

MEDICAL INDUCTION AUGUST 2022 POSTGRADUATE MEDICAL EDUCATION CENTRE 01248 384621

PLEASE BE ADVISED THAT THE INDUCTION IS BEING FILMED Should you have any concerns about this, please let Jean Williams (Centre Manager) know

Wednesday 3rd August (Day 1)

Refreshments will be available throughout the morning and you are free to take breaks as required.

Please note, Covid guidelines may alter at short notice hence the below programme may be subject to change (we will keep you informed advised should anything alter)

08:30 - 09:30	Postgraduate Centre Foyer	Welcome breakfast, reg	istration and ID photos
Lecture Theatre	e, Postgraduate Centre		
09:30	Welcome to Bangor	Dr Karen Mottart	Hospital Medical Director
09:40	Overview of Medical Education & Raising Concerns	Dr Helen Salter	Faculty Lead/Consultant in ED Medicine
09:55	Foundation Programme & Teaching Opportunities	Dr Ushan Andrady	Foundation Programme Director/Consultant In Sexual Health Medicine
10:00	Overview of Support – Non-Trainees	Dr Emma Lloyd-Davies	Programme Director - LEDs
10:05	Infection Prevention and Covid Update (Local)	Mr Gareth Pierce Jones	Charge Nurse - Infection Prevention
10:20	Resus and Cardiac Arrest	Mr Alun Mowll	Resuscitation Services Manager
10:45	Safe Prescribing	Mrs Gwawr Thomas	Pharmacist
11:05	Antimicrobial Stewardship	Mr Aled Hughes	Antimicrobial Pharmacist
11:25	Blood Transfusion	Ms Eithne Hughes	Specialist Transfusion Practitioner
11:45	Handover & Escalation of Care Sepsis	Dr Chris Subbe	Consultant Physician
12:15	Intro to Junior Doctors Forum & Drs Mess	Dr Joy Mawby & JDF Cha Dr Ruby Abdi	irs
12:30	Lunch	Harlech Room /overspill	in Beau/Cricc if needed
13:00	Using the Radiology Dept	Dr Alex Kraus	Consultant Radiologist
13:20	Using the Laboratories	Catrin Searell	Clinical Scientist
13:40	VTE prophylaxis	Rhianwen Griffiths	Lead Thrombosis Nurse
14:00	In-patient Falls	TBA	Consultant, Care of the Elderly
14:20	'Pot-noodle of Quality Improveme	ent - How to cook it in Bang	or' Dr Chris Subbe
14:40	SWSS (Staff Wellbeing & Support Service	Dr Kate Shakespeare	Clinical Psychologist
14:50	Fire Safety	Mr Alex Roberts	Fire Safety Officer
15:00	Troubleshooting/any questions/car	n we help?	Postgraduate Team

FIT Testing, Welsh Clinical Portal, ABG et al: please see separate information provided during registration and on the information tables. Whilst the Postgrad Team is more than happy to help, it is **your** responsibility to ensure you book onto required courses. Any problems or queries at any time during the Induction period, please let us know.



MEDICAL INDUCTION AUGUST 2022 POSTGRADUATE MEDICAL EDUCATION CENTRE 01248 384621

Thursday 4th August (Day 2)

SAFETY HUDDLE

Dr Karen Mottart, Hospital Medical Director, extends a warm invitation to all new colleagues to attend the Safety Huddle (Lecture Theatre) from 08:30.

DEPARTMENTAL INDUCTIONS

Morning:

08:30 - 09:00 Postgraduate Centre Foyer Welcome breakfast, registration

09:00 O &G Beaumaris Room

Medicine Harlech Room
Surgery Lecture Theatre
T & O Criccieth Room
Paediatrics Paediatric Ward

Anaesthetics Anaesthetic's Seminar Room

ED Cutting Room

Afternoon:

LUNCH Staggered vary – vouchers for the staff canteen

Continue with Dept Induction as needed apart from:-

14:00 Welsh Clinical Portal Training Criccieth Room PLEASE BOOK

OR

15:30 ditto ditto

FIT TESTING and ABG Session registration details will be set out in the Centre, please select your preferred session.

Postgraduate Team available *all day* to take your queries, troubleshooting etc. Please do not hesitate to approach one of us should you have any questions.



MEDICAL INDUCTION AUGUST 2022 POSTGRADUATE MEDICAL EDUCATION CENTRE 01248 384621

Friday 5th August (Day 3)

SAFETY HUDDLE

Lecture Theatre

Dr Karen Mottart, Hospital Medical Director, extends a warm invitation to all new colleagues to attend the Safety Huddle (Lecture Theatre) from 08:30.

SUPPORT SERIES

Lecture Theatre	
09:15 - 09:40	Introduction to the Library
	Mrs Pamela Jones – Library Services Manager
09:40 - 09:45	COFFEE
09:45 - 10:00	Teaching Opportunities – Undergraduate
	Mrs Kimberley Thomas – Undergraduate Education Manager
10:00 - 10:30	E Expenses – how to get your money back!
	Mrs Melissa Duffy – Expenses Team Leader
10:30 - 11:00	How to apply for Study Leave – the proper way! (Intrepid)
	Jennifer Williams, Regional Information Officer, HEIW
11:00 - 12:00	DATIX Training Session
	Tania McDaid - Patient Safety Manager
13:30 – 14:00	Welcome to our new Locally Employed Doctors/non-trainees/LEDs
	Dr Laura Clapham – CT1, Anaesthetics
14:00 - 17:00	'Welcome to UK Practice' (Especially important if you haven't worked in the UK previously –
	feedback on this session is excellent, highly recommended)
	Mr Ian Jones, Regional Adviser General Medical Council (GMC)
Criccieth Room	ABG Training – PLEASE PRE-BOOK YOUR SLOT
	09.15 - 10.15: 10.15 - 11.15: 11.15 - 12.15
	12.45 - 13.45: 13.45 - 14.45
Harlech Room	Welsh Clinical Portal Training/Password/Log in etc
	PLEASE PRE-BOOK YOUR SLOT

09:30 - 11:00: 11:00 - 12:30: 13:00 - 14:30

14:30 - 16:00

Croeso/Welcome Postgraduate Medical Education Centre

This diary card has been produced as a guide to teaching held in, and coordinated by, the Postgraduate Centre.

This document should be used as a reference guide to weekly teaching sessions. The details contained within this booklet are not exhaustive and it is the responsibility of the individual doctor to ensure that they attend appropriate teaching sessions. Please note all core curricula activities and Grand Round are bleep-free.

Supplemental information relating to weekly Grand Round presentations, Foundation Programme and Core Medical training schedules are available from the Postgraduate Centre Team and on the appropriate notice boards sited in the Centre. Details of departmental teaching sessions should be obtained from the relevant department.

The Centre regularly hosts study days, guest lectures and special events, details of which will be advertised on the main events notice board in the Centre and via NHS email addresses.

In addition to regular teaching, an e-learning package has been developed to raise awareness of prescription writing standards across Wales and to help reduce prescribing errors. This is available to staff via the Pharmacy Home Page on the LHB intranet site.

Should you have any suggestions for teaching, or wish to take part in any of the sessions held in the Centre, the Team would be delighted to hear from you. We have an 'open door' policy in Postgrad - please do feel free to pop in to see either myself or one of my Team should you wish to discuss any aspect of your tenure here in Bangor.

Ms Jean Williams Rheolwraig y Ganolfan Ôl-raddedig/ Postgraduate Medical Education Manager July 2022



Bwrdd Iechyd Prifysgol Betsi Cadwaladr University Health Board



DIARY CARD

A Guide to Postgraduate Medical Education and Teaching Sessions at the Postgraduate Centre, 1st floor, Ysbyty Gwynedd, Bangor, LL57 2PW
Tel: 01248 384621

Email: BCU.PostgraduateCentreWest@wales.nhs.uk



Weekly Teaching Sessions held in the Postgraduate Centre

days are also held regularly.

LOCAL FACULTY TEAM (W	•	Day/ Time	Session		
FOR POSTGRADUATE & DENTAL	EDUCATION	Monday 12:00 -13:30	SHO Teaching (T&O) Weekly teaching for SHOs		
Clinical Director for Medical Education	Dr Aparna Gumma				
Faculty Lead for Postgraduate Medical Education	Dr Helen Salter	Tuesday 13:00 -14:00	General Surgery Teaching Weekly teaching led by Mr Chris Houlden		
Foundation Programme Director	Dr Ushan Andrady	Tuesday	GPST Half Day Teaching (HDR)		
Royal College of Physicians Tutor	Dr Rachel Newbould	09:15- 13:00	GPST Teaching (full programme info via notice board) Sessions led by Dr Roger Ramsay and Dr Martin Thomas		
Royal College of Surgeons Tutor	Mr Anil Lala	Tuesday	ECG Teaching		
GPST Programme Directors	Dr Martin Thomas Dr Jens Foell	(1st of the Month) 13:00—14:00	Educational Sessions with Dr Martin Royle held on the 1st Tuesday of every month.		
		Wednesday 13:00—14:00	X Ray Teaching Weekly education sessions led by Dr Martin Pike & Dr Chan Ong		
POSTGRADUATE CENTRE TEAM (WEST)		Wednesday	Junior Doctors Forum		
Postgraduate Medical Education Manager	Ms Jean Williams Ext 4621	(1st of the month) 13:00—14:00	Have your say in your forum - Inc. Lunch		
	LAC TOZI	Wednesday	Foundation 2 Core Curriculum		
Junior Doctor Programmes Co-ordinator	Miss Myfanwy Roberts Ext 4080	(2nd of the month) 13:00—17:00	Mandatory teaching for FY2 trainees (inc lunch).		
		Thursday	Foundation 1 Core Curriculum		
Postgraduate Centre Secretary & GPST Co-ordinator	Mrs Angie Charlton Ext 4621	13:00—14:00	Mandatory teaching for FY1 trainees		
Dental Education Administrator	Mrs Rhian Jones Ext 5628	Thursday 13:00—14:00	IMT/Core Medical Teaching Weekly teaching for Medical IMT/CMT/SHOs		
		Friday 13:10—14:10	Grand Round Weekly case presentations. These consist of patient cases presented by clinical and specialist teams on a rota basis. Special study		





Grand Round Programme

(Lunch 12:15, presentation 13:10 -14:00)

September 2022 Lecture Theatre, Postgraduate Centre Ysbyty Gwynedd

DATE	TOPIC
2nd September 2022	Topic TBA Medical Education Clinical Leads: Dr Aparna Gumma – Clinical Director for Medical Education (West) Dr Helen Salter – Faculty Lead (West) Dr Chris Subbe – Honorary Senior Lecturer (West)
9th September 2022	Foundation Doctors' QI Event Chair: Dr Ushan Andrady, Foundation Programme Director
16th September 2022	'Slipping Between the Cracks - a Case of Complex Ethics and the Court of Protection' Dr Conor Martin, Consultant Care Of The Elderly
23rd September 2022	Topic to be confirmed Dr Kate Sutherland, Senior Coroner for North Wales
30th September 2022	твс

Grand Round is open to all healthcare professionals, medical students and those studying associated topics at Bangor University.

If you have an interesting *clinical case* you would like to present, please contact the Postgraduate Centre Office

Tel: 01248 384621 OR

Email: BCU.PostgraduateCentreWest@wales.nhs.uk



MEDICAL INDUCTION 2022

SPECIALTY ROTA CONTACT LIST

Medicine: Dani Jones 03000 850840 Assistant Support Manager

Dani.jones@wales.nhs.uk

Arwel Jones 03000 850841 Band 4 go to

<u>Arwel.jones7@wales.nhs.uk</u>

Jackie Davies 03000 851459 Band 3 supporting

Jackie.davies4@wales.nhs.uk

Surgical: Caren Davies 03000 851415

Caren.Davies2@wales.nhs.uk

Anaesthetics: Karen Capon 01248 384177

Karen.capon@wales.nhs.uk

Obstetrics & Nerys Jones 01248 385011

Gynaecology: nerys.w.jones@wales.nhs.uk

Emergency Tina Roberts 03000 851055

Department: <u>Tina.Roberts4@wales.nhs.co.uk</u>

MHLDs: Laura Jordan 03000 857920

Laura.jordan@wales.nhs.uk

Emma Povey 03000 858221

emma.povey2@wales.nhs.uk

Paediatrics: Annwen Hope 03000 858611

Annwen.hope@wales.nhs.uk



Looking after your ward: the S.O.R.T. tool



Sick patients: NEWS high or rising



Out today (or tomorrow)



Including risks through infection or otherwise



Transferred freshly in or awaiting a bed

Would like to try QI?

Not sure how to start?

Need advice on techniques?

Quality Improvement with a bite?

11 August 13:00 - 14:00 - Postgraduate Centre









A warm welcome to all our Locally Employed Doctors (LEDs)

My name is Dr Emma Lloyd-Davies, I am an anaesthetic consultant in Ysbyty Gwynedd and the Programme Director for Locally Employed Doctors.

What is a Locally Employed Doctor?

If you are not on a formal training scheme or employed as a permanent member of staff then you are a locally employed doctor. "Locally Employed Doctor" or "LED" is an umbrella term for doctors who have been employed under titles such as F3, junior or senior clinical fellows or even staff grades. To reiterate - If your contract is not a permanent one and you are not on a training scheme you're an LED.

I am a Locally Employed Doctor, what does that mean?

Unlike trainees on formal training schemes you are responsible for your own continual professional development. Some of your job offers will have come with dedicated time for supporting professional activities and some will have a clinical focus. Regardless, it is important that you are clear with your clinical lead from the outset of the job what the expectations of you are and what you are entitled to, especially with regards to things such as study leave and study budget.

What is the role of the Programme Director for Locally Employed Doctors (LEDs)?

The purpose of this role is to ensure that you, our LEDs, are provided with robust clinical support, training and professional development during your time with us in Ysbyty Gwynedd. This includes access to formal teaching programmes and opportunities to progress your careers. The programme director for LEDs will also provide support for any doctor who is experiencing difficulty and will work with local education teams to ensure you receive appropriate support where required. The programme director is also the point of contact for any LED who has an unresolved issue in the workplace that is unable to be managed at a local level.

A positive experience

Thank you for coming to work with us here in Ysbyty Gwynedd. We want your experience to be a positive one and I welcome feedback on how we can improve things for our Locally Employed Doctors at any time. If you have any concerns I would encourage you to use your clinical supervisors and departmental clinical leads as a first point of contact for support but I am happy to be contacted for advice on any subject. I look forwards to meeting you all in the near future.

Dr Emma Lloyd-Davies

Anaesthetic Consultant and Programme director for Locally Employed Doctors

Emma.lloyd-davies@wales.nhs.uk or ex 4177



Advocate of Safe Working and Wellbeing

Welcome to Betsi Calwaladr University Health Board. I would like to introduce myself and my role to you. My name is Dr Maddie Phipps and I have worked at Glan Clwyd for more than 20 years as a consultant in Anaesthesia and Pain Management. In this role, I ensure that the wellbeing of junior doctors is considered on each of the three main hospital sites, particularly during periods of change and during service developments.

Wellbeing

I work with the BCU Director of Medical and Dental Education Clinical Directors for Medical & Dental Education on each hospital site and the Chairs of the Junior Doctor's Fora to ensure that areas of good practise related to wellbeing are shared across the whole organisation. Over the last few months we have worked together on ensuring that everyone has access to hot and healthy food outside normal working hours and that there is accommodation available for you to rest in after a busy night shift so that you don't have to drive whilst tired. We are currently looking to significantly improve the experience of those that are just starting their first job in the UK with us to ensure that is as smooth and as stress free as possible. We are always looking for feedback on this topic to help us – please feel free to pass on ideas to me

We know it can often be very stressful during the first few weeks of a new job so if you are struggling please reach out for help through either you clinical supervisor or the postgraduate staff who are there to help you. The BetsiNet part of the Betsi Cadwaladr UHB Website (available on the desktop of all BCUHB computers) has a large well-being section that gives plenty of advice on getting help <u>Staff Wellbeing - Home (sharepoint.com)</u>

I am also happy to help with individual problems whether they relate to education, employment issues or are of a more personal nature. I can be contacted via the Post-graduate managers on each site or I am happy to be emailed at Maddie.phipps@wales.nhs.uk

Rota Monitoring

Following on from work between the British Medical Association and the Welsh NHS Health Boards it has been agreed that all Trusts in Wales must ensure that all your workload is not excessive and that you are paid for the work that you do. As a result, we need to work with you to look in detail at the hours and intensity of your work during set periods for a week in September and April. You will be sent log ins and will be given training to ensure that this runs smoothly and we can ensure we keep you safe. Please note that taking part in this monitoring is considered to be part of the roles and responsibilities as an employee and your participation is essential and will help us make sure we are getting it right. We work with the BMA to ensure they are happy the process is undertaken fairly and correctly with the outcome to support you.

I look forward to meeting you all.

Dr Maddie PhippsAdvocate of Safe Working and Wellbeing
Betsi Cadwaladr University Health Board

Ysbyty Gwynedd Pharmacy

Pharmacy Opening Times:

Mon-Fri 9am-5pm (TTOs not accepted after 4pm)

Sat-Sun 9am-12.30pm (TTOs not accepted after 12pm)

Out-of-hours: - On-call Pharmacist available when department closed through the bleep 100 holder

Department Location: On the corner by the main H block lifts on the way to the canteen

Ward pharmacists on most wards usually in turquoise uniform. Pharmacy technicians in minty green.

Specialist Medication Information/Advice Helpline (for complex medication queries): (use ward pharmacist where available first) internal ext. 4141 BCU.MedicinesAdvice@wales.nhs.uk 03000 850819 (9-5pm Mon-Fri excluding Bank holidays)

Resources

BNF-available online via NICE or Medicines Complete or download app (paper copies also available)

Microguide- available on intranet or download app

BetsiNet Pharmacy Guidelines section: Clinical Systems drop down menu- medicines- prescribing matters (guidelines in 'therapeutics').

TTO (discharge medication)

Welsh clinical portal MTeD.

Print a copy of the TTO, sign it and inform the nursing staff that this has been done. If a pharmacy staff member is on the ward give prescription to them to be processed on the ward. Otherwise the nursing staff will need to inform pharmacy and either a pharmacy member will collect it or nurses will take the prescription, along with the treatment chart and medication to pharmacy, and the verification will be completed in the pharmacy department. Please write the discharge medication list as soon as possible once a discharge is identified [24 hours notice where possible for those on compliance aids ('blister packs', 'pill pouches' etc.), 12pm cut off for same day discharge with compliance aid].

Supplementary charts exist for the following:

- •Chlordiazepoxide for alcohol withdrawal
- •Gentamicin once daily regimen
- •Gentamicin multiple daily dose
- •Neonatal Gentamicin
- Vancomycin IV
- Methotrexate
- •Unfractionated Heparin

- •Diabetic Ketoacidosis
- •Variable rate insulin
- •GTN infusion
- •Isoprenaline infusion
- •IV morphine
- •Immunoglobulins (several)
- •Warfarin



Chance to check Have you got the right opioid? GIG Series Consultar Series



Have you checked?

Right **Drug** Right Formulation Right **Strength** Right **Dose** Right Route Right **Patient**

MODIFIED

RELEASE

Background analgesia

Regular dosing

MORPHINE

MR capsules 10mg 30mg 60mg

100mg 200mg

MR tablets

1ST Continus 30 mg 5mg 10mg 15mg 30mg 60mg 100mg 200mg

OXYCODONE

MR tablets

5mg 10mg 15mg Longtec' 20mg 30mg 40mg 60mg 80mg 120mg

MR tablets



5mg 10mg 15mg 20mg 30mg 40mg 60mg 80mg 120mg

IR tablets

10mg 20mg

50mg

IR capsules

IR liauid

Shortec

5mg 10mg 20mg

RELEASE

IMMEDIATE

<u>Breakthrough</u> analgesia

PRN



IR liquid

10mg/5mL oral solution

2mg/mL

5mg/5mL oral solution

1mg/mL

Adapted with permission from Grater Glasgow & Clyde NHS trust



JION SAFETY



Pharmacy Fast Facts >>> Prescribing Controlled Drugs

Additional Legal requirments

Total quantity in words and figures

eg Sixty (60) capsules

Include formulation eg tablets, capsules, liquid etc

Date

Sign & print name

Commonly prescribed Controlled Drugs

Drug	Formulation	Frequency	Commonly used strengths	Pack size	
Morphine	MR capsules	Twice a day	10mg, 30mg, 60mg	gths size ,30mg,60mg 60 15mg 60 15mg 60 10mg, 20mg 56 5mL 250mL 10mg 56 : 30 ig 100 ig 100 ig 56 : 56 : 57 : 58 : 58 : 58 : 58 : 58 : 58 : 58 : 58	
	MR tablets		5mg, 15mg	60	
	IR Liquid	Prn (state	10mg/5mL	100ml	
	IR Tablets	interval time)	10mg	60	
Oxycodone	MR tablets	Twice a day	5mg, 10mg, 20mg	56	
	IR Liquid	Prn (state	5mg/5mL	250ml	
	IR capsules	interval time)	5mg, 10mg	56	
Tramadol	Capsules	Up to qds prn	50mg	30	
Gabapentin	Capsules	Up to tds	100mg 300mg 600mg	100	
Pregabalin	Capsules	Up to tds	25mg, 50mg, 75mg, 150mg, 300mg	56	
Fentanyl	Patch	Every 72hrs	12mcg/hr 25mcg/hr 50mcg/hr 75mcg/hr 100mcg/hr	5	

Frequency of prn immediate release preparation dependant on individual patient factors. e.g. opioid naïve, tolerability, renal function etc

MR: Modified release IR: Immediate release



Get Library Help

You can talk to a Library specialist during library office hours. The office is situated within the library.

TEL:

01248 38 4191

Email:

BCU.LibraryWest@wales.nhs.uk

YOUR LIBRARY



24/7 Library access 365 days of the year using your Health Board Identity Badge.

Library membership is available for all employees of Betsi Cadwaladr University Local Health Board.

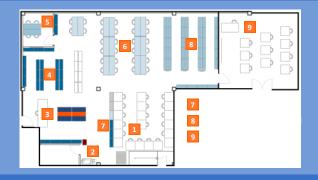
Membership is also available to all health professionals based in North Wales, including community pharmacists, practice nurses and medical/dental students.

LIBRARY OFFICE HOURS: Monday to Friday - 09:00 - 17:00

BCUHB LIBRARY WEST



- 1 IT ZONE
- 4 BOOK COLLECTION
- PRINT / COPY / SCAN 3 LIBRARY SUPPORT
- QUIET ROOM
- 6 STUDY ZONE



Llyfrgelloedd BIPBC **BCUHB Libraries**



nww.bcu.wales.nhs.uk/library



www.bcu.wales.nhs.uk/library





SPACES FOR YOU

IT Zone

Over 15 Health Board PCs available. All accessible with your Health Board NADEX username and password.

PC Skills Suite

Equipped with 11 Health Board PCs, a large screen and whiteboard. This room is perfect for all your IT related training. Bookable by contacting Library Staff.

Study Zone

Large study area suitable for group and individual work or study. Perfect for low volume conversation.

Quiet Room

A quiet place for individual work or study

EVIDENCE AT YOUR FINGERTIPS

FIND THE INFORMATION YOU NEED

To find online and print books, journal articles and other resources, visit the library or use your library's intranet or internet homepage:

INTRANET:

nww.bcu.wales.nhs.uk/library INTERNET:

www.bcu.wales.nhs.uk/library

BORROWING FROM THE LIBRARY

Use your Library's Self-service machine to borrow, renew or return books 24/7.

- Most of the library's book stock is available for 4 week loans with up to 3 renewals.
- Can't find an item you need? Make use of your Library's Inter-Library loan service and a Librarian will track down and find the item for you.

NHS WALES E-LIBRARY

The NHS Wales E-Library for Health is the place to find electronic evidence based information such as articles, book chapters, guidelines.

https://elh.nhs.wales

SUPPORT

You can get advice and help with:

- Finding evidence Searching bibliographic databases
- Accessing electronic resources
- Critical appraisal
- Writing for publication
- References and citations

DROP-IN FOR FACE TO FACE SUPPORT

Visit the library between Monday - Friday, 9am - 5pm where library staff will be happy to help support you with your information needs.

BOOK A LIBRARIAN

For advice and guidance on a wide range of subject specific enquiries. Email BCU.LibraryWest@wales.nhs.uk to book an appointment.

TRAINING SESSIONS

We can provide group or one-to-one training sessions at the library, your place of work or virtually.

IT SUPPORT

Get support on how to use a referencing software (Endnote) and point of care tools. You can also come to us with basic IT queries.

YOU CAN...



ACCESS RESOURCES FROM WORK

Using your 'NADEX' username and password to access any PC within the library...

- Access eBooks, e-Journals
 Bibliographic Databases, Point
 of Care Tools + more via NHS
 Wales e-library for Health
- Check your NHS email
- Access ESR (Electronic Staff Record) and mandatory e-Learning.



CONNECT TO WIFI

Your library is equipped with Wifi facilities for both personal and Health Board devices. Grab a study space and get connected!



PRINT / COPY / SCAN

Colour and mono printing is available from any of the Library PCs. Photocopying and scanning facilities are also available within the library.







TOP TIPS FOR NEW DOCTORS

RCPE Evening Medical Update

Live online at 18:30 on Tuesday 26 July 2022

Organised by the Trainees & Members' Committee Royal College of Physicians of Edinburgh, 11 Queen Street, Edinburgh, EH2 1JQ

Chairs

Dr Georgina Phillips & Dr Libby Sampey - Trainees & Members' Committee

18:30 FY1 top tips: how to survive your first day as an FY1

Dr Libby Sampey, Foundation Year 2 Doctor, South East Scotland

18:45 FY1 top tips: practical advice and portfolio

Dr Ronak Shah, Clinical Teaching Fellow, Imperial College Healthcare NHS Trust & IMT Trainee, London NW Thames (from August 2022)

19:00 How to deal with deteriorating patients

Dr Marilena Giannoudi, ST4 Clinical Academic Fellow in Cardiology, West Yorkshire Deanery

19:15 Thriving beats surviving: navigating your first year as a doctor

Dr Charlotte Squires, Specialist Trainee in Geriatric Medicine, Edinburgh

19:30 Q&A with all speakers





EPRO DIGITAL DICTATION SYSTEM

What is EPRO?

Epro is a fully digital dictation system which allows the user to access patient records across the Betsi hospitals (Central – Glan Clwyd, West – Ysbyty Gwynedd and East – Wrexham Maelor) as well as provide digital dictations for typing within the department you will be based. The ability to approve these documents is also available in the system.

When to use EPRO

Dictations are produced in EPRO using the patient identifying number for the area you are based in (commonly called a CRN number). Each area has a different code — Central patients have the prefix of G or B. West patients have a prefix of D or B. East patients have a six or seven digit number without a letter prefix. This number is shown on all patient records. You can produce the dictations in EPRO using this patient identifier. This can be in inpatient or outpatient setting (rules vary within departments) but all dictations produced in EPRO are linked to a patient.

How to book on to a training session

If you need to book a training session for an author (clinician), please contact the Senior Systems Administrator, Kelly Roberts (Kelly.roberts@wales.nhs.uk) and provide your full name, full job title, nadex number along with your department and hospital. You will be contacted with available dates and times of training sessions which are conducted via teams.

To book a place there is an email address on the linked poster below from the Clinical Audit Support Centre. The fabulous Jane Higgs will be looking in more detail at SEIPS – Safety Engineering Initiative for Patient Safety. SEIPS is starting to emerge as the number 1 human factors framework. To find out more and/or to book your place, click here."



The summer is here!

Hello everyone,

With so much happening out there in the world of clinical audit and QI and with people telling us how busy they are, we have decided to opt for a short e-Postcard for July rather than a full newsletter. This will take a maximum of three minutes to read!

It was great to see local teams getting involved with #CAAW22 and we noted all sorts of wonderful initiatives from short films to awards to awareness raising training and stands. That said, there have been some disappointments. Once again #CAAW22 felt very hospital dominated and we didn't observe any engagement from primary care or social care. Twitter activity was hard to gauge compared to previous years, but in the main it felt like the 'usual suspects' speaking. HQIP's awards were a success - we encourage people to find out more here. It is a shame that no award could be made in the Patient Advocate category, plus we still await details on how many nominations were received across the five awards.

With #CAAW22 now firmly in the rear-view mirror, we turn our attention back to our popular Learn at Lunch online seminars. These took a break in May and June as we worked on #CAAW22 but we are delighted to kickstart these again on 9 August. The fabulous Jane Higgs will be looking in more detail at SEIPS - Safety Engineering Initiative for Patient Safety. SEIPS is starting to emerge as the number 1 human factors framework. To find out more and/or to book your place, click here.

We are also delighted to be able to announce that in partnership with Healthcare Conferences UK we have set up the first online access anytime clinical audit training. This allows learners to find out more about clinical audit at a time that suits them. Learning is highly interactive. Films, case studies, audio clips, best practice guidance, assessments, etc. are used to help bring clinical audit to life. By working through the online module, learners can gain a certificate of study and will understand how to lead an effective audit project. To find out more, click here.

We wish you all an enjoyable July! Tracy and Stephen

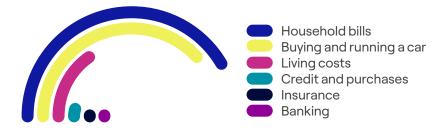
MoneyHelper is here to help, so you can move on with life. We provide clear money and pension guidance online and over the phone. We can also point you to trusted services, if you need more support. Money help all in one place, that's free to use.

Everyday money

Guidance on choosing and running a bank account, planning your finances and cutting costs.



Budget planner



Saving

How to save money, types of savings accounts and getting started with investing.



- How to save money
- Types of savings
- Investing

Work and benefits

Understanding your employment rights, dealing with redundancy, benefit entitlements and Universal Credit.



Money manager for Universal Credit claimants



- Help with your benefits
- Tax and your pay
- Child Benefit
- Redundancy
- Universal Credit
- Self-employment
- Employment basics

Homes

Paying for our home is normally our most expensive outgoing. That's why we've put together a section on understanding your money when buying or renting.

Mortgage calculator

Mortgage affordability calculator

Stamp Duty calculator

Buying

- Help to buy a home
- Understanding mortgages
- Re-mortgaging or switching your mortgage
- Borrowing in later life

Renting

- How much rent can vou afford?
- Financial and legal responsibilities if you rent

Money troubles

If you're having problems with debts, need to make a complaint about a financial service or are worried about being scammed.

Money navigator tool

Debt advice locator

Credit card calculator

- Loan calculator
- Ways to pay off debts
- Help if you're worried about bills and payments
- Scams

- Money problems and complaints
- Coronavirus money worries



Family and care

Big money decisions often need to be made when looking after family members, expecting a baby, or you've got family problems like illness, divorce or bereavement.



Baby costs calculator



Baby money timeline

- Maternity and paternity rights
- Having a baby
- When someone dies
- Divorce and separation
- Making a will
- Long-term care
- Care advice and help
- Illness and disability

Pensions and retirement

Whether you're just starting to think about your retirement, are about to retire, or have been retired for some time.



Workplace pension contribution calculator



Pension calculator



Retirement adviser directory



Annuities comparison table

- Pension basics
- Auto-enrolment
- Building your retirement pot
- State Pensions
- Tax and pensions
- Taking your retirement pot

Got a question about your money or pensions? There are lots of ways you can talk to us:



Web chat

Use our online web chat service to find quick answers.

moneyhelper.org.uk

Monday to Friday - 8am to 6pm Saturday - 9am to 3pm Sunday and Bank Holidays - closed



Callu

Give us a call for free and impartial money and pensions guidance.

08001387777*

Monday to Friday - 8am to 6pm Saturday, Sunday and Bank Holidays - closed * Calls are free



WhatsApp

Need help sorting out your debts, have credit questions or want pensions guidance?

Add +44 7701 342744

to your WhatsApp and send us a message.







Single Lead Employer | Cyflogwr Arweiniol Sengl

Contact Details | Manylion Cyswllt

Phone | Ffon:

01443 848533 / 01443 848602

<u>For Trainees</u>						
Training Group	Email Address					
ACCS	accs@single-lead-employer.zendesk.com					
Anaesthetics	anaesthetics@single-lead-employer.zendesk.com					
Clinical	clinical@single-lead-employer.zendesk.com					
Core Medicine	Coremedicine@single-lead-employer.zendesk.com					
Children & Women	CW@single-lead-employer.zendesk.com					
Dental	Dental@single-lead-employer.zendesk.com					
Foundation	Foundation@single-lead-employer.zendesk.com					
GPST	GPST@single-lead-employer.zendesk.com					
Higher Medicine	highermedicine@single-lead-employer.zendesk.com					
Medical	medical@single-lead-employer.zendesk.com					
Pharmacy	Pharmacy@single-lead-employer.zendesk.com					
Surgical	Surgical@single-lead-employer.zendesk.com					
General Support	Support@single-lead-employer.zendesk.com					

<u>For Hosts / HEIW</u>					
<u>Team</u>	<u>Email Address</u>				
HEIW General	heiw@single-lead-employer.zendesk.com				
HEIW Interface	heiwinterface@single-lead-employer.zendesk.com				
Absence reporting	absence@single-lead-employer.zendesk.com				

Please use these contact details from 03/05/2022. All emails sent to our @wales.nhs.uk generic email address will not be read after this date.



REQUESTS FOR PERSONAL EMAIL NOTIFICATIONS

TRAINING GRADE DOCTORS August 2022 – August 2023

Name					G	MC				
Hospita	ıl Base				G	rade				
Special	ty/ies				./		/			
Persona	al/prefe	rred email				@		•••••	•••••	
Please	add me	to the CIRCL	E AS API	PROPRIA	ATE:					
Grade: Specialty:										
FY1	FY2	FY3/LEDs	IMT	SpR	Surgical	Medicine	GPST	Paeds	MHLDS	ED
(NB: al	l addres	sses will also	be uploa	aded to	the junior	doctor distri	bution I	ist)		
related	I agree that my personal email address may be used for the purposes of notification of educationally-related topics eg CPD, core curricula activities and urgent non-educational notifications. I understand these personal details will not be passed on to anyone outside the Postgraduate Centre Team.									
I under	stand th	ne details give	en herei	n will be	e deleted f	rom this mai	ling list	at the be	ginning of A	august 2022.
Signed										
Date										



The new BCUHB Staff Wellbeing Support Service (SWSS) is here for you, with a range of resources and support - from help with staying well at work, to providing specialist support for your mental health.

Ways to find out more:

- Search 'Staff Wellbeing' on the BetsiNet homepage
- Contact our support advisors on: 03000 854599
- Or use the QR code below on your mobile device





Betsi Cadwaladr University Health Board Pathology
Department
Adran Patholog Bwrdd Iechyd Prifysgol Betsi Cadwaladr

Hospital Transfusion Team Blood Sciences Pathology Ysbyty Gwynedd Bangor

Telephone No ext 4648 & bleep 815 Gofynnwch am / Ask for: Eithne

E-bost / Email: Eithne.hughes@wales.nhs.uk

Dyddiad / Date: June 2022

Blood Transfusion Services at Ysbyty Gwynedd

Dear New Medical Staff Starter,

The Hospital Transfusion Team would like to welcome you to **Ysbyty Gwynedd**. There is a Blood Bank on this site, which is staffed around the clock by a Biomedical Scientist covering all of Haematology. You will have an opportunity to attend the blood transfusion induction on August 3rd. If you have any questions please get in touch.

Transfusion Intranet Pages links are :-

Blood Transfusion Protocols (sharepoint.com)
Transfusion training (sharepoint.com)

Blood Bank contact details are 9-5pm ext 4368 and out of hours Bleep 043

In order for to comply with the Welsh Government WHC 2007 042, Karen Mottart the Medical Director and the Hospital Transfusion Team require you to declare if you have completed or require the training as detailed below.

Please could you complete and return the slip attached to confirm what is required. (E-learning Registration instructions are overleaf)

Medical Staff Blood Transfusion Training Needs Questionnaire 2022

Print Name Specialism Job Role

Email address

I have completed:

- 1. Blood Transfusion update including prescribing/authorising of blood in the last 3 years Yes or No (required). Date and Place completed?
- 2. Competency on Pre-transfusion sampling & request form completion in the last 3 years Yes or No (required). Date and Place completed?
- 3. Training in Electronic Blood tracking system/Telepath? Yes or No (Training required)

Signature



Instructions for logging on to Learn Blood Transfusion E-learning

E- learning	L1 Safe Transfusion Practice	L2 Blood Component indication for use	Consent for Blood Transfusion	Transfusion reactions	Anti- D	GMP for Blood bank	Cell salvage	All Wales Pre- transfusion sampling assessment	
Doctors	X	X	X	Optional				X	

This excellent E-learning package written by NHS Scotland is approved for use by the NHS across the UK. This package is on the NHS Wales priority list.

Web address is www.learnbloodtransfusion.org.uk

- 1. On the left side of the screen click a blue tab "Click here to register pro NHS"
- 2. Read and agree to Terms &Conditions
- **3.** Enter personal details (this site is secure and approved by NHS Wales) For the user name use your email address. For unique ID use your staff no or other unique ID
- **4.** The next page asks you to select your location. Please select
 - Select NHS Wales
 - Betsi Cadwaladr University Health Board
 - Select base hospital, Ysbyty Gwynedd etc...
 - Medical Staff
 - The next tab asks you to select your Job role- i.e. FY1/Fy2 etc
- **5.** Select next-You are now registered
- 6. Log in & Select modules as indicated above.
- 7. If you need any assistance please contact Eithne.hughes@wales.nhs.uk

Doc No PTHTP/016 P V2



MEDICAL INDUCTION 2022 – SUPPORT SERIES

LECTURE THEATRE, YSBYTY GWYNEDD, LL57 2PW 01248 384621

14:00 ON FRIDAY 5th AUGUST 2022

GMC: 'WELCOME TO UK PRACTICE'
Mr Ian Jones - Regional Liaison Adviser - North Wales, Cheshire and Merseyside

What is Welcome to UK practice?

This free workshop is designed to support doctors new to the UK. Adapting to UK practice can be difficult for any doctor, regardless of where you're from or how experienced you are. You will get practical advice, and explore different ethical scenarios that you may encounter. And you will learn more about our key standards and guidance.

Is the workshop for you?

If you gained your primary medical qualification outside of the UK, and registered with a licence to practise within the last 12 months, then this workshop is for you.

If you are still in the application process, including taking PLAB, please do not book onto a workshop until you have had your application approved.

We know doctors are under considerable pressure at the moment so there's no obligation for you to attend. But, if you find you do have the time, this workshop is a great way to learn more about practising medicine in the UK.

How will the workshop help you?

Guidance

Get practical guidance around a series of real-life ethical scenarios, including areas where you'll encounter differences in the UK, such as consent, confidentiality, raising concerns, care for children and young people, and prescribing.

Confidence

Be more confident to make the right choices when facing difficult ethical situations.

Get support

Meet a member of our outreach team, and have your questions answered by someone with a wealth of experience.

Programme

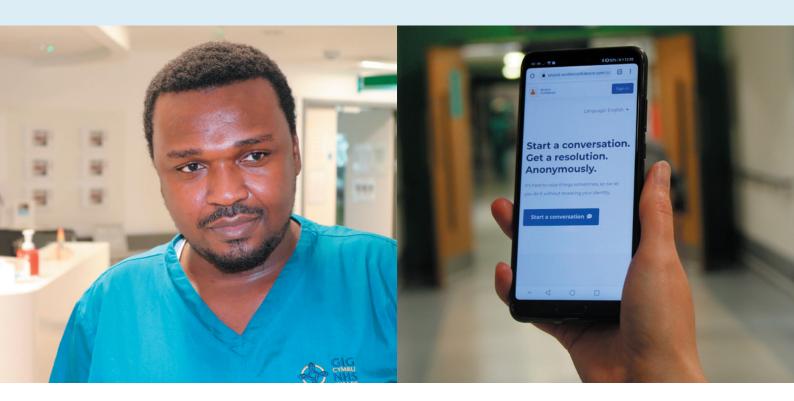
- Welcome and introduction to the GMC and how we can help you
- An introduction to our guidance and learning resources
- Hello my name is...' getting to know each other
- What makes a good doctor?
- Doctors share their experience of starting out in UK practice and learn about the duties of a doctor in the UK Ethical scenarios.
 - ➤ What would you do?
 - How can our guidance help you?

PLEASE RESERVE YOUR PLACE VIA BCU.PostgraduateCentreWest@wales.nhs.uk or pop in to the Postgraduate Centre and speak to one of the PG Team.





Supporting how we raise concerns in **BCUHB**



Something you need to tell us about? Start a conversation Anonymously

It's hard to raise things sometimes, so we let you do it without revealing your identity.



Start a conversation at https://speak2us.at/bcuhb





Registering with a personal email? Use the code bcuhb2021





MEDICAL INDUCTION 2022

DR HELEN SALTER, FACULTY LEAD (West)

Welcome to Ysbyty Gwynedd!

I'm Dr Helen Salter and I'm a Consultant in Emergency Medicine and the Faculty Lead for Ysbyty Gwynedd. The Faculty Lead post is a role in medical education - I am paid by HEIW for half a day a week to be responsible to HEIW and to the hospital for ensuring you have good training.

I work with the Medical Education Team, individual departments and hospital management to improve training. So, if you have any concerns about your training that you can't resolve don't hesitate to get in touch. I will normally be available on Tuesday afternoons but you can contact me by email helen.salter@wales.nhs.uk or via the Postgrad Centre team.

There is some more information on the Faculty Lead role and how to raise concerns on the HEIW website. There's also a useful video and details of HEIW open and how to contact them heiw.open@wales.nhs.uk

Link here:

https://heiw.nhs.wales/support/quality-management/raising-training-concerns/

This is the link to the Civility Saves Lives website:

https://www.civilitysaveslives.com/

The Brain Goldman TED talk "Doctors make mistakes; can we talk about that"

https://www.ted.com/talks/brian goldman doctors make mistakes can we talk about that?language=en

I look forward to meeting you at some stage and am confident you will be very happy here at Ysbyty Gwynedd.

Dr Helen Salter Consultant in Emergency Medicine Faculty Lead (West)







Bwrdd Iechyd Prifysgol Betsi Cadwaladr University Health Board

Hyfforddiant y Gymraeg BIPBC / BCUHB Welsh Language Training

Mae hyfforddiant iaith Gymraeg wedi cael ei nodi yn flaenoriaeth er mwyn sicrhau bod digon o gapasiti i ddarparu gwasanaethau'n ddwyieithog. Mae rhoi'r cyfle i staff ddatblygu eu sgiliau Cymraeg yn angen sefydliadol.

Mae gennym diwtor llawn amser a swyddog cefnogi hyfforddiant sy'n darparu ystod wahanol o gyrsiau a grwpiau sgwrsio i staff y Bwrdd Iechyd ar draws Gogledd Cymru.

Welsh language training has been identified as a key priority to ensure we have the capacity to deliver services bilingually. Providing staff with the opportunity to develop their Welsh language skills is an organisational need.

We have a full time tutor and a Welsh language training support officer who provide a variety of courses and chat groups for the Health Board staff across North Wales.

Enghreifftiau o gyrsiau ar gael.	Lefel	Gwybodaeth ychwanegol
Example of Courses available	Level	Extra information
Cwrs blasu ar-lein	Mynediad	Cwrs 10 awr hunan-astudio ar –lein.
	Entry	10-hour self-studying on-line course.
On-line taster course		
Cwrs hunan-astudio ar-lein 60-awr	Mynediad 1	Cefnogaeth tiwtor ar gael.
	Mynediad 2	Tutor Support Available.
60-hour self-studying on-line	Sylfaen 1	
course		Blwyddyn i gwblhau'r 60 awr.
	Entry Part 1	A year to complete the 60 hours.
	Entry Part 2	
	Foundation Part 1	
Gwersi wythnosol (rhithiol)	Pob Lefel	Rhithiol dros Teams efo Tiwtor BIPBC
		Virtual over Teams with BCUHB Tutor
Weekly lessons (virtual)	Every level	
		Bloc o 10 wythnos
		Block of 10 weeks
Cyrsiau Preswyl Nant Gwrtheyrn.	Canolradd	Cyrsiau Dwys 5 niwrnod
	Uwch	Intense 5 day courses
Nant Gwrtheyrn Residential	Gloywi	
Courses.		Llety, bwyd a'r cwrs –AM DDIM!
	Intermediate	Accommodation, food and course – For FREE!
	Higher	·
	Proficiency	Dan ofal tiwtor profiadol Nant Gwrtheyrn.
	,	Led by an experienced Nant Gwrtheyrn tutor.













User Guide – Linking your Medic on Line account to the ME App



Allocate Me

Allocate Me is an app that provides you with complete visibility of your work schedule and makes it easier to manage.

You have Medic Online access so are ready to link with Allocate Me.

With Allocate Me you can:

- n Quickly view your daily work schedule
- n Improve your work-life balance by requesting shifts on future rosters
- n Manage your annual leave in seconds
- n Book bank duties on the move with just a swipe-and-tap
- n View your time sheets





Get Started With AllocateMe

Install Allocate Me

1. Download the app from the App Store or the Play Store.



Create An Allocate Me Account

1. Open Allocate Me, then tap Create Account.

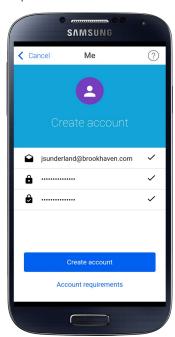




2. In Email, type your email address.

In Password and Confirm Password, type a password.

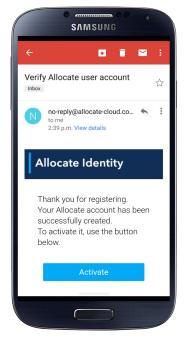
Tap Create Account.



Allocate Me sends an activation email to your email address.

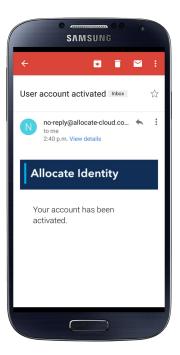


3. Open the email that Allocate Me sent to your email address, then tap Activate.



Allocate Me sends a confirmation email to your email address.





Sign In To Allocate Me

1. Open Allocate Me, then tap Sign In.



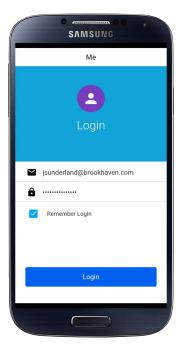
2. In Email, type your email address.

In Password, type your password.

If you want Allocate Me to remember your email address and password, check the Remember Login box.

Tap Login.





3. If this is the first time you have signed in to Allocate Me, tap Continue.



Allocate's Privacy Policy

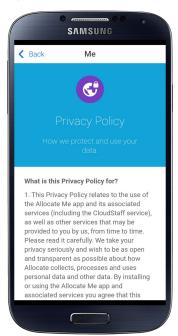
The first time you sign in to Allocate Me, it displays our privacy policy.

1. Read the privacy policy.

If you want Allocate to send you emails about their latest news and developments, tap Keep Me Informed.



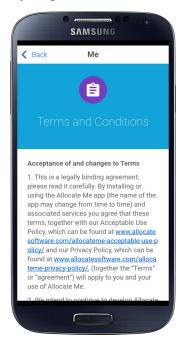
If you do not, tap No Thanks.



Allocate Terms And Conditions

The first time you sign in to Allocate Me, it displays our terms and conditions.

Read the terms and conditions.
 If you agree to the terms and conditions, tap I Accept.



Enter BCUHB

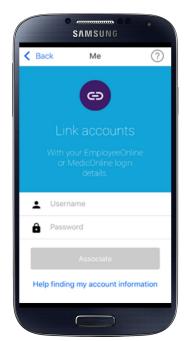
The first time you sign in to Allocate Me, you must enter the BCUHB in search Organisation Once Selected tap Next



Associate Your Employee Online Account With Your Allocate Me Account

You need to associate your Medic on Line account with your Me Ap

In Username, type your Medic Online username.
 In Password, type your Medic Online password.



Tap Associate.





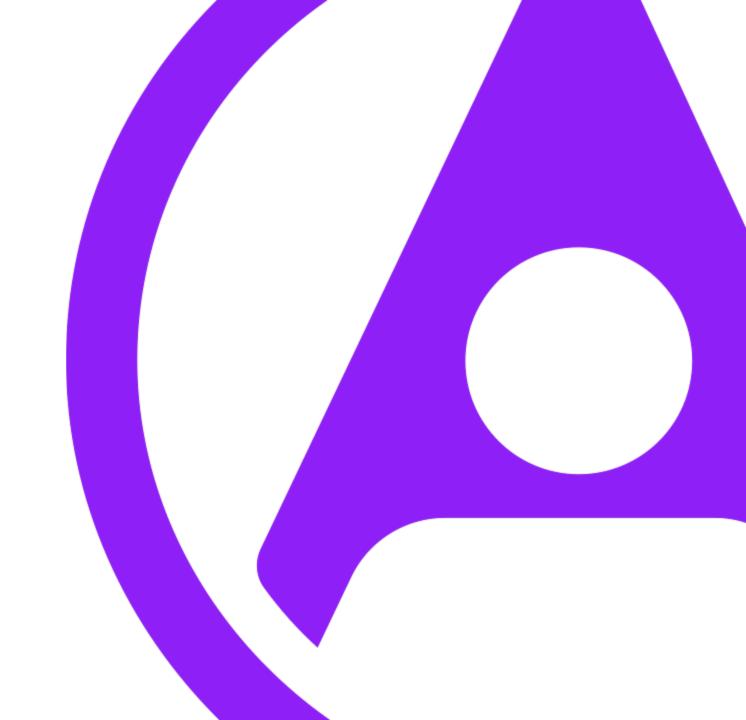




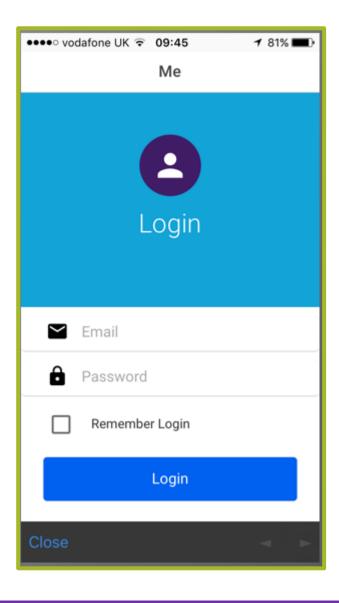
Medic Online - ME App

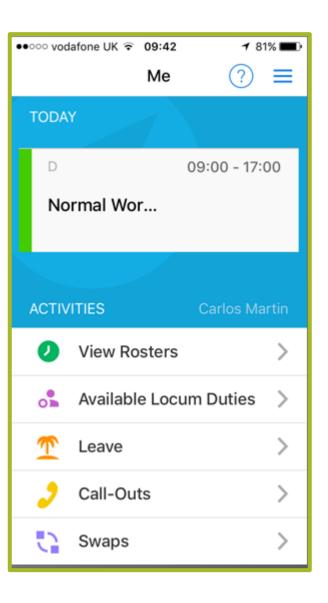
The ME app can be downloaded from the Google Play Store and Apple app store.

A desktop (web browser) version is also available www.allocateme.com



Login Screen



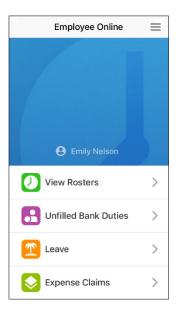




View Rosters

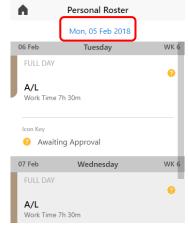
1 Select **View Rosters** on the home screen.

Note: Tap at any time to return here.



2

Your Personal Roster will be shown. Scroll down to view rosters for future dates, or tap the current date, then select the date you want.

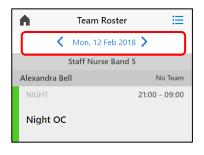


Note: If have the relevant permissions, you will see the week number of each roster. Tap it if you want to see the roster for a different week



3

Select the **Team** button at the bottom of the screen in order to view your team's rosters. You can use the arrows to move forwards and backwards to different dates



Note: If you have the relevant permissions, tap a duty to see the phone number and email address of the person assigned to the duty



If someone is unavailable for a shift, EmployeeOnline displays that, too



Note: If you don't have the relevant permissions, you might not see the reason that they are unavailable

EmployeeOnline Mobile also displays the bank, agency and external employees on your team that day

Bank and Agency

D ..

Ref#0717046905



Julie MYERS

AM

1

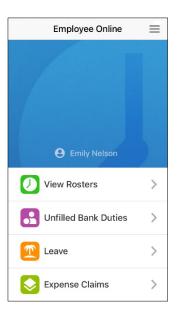
If you want to view your team's rosters for a different date, first tap the current date, then tap the date you want.







1 Select **Leave** on your Screen



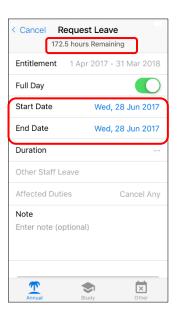
The Annual Leave screen will be shown. You can scroll down to view the Entitlement Taken Per Quarter.



3
Select the **Add** button in the top right hand corner of the screen.



Complete the request
Leave screen by entering
the Start Date and End
Date. Your remaining
hours of leave are shown
at the top of the screen.



Requesting Annual Leave Cont'd

When you have entered your Start Date and End Date, the Other Staff Leave will become available to view. Select

Other Staff Leave.

The Other Staff Leave screen will be shown. You can scroll down to view other staff colleagues.

7
Check your Affected Duties if any and then select the Submit Request button.

Start Date Mon, 31 Jul 2017

End Date Thu, 03 Aug 2017

Duration 4 days

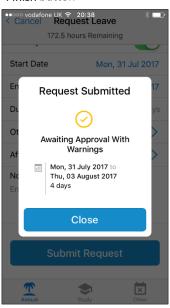
Other Staff Leave >

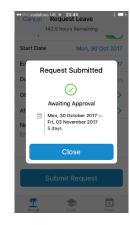
Affected Duties Cancel Any >

Note Enter note (optional)

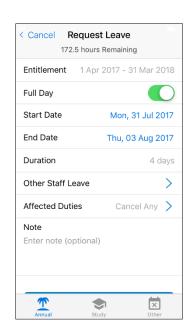
Submit Request

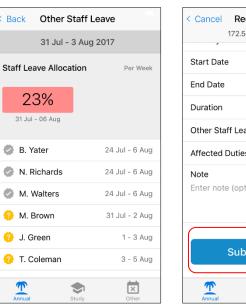
8
If there are Warnings the screen below will be shown. If there are no warning s then the screen to the right will be shown. Click on Close and the Warnings screen will appear. Select the Finish button







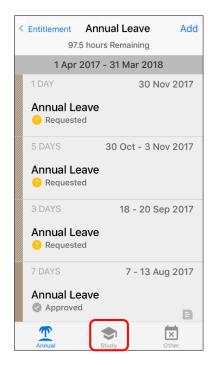




Requesting Study Leave

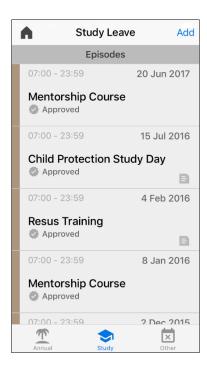
1 Select the **Study Leave** button at the bottom of the screen.



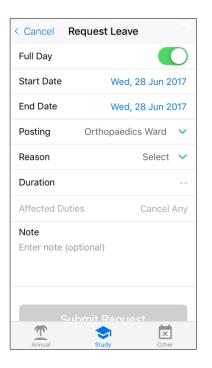


The **Study Leave** screen will be shown. You can scroll down to view the episodes.
Select the **Add** button in the top right hand corner

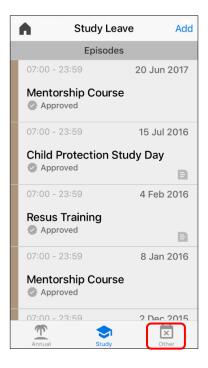
of the screen.

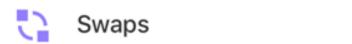


Complete the Request Leave form, scroll down and select the Submit Request button.

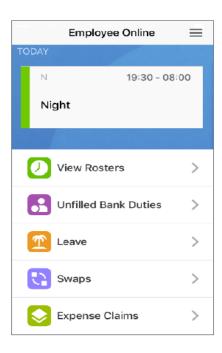


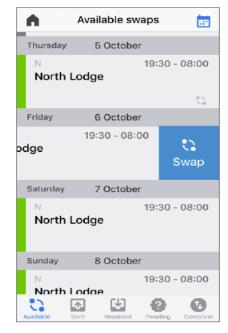
Select the **Other** button at the bottom of the screen.

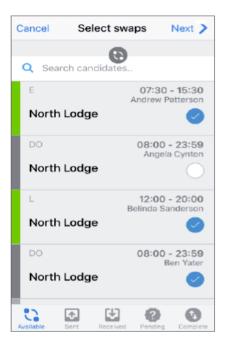


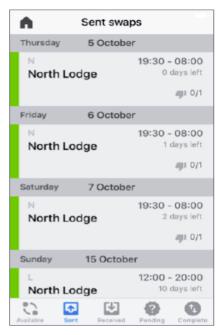


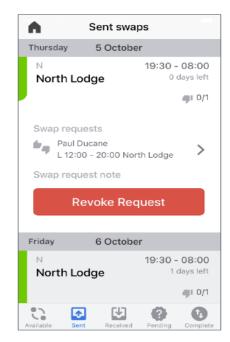
Request a Swap











New Menu item on the home page

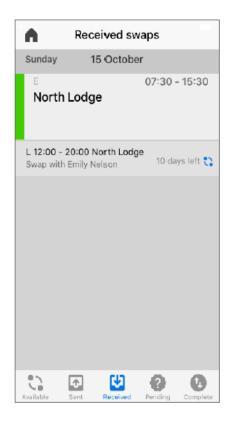
Swipe left selected duty to swap

Select from candidates to swap

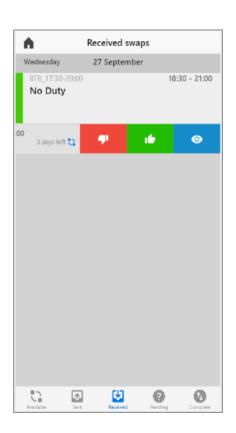
Swap requests display in 'Sent'

Swaps can be Revoked from 'Sent'

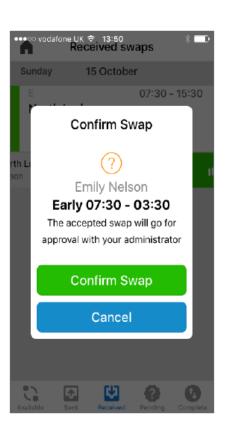
Accept a Swap



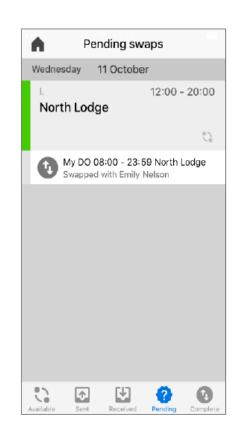




Green 'Thumbs Up' Accepts Swap

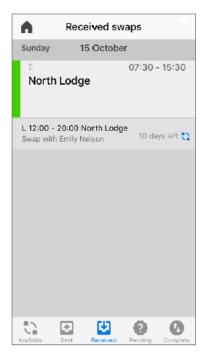


Confirms & moves to Pending Swaps

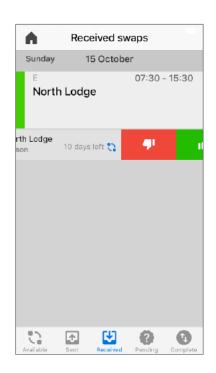


Pending Swaps await approval

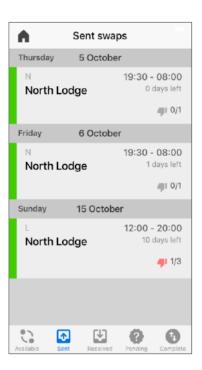
Reject a Swap



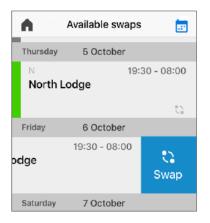
Display in Received Swaps



Red 'Thumbs Down' Rejects Swap



Appears in Sent Swaps with icon



Note: If all candidates decline the swap request, MOL Mobile reenables the Swap button for the duty, so they can try again with different candidates.