Committed to enhancing opportunities, maximising potential, and giving all our trainees the very best chances of realising their dreams.

Visit us on Facebook at: http://www.facebook.com/NHSDGMedicalStudentsandDoctorsinTraining

Also, check out our website at: http://www.dgeducationcentre.scot.nhs.uk
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http://www.dgeducationcentre.scot.nhs.uk

“There is a sense of camaraderie among the members of staff that is rare to find in the modern NHS. I have thoroughly loved my time at DGRI and my predecessors had expressed very much the same opinion. It’s not the big city, there are no flashing lights or a parade but it’s real medicine with genuinely helpful people and an opportunity that I feel very fortunate to have.”
The Education Centre

Facilities
The Education Centre has been refurbished in recent years, when it was fitted with all the latest IT technology allowing excellent projection facilities in all rooms, videoconferencing, clinical skills training with interactive models and group IT skills training.

We have a modern library, a functions room for catering, seminar rooms, lecture theatre, IT training room and a computer laboratory with 24 hour internet access. All are available for use at any time.

In addition, we can link the Lecture Theatre with any of our other rooms for overflow for higher audience numbers.

We have a Doctors’ Mess to allow you some relaxation away from the wards and clinics. This area provides a large TV with DVD and there is also access to a kitchen for tea/coffee & soft drinks and a microwave for preparing hot snacks.

We have an active Mess team arranging social activities. Recent examples include a summer ball, a Burns Night ceilidh, a football league and BBQs.

Where is the Education Centre?
The Education Centre is on the lower ground floor of Dumfries & Galloway Royal Infirmary. It is clearly sign-posted from the main reception hall and has 24 hour access for staff.
What Does the Centre Offer?

Medical Education
The centre has traditionally focussed on Medical Education, but in recent years has developed much closer links with providers of education for all NHS staff.

We are keen to encourage all NHS staff to make use of the centre facilities and staff. Our team supports many educational programmes, runs ad hoc educational events, and is able to offer advice on teaching methods, and event organisation. We encourage anyone planning to arrange educational events for NHS groups to come along and make use of our skills.

Undergraduate Medical Education
We run structured programmes for medical students from various universities. Our Teaching Fellows are largely responsible for the co-ordination and delivery of student programmes in General Medicine, General Surgery, Emergency Medicine, Elderly Care Medicine, Paediatrics, Psychiatry and Obstetrics & Gynaecology.

In addition, students from several universities join our General Practice teams for placements. These blocks are of particular interest to students keen to develop a career in rural practice.

We also welcome students on elective placements on request and will assist with organising these to fit individual requirements.

Students are entitled to free accommodation while in Dumfries and Galloway.

We encourage our students to provide feedback about their placements. This enables us to continually improve and ensures we provide the best possible teaching and learning experience while you are here.

“The staff in DGRI are very supportive and I’ve learnt a lot from them already in these first couple of months. Questions are welcomed and problems can always be discussed.”
Foundation Training Programme

Our Foundation training is run as a split-site programme. Participants spend one year with us and their other foundation year in Glasgow.

We pride ourselves on providing a supportive, enjoyable, and stimulating experience for young doctors. We are a rural area and thus offer a different experience from city hospitals. The scheme is particularly suitable for doctors wishing to gain a lot of practical experience. Those interested in rural practice will gain valuable insight into rural medicine, and those interested in academic spheres will have plenty of opportunity to develop skills in presentation and publication. Many of our previous juniors have published in academic journals while with us and have developed projects with the support of our Research and Development Department.

In addition to standard foundation training, ALERT & ILS courses are provided for our FY1 trainees with ALS courses provided for all FY2 trainees. Additional Scottish Neonatal Resuscitation Courses for Paediatric and Obstetric trainees, Emergency Radiology courses for Accident & Emergency trainees are also available.

Participants in our scheme are currently entitled to FREE single accommodation, and removal expenses of up to £1,000 if appointed for 12 months.

Shadowing Programme

Trainees commencing work in FY1 posts at the start of August each year attend a Shadowing week prior to starting their post. During the week trainees get to know one another, are introduced to hospital staff with whom they will work, learn about all the important aspects of working in Dumfries, and have the opportunity to join current FY1 doctors in their work. We aim to give a thorough grounding in the life of an FY1 doctor so that trainees not only feel confident to start their new roles as doctors the following week, but also develop an FY1 team which will be mutually supportive throughout the coming year.

Induction

FY2 doctors joining us in August each year spend their first day learning about the hospital, our systems and facilities. This is always a pressurised day, but we hope it is also fun! In order to minimise the amount of information which we expect trainees to remember, we provide an electronic resource which can be used before commencement of the post to familiarise the trainee with our systems, and later as an aide memoir.

“Plenty of clinical opportunities and responsibility and dynamic Consultants.”
The Rotations

FY1
Doctors will spend 6 months in each of two blocks - medicine & surgery, including some acute care*, before moving to Glasgow for their FY2 year.

**Medicine**
Doctors will gain experience in at least two different medical speciality wards and medical receiving, taking an active role in patient care. Rotas will cover day, evening and weekend work as well as weekend nights.
The Department of Medicine runs an extensive teaching programme, in which all trainees are encouraged to actively contribute.

**Surgery**
Doctors will gain experience in a general surgical ward, an orthopaedic ward and surgical receiving, taking an active role in patient care. Rotas will cover day, evening/weekend work and night shifts. Formal and informal teaching, led by consultants, specialty doctors and higher trainees takes place throughout your placement.

*Acute Care*
There is an opportunity for trainees to gain experience in caring for acutely ill patients during FY1. Doctors will be involved in medical and surgical admissions, ITU and anaesthetics, and work with the hospital-at-night team. This proves particularly popular with trainees, providing many valuable experiences in a well supported environment.

FY2
Doctors who have completed their FY1 year in Glasgow spend Year 2 in Dumfries. They will spend 4 months in each of three blocks from general medicine, emergency medicine, paediatrics, obstetrics and gynaecology, psychiatry and general practice.

**General Medicine**
Trainees will gain excellent experience in general medicine with rotations in general and specialist wards, the Acute Medical Unit (AMU) and medical HDU. You will spend time on-call for unselected medical admissions, in-patient referrals and ward cover. We are a busy District General Hospital and there will be plenty of opportunity to perform practical procedures under the guidance of supportive senior staff. You will be supervised by enthusiastic and experienced seniors who will allow you to develop your skills and assume responsibility appropriate to your grade. Within some specialties there will be opportunities to attend clinics. There are weekly Grand Round and Journal Club meetings as well as regular M&M and patient safety meetings and clinical skills teaching.
Emergency Medicine
The Emergency Department covers a large geographical area, and offers junior doctors excellent training opportunities, providing experience in the management of a wide range of undifferentiated clinical conditions from minor illness to life threatening injury. Trainees are supervised 24 hours per day by a combination of Consultant and middle grade staff, with feedback from previous trainees highlighting the quality of supervision as well as recognising the department as a quality learning environment. Trainees receive a comprehensive induction programme along with weekly departmental teaching including clinical and x-ray tutorials, clinical simulation and bi-monthly Morbidity & Mortality meetings. The department Consultants are actively involved in departmental education, and ample opportunities exist for teaching and audit.

Paediatrics
Trainees will initially work in a general paediatric ward where they will learn to deal with all types of acute paediatric referrals, gain experience of the common conditions of childhood and how to handle children and their parents. Acute resuscitation training in paediatrics and neonates is provided, including the certificated Neonatal Life Support course. There is bleep free education on a weekly basis including half day grand rounds and CPD sessions and tutorial sessions presented by FY2 and GPST2 trainees. Trainees will experience some working at night, with good registrar support, in a joint scheme with Obstetrics.

Obstetrics and Gynaecology
Obstetrics & Gynaecology services are based in the modern Cresswell Maternity Unit attached to the main Infirmary. Along with the challenge of providing care to patients across a large geographical area, trainees will experience a wide range of clinical activity during their time with the department. Gynaecology outpatient services include Hysteroscopy, Colposcopy and clinics for Gynaecological Oncology, Vulval Disease, Urogynaecology, HRT and Fertility. Obstetrics services include pre-natal diagnosis with ultrasound and amniocentesis and specialist clinics for women who have drug or alcohol addiction and for those with diabetes. The department is involved in the provision of Scottish Core Obstetric Teaching and Training in Emergencies (SCOTTIE) courses twice a year and there are weekly educational meetings with topics which vary from audit projects to the presentation of interesting or unusual cases.

“Good support from staff with well organised rotas.”
Psychiatry

Psychiatric services are based in Midpark Hospital in Dumfries, with Community Mental Health Teams (CMHT) working throughout the region. Mental health services are provided on an in-patient and out-patient basis by CMHT. Services include old age, general adult, rehabilitation, child and adolescent, addiction, forensic, learning disability, eating disorders and ECT. Trainees will be part of a team looking after in-patients as well as experiencing community psychiatry. The department has an internal training programme with a full induction and weekly teaching sessions.

General Practice

Trainees undertaking the general practice block will be encouraged to take a full part in the practice team. They will develop relationships with their own clientele of patients and undertake consultations in the surgeries and at times in patient’s homes. Relationships between team members – doctors, practice nurses, district nurses, health visitor, receptionists and managers will be explored. Practices involved are widespread across the region and therefore provide a variety of experience.

Foundation Education Programme

The Education Centre organise a mandatory lunchtime teaching programme for all FY1 & FY2 doctors. These protected time session cover all aspects of the Foundation Curricula.

“The Education Centre is a really well equipped and modern facility. Having their resources, the library and the Doctors’ Mess in the same location makes studying for exams so much easier”.
Educational and Clinical Supervision and Assessment

Each FY doctor will be allocated an Educational Supervisor. This person may follow them through the entire year, or for operational reasons sometimes the Educational Supervisor may change. The role of the supervisor is to help trainees to identify educational needs, and work out how to use the opportunities available to meet them. At some times the Educational Supervisor may be employed in a different department to the trainee - in this case the trainee is also allocated a clinical supervisor, responsible for supervising the trainee within that department.

Trainees must complete an ePortfolio throughout their time with us. It is crucial that this is kept up to date in order for doctors to complete the year successfully.

Full details of the curriculum and eportfolio are available from the sites below.

NHS Education for Scotland - Foundation Programme Website

NHS Foundation Programme Website
http://www.foundationprogramme.nhs.uk/pages/home

Scottish Medical Training
http://www.scotmt.scot.nhs.uk/

NHS ePortfolios Website
https://www.nhseportfolios.org/Anon/AboutUs.aspx

Holidays

FY1 doctors are allocated 3 weeks holiday in each 6 month block. FY2 doctors are allocated approximately 2 weeks holiday in each 4 month block. These holiday blocks are a combination of annual leave and public holiday entitlement. Holidays need to be determined by the rota, however every effort will be made to accommodate any requests.

Accommodation

Single accommodation is free for FY trainees. Shared self contained flats comprise bedrooms, a kitchen, a bathroom and a sitting room. Cleaning and bed linen is provided. Free parking is an additional benefit, as is the provision of free wireless internet access.
**Specialty Training Programme for General Practice**

The Dumfries and Galloway GP Specialty Training Programme offers comprehensive, high quality specialist training based in a busy District General Hospital and a variety of urban, semi urban and remote and rural practices.

This programme will provide a balanced rotation of specialties that are important for general practice training. There will be an active educational programme and release to general practice throughout the 4 years of the programme.

The training practices deliver a high quality of training. All practices have a broad multi-professional team approach to primary care and all team members are involved in supporting and teaching the registrars.

Experience in hospital and general practice will combine to deliver the whole of the GP curriculum and will prepare the registrar for the membership of the Royal College of General Practitioners.

This programme offers an educationally sound training in beautiful surroundings. There are often more opportunities in a District General Hospital to take clinical responsibility and perform procedures. There is an active educational programme based at Dumfries & Galloway Royal Infirmary (in addition to the GPST programme).

Doctors locally are involved in research, sports medicine, supporting sports events, occupational health, BASICS providers (acute pre hospital care), mountain rescue, community hospitals, benefits agency and forensic work. Trainees may be able to develop interests in any of these and many other areas associated with practicing medicine.

ALS courses are provided for trainees, additional Scottish Neonatal Resuscitation Courses for all Paediatric and Obstetric trainees, Emergency Radiology courses for all Accident & Emergency trainees and IMPACT courses are also available. BASICS training is offered to all trainees as some stage in their training.

Removal expenses are available for trainees joining the scheme.

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### The Programme

Sample rotations are as follows but these are subject to change and are not guaranteed.

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GPST Hospital Posts

Paediatrics
Trainees will initially work in a general paediatric ward where they will learn to deal with all types of acute paediatric referrals, gain experience of the common conditions of childhood and how to handle children and their parents. They will perform practical procedures and learn the best way to take blood from children. They will develop experience of examination of the new born, screening procedures and infant follow up. Acute resuscitation training in paediatrics and neonates is provided, including the certificated Neonatal Life Support course. There is bleep free education on a weekly basis including half day grand rounds and CPD sessions and tutorial sessions presented by FY2 and GPST2 trainees. Trainees will experience some working at night, with good registrar support, in a joint scheme with Obstetrics.

Psychiatry
Psychiatric services are based in Midpark Hospital in Dumfries, with Community Mental Health Teams (CMHT) working throughout the region. Mental health services are provided on an in-patient and out-patient basis by CMHT. Services include old age, general adult, rehabilitation, child and adolescent, addiction, forensic, learning disability and eating disorders. Trainees will be part of a team looking after in-patients as well as experiencing community psychiatry and ECT. The department has an internal training programme with a full induction and weekly teaching sessions.

Obstetrics & Gynaecology
Obstetrics & Gynaecology services are based in the modern Cresswell Maternity Unit attached to the main Infirmary. Along with the challenge of providing care to patients across a large geographical area, trainees will experience a wide range of clinical activity during their time with the department. Gynaecology outpatient services include Hysteroscopy, Colposcopy and clinics for Gynaecological Oncology, Vulval Disease, Urogynaecology, HRT and Fertility. Obstetrics services include pre-natal diagnosis with ultrasound and amniocentesis and specialist clinics for women who have drug or alcohol addiction and for those with diabetes. The department is involved in the provision of Scottish Core Obstetric Teaching and Training in Emergencies (SCOTTIE) courses twice a year and there are weekly educational meetings with topics which vary from audit projects to the presentation of interesting or unusual cases.

“Free accommodation, great views from the hospital and a good canteen”. 
**Ophthalmology**
The Ophthalmology attachment is a very attractive and useful posting for the GP Trainees. This job involves dealing with acute referrals from primary care and A&E. This post not only offers numerous opportunities to do supervised general eye clinics, but also gives insight into speciality clinics including glaucoma, paediatric eye conditions, thyroid eye disease, diabetes and oculoplastics. Trainees are welcome to attend theatre sessions to assist and observe in various eye operations. This placement is the ideal opportunity to develop skills in fundoscopy and slit lamp examination. Teaching is delivered by weekly one to one tutorials from the consultants and sessions presented by trainees.

**General Medicine**
Trainees will gain excellent experience in general medicine with rotations in general and specialist wards, the Acute Medical Unit (AMU) and medical HDU. You will spend time on-call for unselected medical admissions, in-patient referrals and ward cover. We are a busy District General Hospital and there will be plenty of opportunity to perform practical procedures under the guidance of supportive senior staff. You will be supervised by enthusiastic and experienced seniors who will allow you to develop your skills and assume responsibility appropriate to your grade. Within some specialties there will be opportunities to attend clinics. There are weekly Grand Round and Journal Club meetings as well as regular M&M and patient safety meetings and clinical skills teaching.

**Emergency Medicine**
The Emergency Department covers a large geographical area, and offers junior doctors excellent training opportunities, providing experience in the management of a wide range of undifferentiated clinical conditions from minor illness to life threatening injury. Trainees are supervised 24 hours per day from a combination of Consultant and middle grade staff, with feedback from previous trainees highlighting the quality of supervision as well as recognising the department as a quality learning environment. Trainees receive a comprehensive induction programme along with weekly departmental teaching including clinical and x-ray tutorials, clinical simulation and bi-monthly Morbidity & Mortality meetings. The department Consultants are actively involved in departmental education, and ample opportunities exist for teaching and audit.

“I love being able to finish work and be on world class mountain bike trails within 15 minutes.”
Trainees in ENT will have the chance to be a vital part of a hard working team who take acute referrals from GPs and A&E. This gives valuable experience to take back to general practice. They will become comfortable examining and managing adult and paediatric patients with common ENT problems. Trainees will be expected to attend clinic where they will see patients and manage chronic ENT conditions under the close supervision of the Consultants. In addition, trainees will be given the opportunity to attend and assist in surgical operations. Teaching is weekly with the consultants and staff grades present.

Palliative Care
Our training scheme is one of only a few in Scotland to offer a rotation in Palliative Care. Trainees will be based in The Alexandra Unit, a specialist Palliative Care centre within Dumfries & Galloway Royal Infirmary. Here you will work with an experienced and supportive team of doctors, who manage both in patients and out patients. You will see and treat symptoms of palliative patients and become more acquainted and comfortable using syringe drivers and the medications used in them. Trainees will be involved in sensitive discussions with patients and their families, learning the skills necessary to manage ethical dilemmas. You will also have the opportunity to see and help with patients who are currently undergoing chemotherapy and be involved in working with the Macmillan nurses, following them as they see patients in the community. You will be closely supervised by the Palliative Care team and receive one to one teaching on a regular basis, tailored to your needs and desires.

The Practices
There are currently 11 training practices in Dumfries and Galloway - a mixture of urban, semi urban and rural. Depending on your rotation, you will spend either 18 or 24 months in general practice. This will usually be in the same practice offering consistency and the opportunity to become an integrated member of that practice team. The training practices deliver a high quality of training. All practices have a broad multi-professional team approach to primary care and all team members are involved in supporting and teaching the GP Specialist trainees. There are a wide variety of practices in the region ranging from town practices in Dumfries, Annan and Stranraer to small town and rural practices such as Dunscore and Thornhill. Each provides comprehensive training and wide ranging experience with additional experiences particular to that type of practice.

Further information about GP Training can be found at the websites below.

NHS Education for Scotland

General Practice Specialty Training - West of Scotland
http://www.westgpst.scot.nhs.uk/home.aspx

General Practice National Recruitment Office
http://gperecruitment.hee.nhs.uk

Scottish Medical Training
http://www.scotmt.scot.nhs.uk/

Royal College of General Practitioners
Core and Specialist Training
We do not run any stand-alone programmes in Dumfries for core specialist training, however many trainees spend a year of their training with us. We are able to offer specialist trainees not just a wealth of practical experience but plenty of opportunity to work with our Research and Development Department on academic projects. Many of our trainees have published in academic journals while with us.

All departments run departmental teaching programmes open to everyone. Free single accommodation is available in our on-site residences that are well equipped and have free wifi.

Continuing Professional Development
Our enthusiastic Associate Advisers co-ordinate a great variety of events, resources, and opportunities for primary care teams. These range from face-to-face teaching sessions, internet based learning modules and tools and modules for use by practice teams. Optimising the value of Protected Learning Time is a priority and practices are offered a lot of support to do this.

Regular events include RCP videoconferencing, immediate pre-hospital care, gynaecology and sexual health update meetings. Other events are needs driven.

A prestigious annual symposium is run under the auspices of the Royal College of Physicians & Surgeons of Glasgow. This is always well supported by primary and secondary care, and aims to address topics of interest to both groups.

Support for Appraisal and Revalidation for Doctors
Revalidation is here! Our advisers are able to offer guidance and advice on evidence collection and preparation.

“There are numerous, high quality and interactive teaching sessions each week that are presented during protected teaching slots. You can, in this way, pay full attention to the teaching programme without fear of leaving your post unmanned; an unusual luxury in many districts.”
Educator Development
We believe that it is as important to develop the teaching skills of our educators as well as the skills of our trainees, and run courses and seminars for our educators. Anyone interested in medical education is welcome to come - after all everyone teaches someone something!

Teaching Fellows are encouraged to undertake additional qualifications in Medical Education.

Library Services
Our library is well stocked with books and journals, although we find that more and more of our trainees and other NHS staff are using electronic resources to meet their learning needs. However, we are always open to suggestions for new acquisitions!

Our User Support Librarian is available to offer small group teaching sessions focusing on aspects of information retrieval, or individual advice when needed. Library Assistants are normally available to help with IT issues and basic medical searches. If our staff are not available when you need them, consider using the Knowledge Network training modules and help screens.

We use a SHELCAT register to facilitate acquisition of resources, and can obtain papers from other libraries for you at no charge.

Medical Illustration
Our Medical Illustrator provides a comprehensive design and advice service for those who need help with illustrating papers or producing presentations, posters or any other printed material.

Evaluation of Our Teaching
You will find out that we ask you for feedback on our teaching programmes at regular intervals! We REALLY want to know what you think. While we do our best, we always welcome constructive suggestions and comments. Don’t wait to be asked if you have a comment, positive or negative, come and tell us!
Social Opportunities

The doctors mess is currently very active and arranges a series of social events.

The hospital has a hockey team which meets regularly (can be dangerous, watch your shins!) and other staff informally meet for various other sports activities including badminton, mountain biking, football and jogging. Some of the medical staff are involved in local curling teams.

Dumfries has a large sports complex, but smaller gyms and pools can be found all around the region. Our main claim to fame in the sporting world is the 7-stanes mountain bike venues across the region which attract visitors from far and wide.

We have beautiful areas for walking across the region, notably the Moffat hills, the Galloway hills and the coast west of Dumfries. Fishing is a draw for the region, the River Annan particularly attracting visitors looking for salmon stocks. Dinghy sailing is available at Loch Ken, and Lochmaben, as well as from a few of the coastal resorts. Dumfries & Galloway is also home to some excellent golf courses.

Dumfries is home to the oldest working theatre in Scotland hosting mainly amateur productions, but professional productions are also brought to Dumfries and other venues across the region.

The local Arts Association holds a festival each spring, during which national productions visit the region’s venues, and the Wigtown Book Festival is well known. Dumfries and Galloway is also home to the world famous Wickerman Music Festival and the Solway Sinfonia is an amateur orchestra of high standard within the region.

The Big Burns’ Supper is an annual arts & cultural festival celebrating the life of Dumfries’ most famous past resident.

A large number of local clubs exist including running, athletics, squash, badminton, cycling, swimming, martial arts, kayaking, sailing, music, arts, drama, wildlife and Royal Geographical Society and these clubs are always keen to welcome new members. Staff from the Centre can usually find a contact!

“Dumfries has lots of pubs and restaurants. Greens Bar on a Thursday night is a medical staff highlight”