



# Welcome to Ysbyty Gwynedd!



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## Welcome to Ysbyty Gwynedd

Welcome to Ysbyty Gwynedd and your first job as a Foundation Doctor! We hope this handbook will serve as a guide to help you get started in your F1 year, with information & advice directly from your preceding F1 doctors.

### Hospital Layout

The hospital is split into 'H' and 'T' blocks (named because of their layout), connected via a link corridor on the ground and first floor.

H block is accessed via main entrance and consists of:

<b>Ground Floor</b>	<b>First Floor</b>
Emergency Department (ED)* Same Day Emergency Care (SDEC)* Urology Radiology Cardiology Investigations (Echo) Outpatient Clinics Mortuary & Bereavement Centre Canteen** Post Room ( <i>all mail is delivered here if you live in the accommodation – open Mon-Fri 8am-4pm</i> ) Physio Phlebotomy (outpatient)	Doctor's Mess Education Centre Library Endoscopy Pathology Lab (including Blood Bank) Theatres and Post Anaesthetic Care Unit (PACU) Tudno Ward (day case surgery, some outliers) Enlli Ward (orthopaedic) ITU (Cybi) HDU* Cancer MDT Office
<b>Second Floor</b>	<b>Third Floor</b>
General Surgery Office (Surgeon's Room) Tegid Ward (surgical with some medical outliers) Dulas Ward (ENT with respiratory, COTE and some cardiology outliers) Conwy Ward (surgical with some medical outliers) Ogwen Ward (orthopaedic and orthogeriatric with some endocrine outliers) Surgical Rota Co-ordinators Office (next to Dulas Ward)	Gogarth Ward & AMAU (Acute Medical Admissions Unit)* Aran Ward (Gastroenterology) Glyder Ward (Cardiology) and CCU (Coronary Care Unit) Tryfan Ward (Medically Fit Ward)

*\*Areas with ABG machines*

*\*\*Canteen opening hours are Monday to Friday 08:00-10:30; 11:30-16:30; 16:30-18:30 (lunch ends at 14:00 on weekends)*

On the ground floor link corridor, you will find Alaw ward and day unit (oncology and haematology), the dialysis unit and chaplaincy.

On the first floor link corridor you will find the anaesthetics department.

T block consists of:

<b>Ground Floor</b>	<b>First Floor</b>
Dewi and Minfford Wards (paediatrics) The Menai Unit (sexual health)	Ffrancon Ward (gynaecology with some surgical and medical outliers) Maternity Unit, including Llifon (labour ward)
<b>Second Floor</b>	<b>Third Floor</b>
Prysor Ward (stroke unit and COTE) Glaslyn Ward (COTE)	Moelwyn Ward (respiratory)* Hebog Ward (renal, endocrine and diabetes)

\*Areas with ABG machines

### Turas Portfolio

Throughout the year you will need to gather evidence of your progress in line with the Foundation Programme Curriculum. We will cover this in detail in a session with the Foundation programme director as part of the Foundation Programme Core Teaching.

You are entitled to 1 hour per week of Educational Development Time (EDT) – this is time to use for updating your portfolio, completing an audit/QIP or attending other educational opportunities. Most departments condense this to equate to 4 hours (i.e. half a day) per month. Speak to your rota co-ordinators if this doesn't appear on your rota.

### Teaching Schedule

- There is a general teaching schedule for department teaching which also runs alongside the core teaching programme.
- This will be advertised in the postgraduate centre and emails will also be sent.
- There is also a specific "Surviving FY1 course" which is run by FY2+ doctors based on feedback. This covers key topics and has received positive feedback for several years.

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	General Surgery Teaching 13:00-14:00 Acute Medicine Teaching 13:00-14:00	X-Ray Teaching 13:00-14:00 Junior Doctors Forum – <i>first Wednesday of the month</i> 13:00-14:00	F1 Core Teaching 13:00-14:00	Grand Round 13:00-14:00 (see emails and notice boards)



## Useful Contacts & Bleep Numbers

### **Postgraduate Team**

Dr Ushan Andrady, Foundation Programme Director – [ushan.andrady@wales.nhs.uk](mailto:ushan.andrady@wales.nhs.uk)

Libby Demarco, Postgraduate Medical Education Manager – [libby.demarco@wales.nhs.uk](mailto:libby.demarco@wales.nhs.uk)

Angie Charlton, Postgraduate Centre Secretary West & GPST Administrator –  
[angela.charlton@wales.nhs.uk](mailto:angela.charlton@wales.nhs.uk) 01248384621

### **Accommodation**

Paula Chester – [paula.chester@wales.nhs.uk](mailto:paula.chester@wales.nhs.uk)

## **Life as an FY1 at YG / General F1 Advice**

Starting F1 is daunting and comes with a big shift in responsibility from medical school. However, you will learn and develop so much, which is extremely rewarding. Don't be afraid to ask for help and engage with your supervisors

**\*\*It is important to note that there is no nightshifts for FY1 doctors at YG\*\***

### **Some general tips:**

- Ask all your questions – no question is ever silly, and it is much better to ask basic questions now as an FY1 than as an SHO
- Introduce yourself to staff
- Be friendly – people will want to help you
- Have breaks throughout the day – when it gets to 7pm on call, you will get decision fatigue
- Always escalate if you are concerned, even if it is to talk through your plan
- If ever in doubt, A-E!
- There are a number of guidelines on BetsiNet – don't be afraid to use them – you aren't expected to remember everything from day 1
  - I find the electrolyte replacements guidelines particularly helpful for ward cover
  - Palliative care also have some excellent resources for anticipatory medicines
  - YG123 has protocols for a number of emergency presentations
  - The YG Medicine sharepoint consolidates a range of useful information, forms and guidance for medical patients
- The apps ATSP and Foundation Doctor Handbook are invaluable
- If you're struggling at any time, please don't be afraid to ask for help – there is a wealth of wellbeing resources and support available to you!

## **Living - Accommodation/Parking/Bike storage/Food/Post**

- **Accommodation:**
  - Please see contact page for accommodation manager details.
  - There are individual, family and couples accommodation available on site at the hospital.
  - Individual rooms for FY1 doctors are free for the first year of training.
  - There is also plenty of private rentals available both in Bangor and in neighbouring towns.
- **Parking**
  - There is free parking at the accommodation. You will be given a parking permit when you receive your accommodation keys. If you

don't live on site there's plenty of free hospital staff parking which include both long term and short term stays

- **Bike Storage**
  - There are a few outdoor bike racks throughout the accommodation complex and around the hospital.
  - These are sheltered however there are no security locks on the complexes.
- **Food**
  - The hospital canteen provides both hot and cold food at scheduled times throughout the day.
  - There are hot and cold drinks and cold sandwiches and snacks available throughout the day.
  - There is also a daily discounted staff meal available every day.
  - There is also a convenience store located a 2 minute walk away from the hospital.
  - For bigger shops there is a selection of retailers available around a 15 minute walk from the hospital.
- **Post**
  - Post is available to be collected from the post room which is located within the hospital.
  - There are also plenty of lockers/shops nearby where you can have larger parcels delivered.

### Welsh Language



Cymraeg

- The Welsh language is commonly spoken in North Wales particularly in Bangor and its neighbouring towns.
- There will be plenty of opportunities for those keen to learn the language available through daily communication and also specialised Welsh learner courses which are delivered for both members of the public and certain courses tailored for NHS staff.
- Although speaking Welsh will be a benefit it is not at all necessary to be a Welsh speaker to practice in North Wales.

### Resident Doctor Forum (RDF)

- The resident doctor forum is a monthly meeting which is attended by senior management, where you can raise any issues/comments related to working or living at a Ysbyty Gwynedd.
- This takes place on the first Wednesday of every month at 1:00 PM in the lecture theatre.

### **Resident doctors Mess**

- The doctor's mess is a place to relax, eat lunch and socialise.
- It's £5 a month to join, giving you access to Tea/ coffee/ snacks brought by the mess committee.
- The committee also organises social events throughout the year which you can keep an eye out in the mess' WhatsApp group.
- There are exciting plans coming this year for further development of the mess.

### **Betsi Doctors Society**

- This is a new committee set up by current resident doctors.
- The Betsi doctors Society organises social events and teaching across the three hospitals within the health board.
- In addition to the mess committee they will organise social events such as Winter and Summer Balls, which allow resident doctors from all three hospitals within the health board to come together, share experiences and socialise.

### **Opportunities**

#### **Specialised Foundation Programme (SFPs)**

- There are three specialised foundation programmes available at Ysbyty Gwynedd.
  1. MRes (Sports and exercise science) in collaboration with Bangor University.
  2. Mountain + expedition medicine experience.
  3. PgCert Medical Education
- Please see below for further information on the specific programmes.



**FP/088 – Betsi Cadwaladr (West) UHB**

This rotation is in collaboration with the School of Psychology and Sport Science at Bangor University [<https://www.bangor.ac.uk/spss>].

The Foundation Doctor will spend one/two days per week (depending on the how many modules they undertake), in the School, working under the supervision of a researcher from one of two institutes: The Institute for Applied Human Physiology [<https://www.bangor.ac.uk/iahp>] or The Institute for the Psychology of Elite Performance [<https://ipep.bangor.ac.uk/index.php/en>] (depending on your area of interest). These institutes have diverse research interests, ranging from the pathophysiology of chronic disease to environmental medicine and from group dynamics to mental toughness. Both institutes have an excellent record of developing early career researchers and producing high quality publications. Several departments from Ysbyty Gwynedd (most notably Renal, Respiratory Medicine, weight management services, and Oncology) have active collaborations with the University.

The Foundation Doctor will have the opportunity to complete a postgraduate qualification for which the fees will be paid by the Health Board. Depending on how many modules you complete, you will graduate with either an MRes in Sport and Exercise Science (180 credits including: 40 credits of research training, plus 20 credits of taught modules, plus a 120 credit Research Project) or a Post Graduate Certificate in Sport and Exercise Science Research (60 credits including 40 credits of research training, plus 20 credits of taught modules) [<https://www.bangor.ac.uk/courses/postgraduate-research/sport-and-exercise-sciences-mres>]. Although this F2 Foundation Programme will last for one year only, you can choose to complete the MRes part time over a two-year period.

The Foundation Doctor should look at each institute and its members in advance so that a suitable project and supervisor can be agreed before the start of the F2 year. They may join an established project or develop one with their supervisor. The taught modules will be delivered in a blended learning format so you can access the lecture content flexibly around your clinical schedule, with face-to-face support provided during tutorials and drop-in sessions.

In the spring, the Foundation Doctor will be encouraged to present their work at the Ysbyty Gwynedd Young Innovators Award. There may also be an opportunity to present an abstract at a national meeting and to be published in a peer reviewed journal.

**FP/087 – Betsi Cadwaladr (West) UHB**

The rotation is “Mountain Medicine” themed and is aimed at those who have an interest in wilderness/expedition medicine. In addition to providing a good rounding in front door medicine, it would also be attractive to those interested in acute care, Trauma & Orthopaedics, and primary care.

The “special experience” element will span 5 days per 4-month placement (on top of the prescribed SDT and Study Leave entitlements), and will involve:

- a) A funded expedition medicine course (costing approximately £1,000). E.g. <https://worldextrememedicine.com/extreme-medicine-courses/expedition-and-wilderness-medicine-course-pyb/>
- b) Opportunities that arise related to this topic. These may include training mountain rescue volunteers, mountain medicine research and or ultra event medicine

### **FP/138 – Betsi Cadwaladr (West) UHB**

The Foundation Doctor will have the opportunity to undertake a fully funded Postgraduate Certificate of Medical Education (PGCME). This is a valuable qualification and excellent first step into a career in Medical Education.

The Foundation Doctor is expected to enrol with a suitable external University to undertake the PGCME as a distance learning course. Ideally, they should enrol and apply before they start the F2 post. The doctor gets half an academic day per week on top of their Educational/Self Development Time (EDT/SDT), during the F2 year to complete the course and to be involved in various teaching activities within the hospital/medical school. In addition, they can use some of their Study Leave entitlement to attend the face-to-face/distance learning element of this course to complete assignment work.

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### Teaching + North Wales Medical School

- There are several opportunities to teach, these include but are not limited to; teaching of junior colleagues (increasingly important due to the development of the North Wales medical school), teaching medical students on placement, and simulation teaching as part of the faculty.
- There are also opportunities with the North Wales medical school including lecturing, admissions interviewing, exam question writing, and ISCE examiner opportunities.
- There are also established lack during series such as “surviving F1” on the F1 core teaching that you will also be able to support once you are F2 and above.

### Research

- There are close links with the university and research opportunities are available for those interested.
- Get in touch with the foundation programme director and the postgraduate team to explore these further.

### Committee member

- There are also opportunities to be part of several committees that run within the health board.
- These opportunities include the resident doctor forum committee, the doctors mess committee, Betsi doctor society and opportunities with the BMA.
- You will also be supported in setting up your own societies if you wish to do so

### Places to visit

- We have compiled a list of places to visit and activities to undertake within the local area.
  - Portmeirion
  - Bodnant Gardens
  - Zip world
  - Sailing clubs
  - Watersports – Rhosneigr, Llanberis
  - Running clubs
  - Castles – Caernarfon, Penrhyn, Conwy, Beaumaris
  - Museums and National Trust
  - Zoo – Colwyn Bay and Chester
  - Cinemas – Bangor, Caernarfon, Llandudno
  - Pubs and Bars
  - Visit local towns and cafes – Caernarfon, Conwy, Llanberis, Felinheli, Beaumaris, Llandudno
  - Explore shopping and larger towns with easy public transport links – Liverpool, Manchester, Chester.
  - Walks – beaches, mountains and lakes are in plentiful supply and have MAGNIFICENT views!

