**The Cardiology North training programme takes place over five years and is based at several hospitals around the region.**

The first two years are dedicated to training in general cardiology and run concurrently with GIM training. These years are generally based in a DGH cardiology setting and our training sites are Derby, Mansfield and Lincoln.

The ST5 year will be based at either of the Nottingham University Hospitals NHS Trust sites to provide experience of the more diverse case mix of a tertiary cardiac centre and in depth exposure to cardiology sub-specialties.

Modular training is adopted from ST5 onwards with 3 monthly modules rotating through:

- Electrophysiology and pacing
- Imaging
- Heart failure
- Angiography
- PCI
- Ward-based in-patient care module

The following two years (ST6 and ST7) are based mainly at the Trent Cardiac Centre and are dedicated to sub-specialty training in cardiology.



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## ***Chemical Pathology (Metabolic Medicine)***

**The Chemical Pathology programme takes five and a half years to complete, covering the branch of pathology dealing with the biochemical basis of disease and the use of biochemical tests for diagnosis and management.**

Doctors in the speciality have dual responsibilities. Firstly, there is the provision of a reliable analytical service, for example measuring serum electrolytes, indices of liver function, hormones, drugs and tumour markers in hundreds of patient samples every day. Many of these analyses are performed on automated analysers,

usually operated by biomedical scientists, but the management of the process (and the staff), assurance of quality and provision of guidance on the selection of tests and assessment of the significance of the results (particularly with some of the less generally familiar tests) are the province of the chemical pathologist.

Secondly, we have an important clinical role, not only advising on the management of patients with metabolic disturbances but also increasingly having direct responsibility for such patients in outpatient clinics and on the wards.

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## ***Clinical Genetics***

**Clinical genetics deals with the diagnosis and counselling of individuals and families with genetic disorders. Clinical geneticists see patients of all ages from neonates with chromosomal or metabolic disorders to adults with neurogenetic conditions or genetic forms of cancer. Clinical geneticist usually work as part of a team that also includes genetic nurses/counsellors, molecular geneticists and cytogeneticists.**

Clinical Geneticists have close links with a number of related specialties particularly:

- Paediatrics
- Fetal and Maternal Medicine

- Perinatal Pathology
- Dermatology
- Neurology
- Oncology
- Cardiology

Although the training programmes are independent of each other, trainees from one programme can rotate to the other programme (based on a trainee swap) for a specified period of time to pursue a sub specialist interest.

The Clinical Service is fully integrated with the Leicester Cytogenetics laboratory.

*Clinical geneticists see patients of all ages from neonates with chromosomal or metabolic disorders to adults with neurogenetic conditions or genetic forms of cancer. Clinical geneticist usually work as part of a team that also includes genetic nurses/counsellors, molecular geneticists and cytogeneticists.*



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## *Clinical and Medical Oncology*

**The East Midlands Associate School of Oncology has responsibility for planning and overseeing training in both Clinical Oncology and Medical Oncology in the East Midlands in two of the UK's leading teaching hospitals at Leicester and at Nottingham.**

These two specialties offer challenging and rewarding careers in Medicine with opportunities for wide-ranging site-specialist interests and for research.

Clinical Oncologists and Medical Oncologists manage patients with a range of treatments including:

- Chemotherapy
- Hormone therapies
- Biological agents

Clinical Oncologists also administer radiotherapy so training in Clinical Oncology also includes radiotherapy treatment planning and trainees take the FRCR examination.



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### ***Clinical Pharmacology and Therapeutics (CPT)***

**In the East Midlands, Clinical Pharmacology and Therapeutics training is available in Leicester and Nottingham, where the interests are predominantly in the therapeutics of cardiovascular and respiratory medicine.**

In addition to general internal medicine, trainees will rotate through wards in these other specialties to obtain experience of therapeutics of a broad range of cardiovascular and respiratory disease, including coronary care unit.

Clinical Pharmacology and Therapeutics trainees will also participate in clinical trials of new treatments, in both Phase II and III trials, and attend drug and therapeutic and formulary committees.

Trainees are encouraged to do clinical research and opportunities will be available for research training, leading to research fellowships or a higher degree (MD, PhD). There may also be opportunities to work within the Pharmaceutical industry, with experience of Phase I trials and drug design.

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### ***Dermatology North***

**The Dermatology training programme for East Midlands North is a four-year programme based mainly at the Queens Medical Centre in Nottingham but also rotating out to Kings Mill and Derby Hospitals. We are a very friendly and supportive unit with a strong community spirit.**

We are also a very competitive department and continually strive for excellence through clinical practice, research and training. We want to be the best and to achieve excellence at every level.

***We are also a very competitive department and continually strive for excellence through clinical practice, research and training. We want to be the best and to achieve excellence at every level.***



Our registrars are encouraged to develop areas of interest through further study, higher degrees and clinical research. There is ample opportunity for motivated and well organised StRs to take a year out as OOPE and become a Teaching Fellow

whilst studying for a Masters in Medical Education or spend time overseas as part of an MD or PhD.

The department has an outstanding national reputation in several key areas and attracts many tertiary referrals.

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## Diabetes and Endocrinology

**The specialty of Diabetes and Endocrinology relates to disorders of hormone under or over production. Incorporated within it are pathologies that relate to target hormone resistance to hormonal action, genetic syndromes, functioning and non-functioning tumours, disordered metabolism and gender disorders.**

The specialty has something to offer everyone. A broad training in endocrinology and diabetes provides the

basis for progression to specialist posts in a wide range of settings.

There are opportunities to participate in delivering diabetes care in the community, engagement with personnel from multi-specialities while participating in delivering acute and chronic general medical care. Additionally opportunities exist for laboratory based molecular and cellular research as well as clinical academic medicine during the rotation.

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## Specialty Courses

### ***Gastroenterology North***

**Gastroenterology is an exciting field with rapidly developing technological advances. It is a procedural speciality that combines clinical skill, academic knowledge and manual dexterity giving it an additional dimension that is challenging and satisfying.**

Increasing sub-specialisation allows choices between:

- Luminal gastroenterology
- Nutrition
- Advanced Endoscopy
- Hepatology

Our training programme offers broad experience in Gastroenterology and Endoscopy. We have a nationally approved advanced hepatology post and are developing advanced sub-specialist training posts in Nutrition, Inflammatory bowel disease and Endoscopy. Taken together

with bowel cancer screening means that job prospects in this specialty are strong.

We provide a five-year high quality training programme leading up to dual CCT in Gastroenterology / Hepatology and General Internal Medicine. Trainees can generally expect to spend two years at the central teaching hospitals and three years at District General Hospitals.

The programme includes two Medical Schools allied to Nottingham University and Derby University. Nottingham is renowned for its academic strength in Gastroenterology, and is one of two units in the UK granted Biomedical Research Unit funding in this field. This provides trainees with excellent opportunities for research in a wide variety of fields. Nottingham in particular has been very successful at attracting academic clinical fellowships into its Gastroenterology programme.

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### **General Internal Medicine**

**For those trainees wishing to specialise in general medicine, as well as their main specialty, the rotations in this region provide multifaceted exposure to all aspects of general medicine. Trainees will gain their experience in a variety of ways, including seeing patients admitted as emergencies, patients with multiple disorders, patients referred to outpatient clinics for investigation and diagnosis, and patients referred by specialist services - as outpatients or urgent inpatient referrals.**

The trainee builds on the core competences gained whilst in core medical

training, as they acquire skills in the treatment and management of complex medical problems in both in patient and out patient settings. There is a greater emphasis on the need to understand the use of pharmacological agents and their complications in patients with multi-system disease.

In addition to clinical exposure, there is an excellent regional programme of GIM teaching which takes the form of either whole day or afternoon teaching sessions throughout the year.

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### **Genito Urinary Medicine North**

**Genito Urinary Medicine involves the investigation and management of sexually transmitted infections and HIV. It is mostly outpatient based but does include inpatient care of HIV infection. It can also include more specialised services such as young people's clinics, genital dermatoses, sexual dysfunction and psychosexual**

**medicine, and outreach services for sex workers and drug users.**

Trainees will gain wide experience across the spectrum of sexual health. There are close working relationships, including a joint ward round, clinics and multidisciplinary meetings, with Infectious Diseases, Microbiology, Dermatology and other allied specialties.

## Specialty Courses

The Higher Specialist Training Programme in Genito Urinary Medicine is a four-year programme based at Nottingham City Hospital Campus but includes experience within the departments at Kings Mill Hospital or Derby on a day-a-week attachment for part of the training period.



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## Geriatric Medicine

**Geriatric Medicine is concerned with the clinical, preventative, remedial and social aspects of illness in old age.**

The UK has a rapidly aging population, which is why Geriatric Medicine is the only speciality not to lose training numbers, and we are still under-represented. Patients have multiple co-morbidities and rarely present like the text books, nor allow trainees to follow one isolated guideline. Clinical acumen is key. Quality of life may outweigh quantity of life. Team working with the patient, their family and allied professionals is vital.

All of our recent trainees have been offered consultant posts without utilising their grace periods. The last workforce planning review recognised that the region is under represented in the speciality at both trainee and consultant level so expansion is very likely in the forthcoming years.

***We want to be the best training programme in the United Kingdom and to achieve excellence at every level.***

There is a friendly and supportive spirit with the training programme and we strive for excellence through clinical practice, research and training. We want to be the

best training programme in the United Kingdom and to achieve excellence at every level.

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## Haematology

**Haematologists have an enviable role that incorporates laboratory medicine with cutting edge clinical medicine in both the outpatient and the inpatient settings. The integration of clinical and laboratory knowledge makes haematology an almost unique specialty. The opportunity to see a patient in the clinical setting, perform diagnostic tests, interpret the results to make a diagnosis, and start treatment is hugely satisfying.**

The programme is designed to offer experience in:

- General Haematology
- Laboratory Haematology
- Malignant Haematology
- Haemopoietic Stem Cell Transplantation
- Haemostasis and Thrombosis
- Paediatric Haematology
- Haemoglobinopathies
- Pregnancy related Haematology
- Blood Transfusion

The Haematology training programme takes place over five years and is aimed at doctors who can demonstrate the essential competencies to enter this level of training. The programme is designed to support training for a CCT in Haematology.

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# Specialty Courses

## *Immunology*

**In the UK, the medical specialty of immunology provides combined clinical and laboratory services for patients with diseases resulting from disordered immunological mechanisms. Immunological manipulations form an important part of the therapy delivered.**

A patient with an immunologically mediated disease may not present directly to an immunology specialist; their condition may affect an organ system more relevant to a different specialty. Within this group some patients will also have primary immunodeficiency disorders. The rarity of their conditions, and the delay

in diagnosis that goes with them, means that they will need complex therapy and lifelong immunological follow-up.

Consultants work closely with specialty nurses, who work at an advanced level on processes such as immunoglobulin infusion, and even train patients who undertake self-infusion. Immunologists must utilise specialists such as microbiologists, virologists, cellular pathologists and radiologists to deliver care, and also liaise closely with specialists in respiratory medicine; ear, nose and throat (ENT) surgery; haematology; ophthalmology; and gastroenterology.



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### ***Medical Microbiology & Virology and Infectious Diseases***

**Medical Microbiology and Virology has a significant clinical advisory role. For Infectious Diseases, training involves the care of inpatients on a dedicated Infectious Diseases Ward, outpatients in regular clinics and also consultations by phone or at the bedside for patients under the care of others. There may be Infection Control problems to address, both in hospital and in the community.**

After a two-year period of Core Infection Training, trainees specialise in either:

- Microbiology
- Virology
- Infectious Diseases

Joint training with Clinical Infectious Diseases is also available.

*All trainees are encouraged to do teaching both of preclinical medical students and postgraduates.*

There are academic training posts in Microbiology/Virology at Fellowship and Lecturer level and there are good opportunities for conducting research at various levels within the training programme. All trainees are encouraged to do teaching both of preclinical medical students and postgraduates.



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## Neurology

**Neurology is the branch of medicine concerned with diagnosis, treatment and care of patients with disorders of the nervous system. This covers conditions affecting the brain, spinal cord, peripheral nerves and muscles; and their complex functions. At the heart of neurological practice is the careful clinical analysis of the site and nature of the problem.**

The training scheme gives exposure to both district general hospital and teaching hospital neurology within a five-year programme (four years if one year of research counted towards training).

The majority of training occurs at the Queen's Medical Centre and Nottingham City Hospital campuses of Nottingham University Hospital NHS Trust (NUH).

NUH has an international reputation in the fields of Multiple Sclerosis and Movement Disorder/Neurodegenerative Diseases with extensive research programmes in these areas.

The current chair and senior lecturer appointments are both within Multiple Sclerosis research. The department consists of ten other NHS consultants with subspecialty interests encompassing the breadth of Neurology.

*The training scheme gives exposure to both district general hospital and teaching hospital neurology within a five-year programme (four years if one year of research counted towards training). The majority of training occurs in the Queen's Medical Centre and Nottingham City Hospital campuses of Nottingham University Hospital NHS Trust.*



### Contact

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### *Occupational Medicine*

**Occupational medicine is the medical specialty that covers the multi-faceted relationship between health and work. It is concerned with ensuring that workplaces and work practices are safe and not detrimental to employees' health, and that employees are fit for the job they are doing. If there are problems, either with the workplace or with an employee's fitness, the occupational physician's role is to advise on adjustments to the workplace, and/or to give appropriate advice and support to the employee.**

Occupational medicine has an important part to play in rehabilitating employees back into work, after sickness or injury. Rehabilitation is currently high on the government's agenda. The driving force behind this is twofold: both a recognition that employment is, in general, good for people – economically, socially, psychologically and in terms of general well-being – and also that many millions of work days are lost every year, some unnecessarily, to the nation's economy.

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### *Paediatric Cardiology*

**Paediatric cardiologists treat patients of all ages with congenital heart disease, in addition to rare cardiac conditions that develop during childhood, and inherited or genetic heart disease. They cover a wide age range, from fetus stage to adults.**

Even though paediatric cardiology is a highly specialist area, there is great diversity within it, from highly technical work treating patients in the catheter laboratory to the ultrasound diagnosis and subsequent management of a fetus with

a complex heart problem, and much in between. Despite the spectrum of work, all paediatric cardiologists need highly developed communication skills in order to work effectively and compassionately with patients and families affected by a complex heart problem.

Being a diverse specialty dealing with patients of all ages, paediatric cardiology crosses a number of traditional medical boundaries. Entry into training in the specialty is possible for both paediatric and adult medical trainees and the



## Specialty Courses

administration of training is through the Royal College of Physicians, although there are strong links with the Royal College of Paediatrics and Child Health.



### Contact

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## *Palliative Medicine*

**The specialty of Palliative Medicine is affiliated to the Royal College of Physicians. It is a young specialty with new challenges and opportunities allowing for a varied and changing career. It can be highly rewarding, with a good mix of clinical work and opportunities to rely on highly developed clinical skills and judgement.**

Trainees gain experience of working in NHS and Independent Specialist Palliative Care Units, District General Hospitals, Teaching Hospitals and Tertiary Referral Centres, as well as working within the Community setting. There is a 4 year rolling education programme to assist trainees in meeting learning outcomes from their curriculum that, three times a year, joins up with

Palliative Medicine trainees in the North East Midlands and South Yorkshire rotations, offering trainees the opportunity to learn from other services and to network.

As trainees move through the rotation, they will be given increasing clinical responsibility. Teaching opportunities will be given in all posts, with increasing emphasis in senior posts, and experience in management will also be available in senior posts.

It is acknowledged that Palliative Medicine can be a challenging specialty and so trainees will receive regular supervision with their peers from a trained counsellor. There is ample opportunity to develop teaching skills and trainees will be supported with developing their skills in research.

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## ***Rehabilitation Medicine***

**Rehabilitation Medicine is a specialty that does not focus solely on pathology and its immediate treatments, but also takes into account how a physical illness may affect a person psychologically, and considers what impact the illness may have on their work, home life and personal relationships?**

A doctor specialising in Rehabilitation Medicine applies medical and interdisciplinary knowledge and skills whilst working with other disciplines to reduce the impact of disabling conditions on individuals and their families. Rather than aligning itself with a single organ system, rehabilitation medicine is the medicine of function.

It has four main branches:

- Amputee
- Musculoskeletal
- Neurological
- Spinal cord injury rehabilitation

In the East Midlands we have several centres specialising in Rehabilitation Medicine, and so trainees can obtain a good range of experience, which, as well as core training includes opportunities to develop an interest in trauma, muscle disorders, chronic fatigue syndrome and learning disabilities. There are also academic opportunities in both teaching and research.



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# Specialty Courses

## Renal Medicine

**Renal Medicine is one of the most interesting, exciting, challenging, and rewarding medical specialties in which to pursue a medical career. The experience available is very broad. It encompasses the management of often very sick patients with acute kidney injury which includes a substantial overlap with intensive care medicine; chronic kidney disease which provides an opportunity of chronic disease management in both pre-dialysis and dialysis settings; as well as renal transplantation with the chance to restore patients back to good health and a good quality of life.**

Renal Medicine is one of the few remaining hospital based specialities that

provides genuine long term follow up and general medical care to a significant number of patients with diverse and interesting underlying disease processes.

The majority of our trainees wish to dual accredit in renal and general medicine. This takes five years following entry at ST3 level. Single accreditation in renal medicine only takes four years following entry at ST3 level.

Trainees will have the opportunity to develop competency in renal biopsies, tunnelled dialysis catheter insertion and placement of peritoneal dialysis catheters. The East Midlands also has internationally renowned research groups in renal laboratory-based, clinical, educational and epidemiological science.



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## ***Respiratory Medicine North***

**Respiratory Medicine in East Midlands North is an exciting speciality that is centred in Nottingham and rotates to a variety of DGH's in the area.**

There is a dedicated research centre in Nottingham that produces high quality research into:

- Pulmonary fibrosis
- Lung cancer
- Asthma
- COPD
- Epidemiological based research

Trainees in Respiratory Medicine rotate

through the two Nottingham Hospitals as well as hospitals based in Derby, Mansfield, Boston and Lincoln. The rotation usually lasts five years and is combined with general medicine. A high proportion of trainees take time out of programme to complete research or teaching opportunities and gain higher degrees. There are local opportunities to complete rotations in cystic fibrosis, ICU, sleep medicine and non-invasive ventilation and learn how to perform bronchoscopy, thoracoscopy and endobronchial USS.

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### ***Rheumatology South***

**Rheumatology in East Midlands South offers exciting opportunities to learn about this specialty in depth and in conjunction with continuing education in General Internal Medicine as we encourage dual accreditation as standard. Although in the South we are geographically a small area, we are cohesive in the delivery of training with active engagement and support provided by our consultant training faculty.**

As well as rotating through the three main centres in the region (Leicester, Northampton and Kettering) we have strong links across the East Midlands with the North of the Region and also South Yorkshire Deanery offering a programme of monthly study days which are planned two years in advance to cover the main curriculum areas. Within the East Midlands South region trainees attend a weekly teaching programme every Friday at UHL where they are exposed to a difficult Cases clinic, journal clubs, topic based teaching, musculoskeletal radiology meetings and business meetings.

There have been remarkable developments in drug therapy for rheumatology conditions within the last 20 years, particularly within the field of biologic agents. Our patients have long-term chronic conditions so there is an opportunity to develop an on-going therapeutic relationship with them and their families.

The Rheumatology Programme has opportunities to train both in pure rheumatology and rheumatology and general internal medicine. All posts rotate through three centres, including teaching centres and district general hospitals, allowing trainees to experience different aspects of rheumatology practice.

There are opportunities for placements in other clinics, such as Pain Clinic, Metabolic Bone Clinic and Interstitial Lung Disease clinics, and opportunities for attendance at multi-specialty combined clinics. Research opportunities exist in a range of fields including osteoarthritis, epidemiology, pain and osteoporosis.

Trainees are encouraged to liaise frequently with their educational supervisors to plan their needs and to encourage the development of their own areas of interest through research and where necessary time out of programme to achieve this.

We pride ourselves in providing a good grounding in developing general rheumatology clinical skills and have a strong interest in medical education within the region encouraging our trainees to develop in this area to become the educators of tomorrow. We believe that a strong interest in maintaining general medical skills is an essential part of delivering rheumatology care, particularly if you are to manage patients with complex multisystem diseases with confidence.

Our trainees have a high success rate when applying for consultant posts (4 of

our last 5 trainees were appointed on their first consultant job interview) a statistic we aspire to maintain through the dedication of our consultant trainers.

There are opportunities for placements in other clinics, such as Pain Clinic, Metabolic

Bone Clinic and Interstitial Lung Disease clinics, and opportunities for attendance at multi-specialty combined clinics. Research opportunities exist in a range of fields including osteoarthritis, epidemiology, pain and osteoporosis.

### Contact

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## Sport and Exercise Medicine

**The Centre for Sports Medicine in the East Midlands provides the country's central hub for Sport and Exercise Medicine training. The training scheme provided in the East Midlands aims to produce Consultants with the skills and competencies to work in the many different areas in this field.**

The programme is centred on the Centre for Sports Medicine at the Queens Medical Centre in Nottingham. The programme offers continual exposure to the NHS Sport and Exercise Medicine Clinical programme throughout the scheme. The Centre for Sports Medicine offers the opportunity for academic development and research. There is exposure to elite Sports medicine throughout the programme provided through the:

- English Institute of Sport at Loughborough University,
- National Cricket Performance Centre,
- National Water Sports Centre at Holm Pierpont and
- National Ice Centre

Local team coverage will include Nottingham Forest and a chance to work with Leicester and Derby based sports.

The programme is flexible and can accommodate all aspects of training needs whether they are four years or less. To encompass the Sports Exercise Medicine (SEM) curriculum and to provide a diverse range of experiences trainees will be able to undertake training and courses in Public Health Units and Primary Care.

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### **Core Psychiatry Training (CPT)**

**The Core Psychiatry Training programme consists of three years core training, which will equip trainees to apply for advanced training leading to a CCT in one of the Psychiatric specialties.**

The diversity of the region and good links with local universities provide an extensive range of opportunities for learning and extending your training over the years to come.

Across the Specialty Schools there are opportunities in advanced specialty training to obtain a certificate of completion of training (CCT) in one of the six sub-specialties of psychiatry.

These are:

- General Adult Psychiatry
- Psychiatry of Old Age
- Forensic Psychiatry
- Child & Adolescent Psychiatry
- Psychotherapy
- Psychiatry of Learning Disability

#### Contact

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### **Child and Adolescent Psychiatry**

**Child and adolescent psychiatry is a specialty that focuses on the mental health needs of children, young people and their families.**

We work across many settings with opportunities for early identification and intervention with young families through to treatment of adolescents. Many adult mental health disorders have their origins in childhood. The early years work involves recognition of a variety of problems including early attachment difficulties and emotional, behavioural and developmental

disorders. There are opportunities to identify risk factors in families and potentially engage in preventative work. Adolescence shows the increasing impact of emotional and behavioural difficulties and developmental disorders such as autistic spectrum and ADHD. Adolescence sees the development of significant mental illnesses such as depression, schizophrenia, bi-polar affective disorder and anorexia nervosa. Self-harm almost exclusively sees its developmental origins in this age range. This specialty functions in the context of

multidisciplinary and often multiagency teams working in a variety of community and specialist/hospital settings. There are exciting developments in the specialty with research findings contributing to

our understanding of the origins of mental health disorders, and expanding the evidence base for preventative interventions and effective treatments for children and young people.

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## General Psychiatry

**The Schools of Psychiatry offer training in core and higher psychiatry including General Adult Psychiatry, Older Age Psychiatry, Psychiatry of Learning Disabilities, Forensic Psychiatry, Child and Adolescent Psychiatry and Medical Psychotherapy.**

The range of Local Education Providers within the NHS and Independent Sector means that trainees can experience a breadth of experience including many regional and national specialised services. Trainees are encouraged to tailor their placements to their own key areas of interest whilst still meeting all of the appropriate curriculum requirements. Academic training is also encouraged, as is exploring out of programme options

to further enhance trainees' experiences. A range of innovative posts have been offered such as Darzi leadership posts and clinical fellowships with a real focus on leadership and medical education supporting safe and positive patient care whilst developing the future workforce.

***Trainees are encouraged to tailor their placements to their own key areas of interest whilst still meeting all of the appropriate curriculum requirements.***



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## Specialty Courses

### *Forensic Psychiatry*

**Forensic psychiatry deals with some of the most disturbed and difficult to manage patients in psychiatric practice. Its focus is the assessment and treatment of mentally disordered offenders, and other patients, presenting with severe mental disorder in association with significant behavioural disturbance. The patients are invariably fascinating, with complex, often multiple psychopathologies. We know our patients better than any other doctors, with average lengths of stay of over two years and caseloads of as little as 15 in-patients in many cases.**

Frequent visits to places which are usually off-limits, including prisons, secure hospitals and a range of criminal and family courts add variety. Uniquely, all our trainees receive extensive training and supervision in medico-legal work and frequently give written and oral evidence in the Crown Court, working closely with solicitors and barristers in cases of homicide, rape, arson and other serious offences.

Trainees often come from legal backgrounds and many go on to study for Masters Degrees in Medical Law. All medical students and junior doctors are welcome to spend some time on a visit to one of our secure units.



#### Contact

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### Old Age Psychiatry

**The four-year Old Age Psychiatry programme represents an exciting opportunity to learn about a rewarding specialty.**

Old age psychiatrists deal with the complexity of mental disorder and its interaction with the biological, psychological and social aspects of ageing.

We manage difficult ethical and legal challenges, for example, driving and dementia, or detention under the Mental Health Act.

This is an opportunity to experience and learn about our specialty, guided by an enthusiastic and skilled medical educator.

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### Psychotherapy

**Medical Psychotherapy makes use of techniques that help patients explore difficult and often painful emotions and experiences.**

Training posts are now all dual, providing a five-year training route, leading to dual CCTs in General Adult Psychiatry and Medical Psychotherapy. The training is comprised of postings within the well-established higher training programmes for General Adult Psychiatry and Medical Psychotherapy within the East Midlands School of Psychiatry.

The programme is guided by an awareness of the need for the delivery, supervision and promotion of psychotherapy in a range of general psychiatric settings and for the integration of general psychiatric practice and principles within specialist psychotherapy settings.

We have consultants who major in psychoanalytic psychotherapy offering a depth of training experience. Individual, group and family therapy are all included in the training.

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# Specialty Courses

## Core Surgery

**Core Surgery is in essence a two-year programme that prepares trainees for specialty surgical training. The emphasis on this time is to pass the MRCS examination, complete the requisite courses (Basic Surgical Skills, Care of the Critically Ill Surgical Patient and Advanced Trauma Life Support) and start to learn the clinical and operative skills required to become a surgeon. They are an action packed, busy but exciting two years.**

The programme has an excellent reputation for educating its surgical trainees and producing surgeons that are

fit for purpose once they have completed their CCT. The MRCS pass rate for current trainees is 90%. Half of the trainees exiting the scheme in 2013 were appointed directly into higher training schemes.

From August 2014 all posts will be two-year themed posts serving the subspecialties of:

- General and Vascular Surgery
- Trauma & Orthopaedic Surgery
- Urology
- Ear Nose & Throat Surgery
- Plastic Surgery
- Cardiothoracic Surgery
- Paediatric Surgery

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## Cardiothoracic Surgery

**Cardiothoracic Surgery is the field of medicine involved in surgical treatment of diseases affecting organs inside the thorax (the chest) generally treatment of conditions of the heart (heart disease) and lungs (lung disease).**

Cardiothoracic surgery is a higher specialty from ST3-ST8.

The trainees rotate through three subspecialties; thoracic, congenital and adult cardiac. Trainees rotate every six months in February and August.

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## General Surgery

**General Surgery, despite its name, is a surgical specialty that focuses on abdominal organs, e.g. intestines including esophagus, stomach, small bowel, colon, liver, pancreas, gallbladder and bile ducts, and often the thyroid gland (depending on the availability of head and neck surgery specialists). They also deal with diseases involving the skin, breast, soft tissue, and hernias.**

These surgeons deal mainly in the Torso.

Trainees should be enrolled with the Royal College of Surgeons  
**<http://www.jchst.org/>**

The JCST is an advisory body to the four surgical Royal Colleges of the UK and Ireland, the Specialist Surgical Associations in Great Britain and Ireland, for all matters in relation to surgical training.

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## Neurosurgery

**The neurosurgical unit at the Nottingham University Hospitals NHS Trust (NUH) offers the opportunity of comprehensive training in neurosurgery on one site with no need to rotate to other units. With a reputation as a happy and supportive unit for trainees, and with ten consultant trainers, several of whom have considerable experience with SAC and examinations process, our FRCS (SN) exam success rate is high and in recent years all those completing training here have found jobs with ease.**

This unit has the busiest A&E department in the country and was one of the first Major Trauma Centres in the UK. As well as the high flow of emergency work this brings, experience is gained in adult and paediatric neurosurgery continuously throughout training. Specific attachments in spinal surgery and functional surgery supplement this.

NUH is a University Hospital with teaching and research very much part of the unit's work and with close research links to Academic Departments in Oncology and Imaging. We are developing a surgical

# Specialty Courses



simulation programme of training on site and now our more junior trainees can practice their surgical technique on realistic artificial heads here.

## Contact

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## Oral and Maxillofacial Surgery

**Oral and Maxillofacial Surgery is a varied surgical specialty that has evolved over many years and requires double qualification. The programme takes five and a half years to complete.**

Oral and Maxillofacial surgery developed out of the need for special management of facial injuries, especially broken jaws

sustained by servicemen during the two world wars. Since then, the specialty has evolved to meet a clear demand for the management of an increasingly large range of pathological conditions of the face, notably facial deformities in adults and children, head and neck cancer, salivary gland disease, as well as the initial impetus; facial trauma.

## Contact

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## Ophthalmology

**Ophthalmology is the branch of medicine that deals with the anatomy, physiology and diseases of the eye.**

Trainees will learn examination techniques and see large numbers of patients in order to get a feel, particularly of the normal range, rotating through theatres and

gaining a breadth of knowledge in each of the major sub specialities:

- anterior segment
- glaucoma
- plastics
- paediatrics
- vitreo-retinal
- cataracts

During the latter part of ST1 trainees will start to learn about laser surgery, using focal and PRP argon lasers as well as skills

including injecting eyes, in further years moving on to experience complex cataract surgery.

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## Otolaryngology

**Otolaryngology, head and neck surgery, or 'Ear, Nose and Throat' (ENT) as it is more popularly known, is a fascinating and diverse specialty. It is the specialty of communication, involving hearing, olfaction, taste and speech and language.**

ENT is a varied and challenging specialty. It has more separate surgical procedures than most other surgical disciplines put together and is a "cradle to grave"

specialty. An ENT surgeon may be involved with a neonate's breathing problem, an infant's hearing loss and this involvement may continue right through to the hearing loss and loss of faculties of old age.

Within ENT it is possible to develop special interests including, head and neck oncology, paediatrics, ear surgery, facial plastic surgery, voice disorders, endoscopic nasal surgery, sleep disorders and skull base surgery.



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# Specialty Courses

## Paediatric Surgery

**Training in Paediatric Surgery in the East Midlands offers, along with the other hospitals in our training region (Newcastle to Leicester), trainees' exposure to the full range of Paediatric Surgery.**

Senior trainees have the opportunity to develop sub-specialty interests and skills,

towards the end of their training and we enjoy a good record of success at FRCS (Paediatric Surgery).

Feedback from trainees about the programme has been excellent and we look forward to continuing this success with future trainees.

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## Plastic Surgery

**Plastic Surgery is a small but extensive specialty with two main components:**

- **Reconstructive** plastic surgery is about restoring appearance and function to the body after illness or accident
- **Aesthetic** (often called "cosmetic") plastic surgery, is done to change the appearance from choice

The main work of nearly all plastic surgeons is reconstructive, covering all aspects of wound healing and reconstruction after congenital, acquired and traumatic problems, with aesthetic surgery playing a smaller but important part of their work.

Modern plastic and reconstructive surgery

is the combination of various surgical skills and techniques and works closely with many other disciplines. It is a highly rewarding specialty and as a result is very competitive to enter.

The East Midlands Plastic Surgery trainees benefit from placements at Leicester Royal Infirmary, Nottingham City Hospital, Queens' Medical Centre and the Pulvertaft Hand Centre in Derby. Trainees rotate through all three units during the course of their training with the anticipation that towards the final two years they will have a greater input into their choice of placements and clinical subspecialty, including subspecialty fellowships.

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### *Trauma and Orthopaedics*

**Trauma and Orthopaedic Surgery is a six-year programme dealing with injuries, congenital and acquired disorders of the bones, joints and their associated soft tissues, including ligaments, nerves and muscles.**

The vast majority of trauma and orthopaedic surgeons also have a specialist elective interest in orthopaedic conditions, often based on an anatomical region of the body.

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### *Urology*

**Urologists are currently combined medical and surgical specialists who treat men, women and children with kidney, bladder and urinary problems, as well those with incontinence, impotence and infertility. These specialists take care of the management of benign conditions and cancers in both the young and the elderly.**

National statistics on the number of procedures performed by registrars at the end of training show that the East Midlands rotation is in the top quartile of Local Education and Training Boards

in the UK. There is a rolling teaching programme providing protected training days every month covering the full urology syllabus and aimed at preparation for the FRCS(Urol.) exam, including yearly viva practice, and often features nationally and internationally renowned speakers. This is supported by a Virtual Learning Environment web resource.

No registrar in the East Midlands has ever failed the FRCS(Urol.) exam and the Keith Yates Gold medal for outstanding performance at the FRCS(Urol.) was won by an East Midlands trainee in 2010.

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### Vascular Surgery

**Vascular Surgery is a rapidly changing specialty and until recently was part of general surgery. Many recent advances in endovascular techniques have prompted the creation of new training schemes and curriculum to produce the vascular specialist of the future with a different skill-set than was previously needed.**

The new schemes will include greater exposure to all aspects of vascular surgery with a greater endovascular and radiological commitment than on previous general surgery schemes, whilst realistically tailoring the generic surgical skills to do the job. There will still be training in vascular surgery for general trainees in line with their new curriculum.

Modern vascular and endovascular surgery is very technology-driven and will appeal to trainees not just for the broad spectrum of vascular disease encountered, but also the evolving multiple treatment modalities encountered. With a great potential for academic work, these are exciting times in this emerging specialty.

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### Clinical Radiology

**Clinical Radiology is a continually evolving specialty with regular advances in technology. Radiologists offer a huge range of intervention in treatment and diagnostic imaging, making this a highly competitive specialty to work in. Vascular intervention in Leicester has been at the forefront of the development**

**of subintimal angioplasty and EVAR (endovascular aortic repair).**

The volume of work in the East Midlands is excellent, with increasing consultant support out of hours. Trainees completing the scheme are extremely well trained in both their chosen subspecialty as well as general radiology.

Trainees will work in both district general hospital and teaching hospital environments. Years 1-3 will rotate round all sub specialities including two

attachments at a district general hospital. In years 4 and 5 trainees will undergo sub speciality training, including six months at a District General Hospital.

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## Histopathology

**Histopathology (also known as Cellular Pathology) is fundamental in the diagnosis of disease and disease processes and involves knowledge of conditions affecting all the body systems (e.g. skin, respiratory, gastrointestinal, renal and urology, head and neck etc.) Whilst tissue sampling and microscope work currently remains the mainstay of this profession, ever advancing molecular techniques are employed to aid in diagnosis, prognosis and patient management. Histopathologists are vital core members of all multidisciplinary cancer teams and attend the clinical meetings. Histopathologists also play an important role in determining cause of death by performing post mortems at the request of the Coroner or by clinicians and/or family members.**

Histopathology training starts after completion of Foundation Year 1 and 2, and training takes five to six years of apprenticeship, culminating in the

acquisition of knowledge and skills required to be a competent and safe Consultant Histopathologist. Recruitment is national at ST1 entry level. There are also opportunities to train in forensic pathology (Leicester) when training posts become available, and there are excellent paediatric training opportunities in both Leicester and Nottingham with neuropathology also available in Nottingham. The University departments in both centres provide useful links for those interested in research. There are a small number of 3 year ACF posts (Academic Clinical Fellow), available from ST2, which combine clinical and academic training.

Several training positions are available each year, based between either Leicester or Nottingham. As part of the training, each trainee rotates out of the base hospital for a total of 12 months during their junior years. In Leicester, the rotations are to Kettering and Northampton General Hospitals and this provides trainees with invaluable experiences working in a District General Hospital

environment. In Nottingham, the rotations are to Derby and Lincoln.

The Histopathology department in Leicester is friendly and approachable and welcomes doctors to come for 'taster' sessions.

Leicester is a vibrant, multicultural city with excellent transport links, being surrounded

by beautiful countryside. Housing is still relatively cheap compared to other parts of the country.

For further information on this specialty see:

**[www.nhshistopathology.net](http://www.nhshistopathology.net)**

**[www.rcpath.org](http://www.rcpath.org)**

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## Obstetrics and Gynaecology

**The right leadership has created, over the last decade, a School of Obstetrics and Gynaecology which is supportive, nurturing, inspirational and trainee-focussed. The School is made up of a dedicated group of consultants who share a passion for training our next generation, aided by a large network of clinical and educational supervisors.**

There is a constant drive to improve the quality of training and maximise the learning opportunities trainees are exposed to. We treat each and every trainee as an individual, promoting achievement and supporting trainees in difficulty, helped enormously by the strong

team at the Trainee Support Service.

The School has one of the highest proportions of trainees working less than full time, with innovative working patterns to optimise the life-work balance. We are very supportive of applications for Out Of Programme Experience, meaning that many of our trainees take time out of the programme for research, teaching, career breaks and other training opportunities.

Trainees completing the programme are proving to be highly successful in securing consultant posts both locally, and further afield. Competition ratios for getting into the programme have also been very favourable.

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### *Paediatrics*

**Paediatricians have many skills, but key to this is the ability to communicate with children of different ages and developmental stages, and their parents and carers. Paediatricians possess the skills of multidisciplinary and multi-agency working, including with education, and children's social care, as appropriate. Paediatrics spans the health promotional aspects through to early diagnosis, prompt treatment, and managing/limiting disability through to rehabilitation. It requires close partnership with parents and families.**

Paediatrics is a very broad specialty that gives opportunities to work in acute clinical and community settings (including a range of several sub-specialties, or opportunity to be a generalist). Subspecialties include:

- Neonates
- Cardiology
- Community
- Respiratory
- Gastro-enterology
- Neurology

- Neurodisability
- Child development
- Metabolic Medicine
- Child protection
- Adoption and Fostering
- Diabetes
- Endocrinology
- Emergency care
- Paediatric intensive care
- Rheumatology

There are also opportunities in medical education, research, management, working with NGOs, UNICEF, WHO, etc.

Paediatrics is a very family friendly specialty, with a significant proportion of trainees and consultants choosing to work less than full time.



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## Public Health

**If you choose to become a public health specialist, you will be working to improve people's health through identifying the causes of disease and ways of tackling these. Through your clinical practice, you will have already realised that poverty, unemployment, poor housing, polluted air, food and water are all major contributors to ill health and as a public health specialist you will have the opportunity to tackle these basic problems.**

Specialists in public health serve the population, whether they are working for a rural community, a large city or the entire national population. The principles remain the same: prevention of ill health, promotion of healthy life styles and provision of good health care services.

The five-year specialty training programme is fully funded and leads to entry on to the specialist register and the eligibility to apply for a consultant post.

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### ***Broad Based Training (BBT)***

**Broad Based Training (BBT) is a new specialty training programme that aims to develop doctors who can deliver patient centred care through their knowledge of different aspects of the patients' journey. As a trainee have you reflected on how many healthcare professionals have contributed to your patient's journey? Where did their journey start - primary care doctor, specialist nurse, optician, school nurse? An understanding of this broader aspect of your patient's health and journey may allow you to contribute more effectively to your patient's care.**

Through this understanding you will be able to contribute to the development and improvement of your local healthcare system to make them more patient centred and coherent.

BBT is a two-year structured core training programme providing six-month posts in Core Medical Training, General Practice, Paediatrics and Psychiatry followed by CT/ST2 level training in one of the four specialties subject to satisfactory progression. In the East Midlands we have developed a training programme to meet the aims of BBT. Trainees are offered a wide variety of experiences in primary and secondary care and in services that bridge this artificial boundary. Trainees have a dedicated teaching programme as well as the opportunity to benefit from relevant aspects of specialty based programmes. Trainees are encouraged and supported to complete a quality improvement project. The programme is supported by enthusiastic educational supervisors and a training programme director.



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**More to do.  
More to see.  
More to **become.****  
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