

## **Community Paediatrics in East of England**

Community paediatrics is a growing speciality. It focuses on care for children outside the hospital environment with a range of conditions, including Neurodisability, Attention Deficit Hyperactivity Disorder and Autism. It is a very rewarding speciality, and has its own unique challenges. You often develop long term relationship with parents and children, and can make a real difference to child development. It also involves safeguarding, and looked after children with opportunities to gain experience in adoption and fostering.

Community Paediatricians have close links with education, and often we liaise directly with schools for their input, and work together to achieve the maximum potential for the child. You work closely with other members of the multidisciplinary team including speech and language therapists, dieticians, physiotherapists and occupational therapists for a holistic approach.

There are also regular training days and meetings held by BACCH and Great Ormond Street as well as regional meetings and training days.

There are opportunities throughout the region to work as a Consultant Community Paediatrician, with the added benefit of (at present) no/optional out of hours commitment.

### **GRID**

Recently, the RCPCH have created Community Grid Training posts. This consists of approved posts by the RCPCH, focusing on training in community child health and will cover ST6 – ST8. We are lucky enough to have several posts in the East of England deanery – with rotations covering Peterborough, Cambridge, Luton and Norwich. You need to apply via the RCPCH website, as it is a national process, and interviews are held in RCPCH in London. The application process is yearly, usually starting in September with interviews towards the end of the year.

It is never too early to start working towards your application, so it is useful to think in advance about audits and publications or posters or research that you have done or can do that will enhance your application, as these will be asked for.

If you haven't had much Community experience, it can be useful to think of relevant parts of your core training, including previous experience of being involved with safeguarding cases, working in a multidisciplinary team, effective communication with families and achievements such as presentations and posters will all be valuable for the application process, as will attending the regional East of England Community meeting (if you have done an audit in community child health, this is a great place to present it, and you can put a regional presentation on your application!).

The interview consists of 2 short interviews, with one involving a pre-prepared presentation.

If you are interested in pursuing a career in community paediatrics, a Grid training post gives you a great advantage. You will be placed in an approved centre for training, know where you will be placed for the rest of your training, and during 9-5, you are based in the community, whilst out of hours are based at the hospital so you still get to do some acute paediatrics, which should make up 30% of your training. The first 2 years are spent in community paediatrics, with the third year in an associated subspeciality, which will need planning and preapproval.

Further information can be found at:

[www.bacch.org.uk](http://www.bacch.org.uk)

<http://www.rcpch.ac.uk/training-examinations-professional-development/postgraduate-training/sub-specialty-training/community>  
[www.communitychildhealth.co.uk](http://www.communitychildhealth.co.uk)

If you would like to contact a current trainee:

[jccampbell@doctors.org.uk](mailto:jccampbell@doctors.org.uk)

[gillianmitchell2@nhs.net](mailto:gillianmitchell2@nhs.net)

[helen.alabede@nhs.net](mailto:helen.alabede@nhs.net)

If you would like to discuss with a Community Consultant about training opportunities:

[jenny.long@nchc.nhs.uk](mailto:jenny.long@nchc.nhs.uk)

[susan.ozar@nhs.net](mailto:susan.ozar@nhs.net)