

Deanery Recruitment Unit (East of England)
Postgraduate Medical and Dental Education

JOB DESCRIPTION

SPECIALTY TRAINING ST3

IN

SPORT AND EXERCISE MEDICINE

CAMBRIDGE UNIVERSITY HOSPITALS NHS FOUNDATION TRUST

IPSWICH HOSPITAL NHS TRUST

COLCHESTER HOSPITAL UNIVERSITY NHS FOUNDATION TRUST

NOVEMBER 2009

INTRODUCTION

The Eastern region is ideally situated to provide SpR training in Sport and Exercise medicine (SEM). The region has a large student population, a well developed network of community exercise programmes and a plethora of amateur and professional sporting clubs. The academic centres within the region also provide excellent facilities for teaching and research. Good rail links with London will also enable the trainees the opportunity to join other trainees at educational events within the London region.

The training programme will rotate between Addenbrookes Hospital, Cambridge and Ipswich hospital. These two centres are linked by the A14, which is dual carriageway and provides an excellent road link. A good rail service also links the two centres.

The trainee is required to be motivated, committed and involved in his/her training, and to patient care. It is expected that the trainee will also (1) be involved in the wider context of training, e.g. communications skills, research methods, information technology (2) partake in continuing professional development and (3) join in the on-call commitments of the department

Requirements for entry into the programme

All trainees will be expected to have completed 2 years of either core medical training or 2 years of general practice training or 2 years acute care common stem, before joining the programme. This core training should, if possible, have included areas relevant to SEM. Successful candidates for the training programme must have achieved the necessary competencies at the completion of their 2nd year. It is desirable that the trainee should have achieved a higher qualification such as the MRCP or MRCPGP before applying for the specialist training programme and to have shown a commitment to Sport and Exercise Medicine

Overview of the SpR training Programme in SEM

The SpR training programme is designed to be as flexible as possible to suit the learning needs of the individual. The programme will be offered in two broad halves: the first half

covers the more fundamental modules while the second half offers further specialist options alongside an innovative vertical strand of population level experience in public health.

In the first 2 years (ST3 & 4) of training the trainee will rotate through what we have termed 'basic training' in SEM. This will include 4 six-month modules comprising General Practice, Rheumatology/Musculo-skeletal Medicine/Rehabilitation, Emergency Medicine and Trauma and Orthopaedics. This part of the training will prepare the trainee for the Diploma in Sport and Exercise medicine.

In the second half of the programme (ST 4 & 5) the trainee will gain experience in service and academic public health, cardiology, respiratory medicine and performance and clinical exercise testing. Experience in sports medicine will involve pitch-side experience in professional and amateur sports; regular sports injury and musculo-skeletal clinics and attachment to an EIS physician. These attachments will provide experience of sport and exercise medicine at all levels from community exercise programmes to elite sport.

Cambridge University Hospitals NHS Foundation Trust Addenbrooke's Hospital

Addenbrooke's is a thriving, modern NHS hospital based in Cambridge England, with more than 6,800, members of staff, 1,100 beds and a budget of £304 million.

Addenbrooke's is now a flagship NHS hospital having achieved NHS Foundation Trust status in July 2004. It is also working in partnership with the University and other major scientific and charitable organisations, and bidding to become The Cambridge Biomedical Campus, an enhanced biomedical centre for research and scientific development.

The hospital already shares its site with a range of other organisations including the University Clinical School, the National Blood Authority, and laboratories funded by the Medical Research Council (MRC), the Wellcome Trust and Glaxo SmithKline. The University of Cambridge Hutchison/Cancer Research UK (CRUK) Cancer Centre, houses research groups using the latest techniques to target cancer.

Addenbrooke's provides emergency, surgical and medical services, and is a centre of excellence for specialist services for liver transplantation, neurosciences, renal services, bone and marrow transplantation, cleft lip and palate reconstruction, treatment of rare cancers, medical genetics and paediatrics. The Trust also includes the Rosie Hospital, which provides a full range of women's and maternity services. The hospital has 24 operating theatres, five intensive care units, 14 clinics and 42 wards. Last year 65,264 men, women and children were treated as inpatients, 68,263 people attended accident and emergency, and there were 389,331 visits to outpatient clinics.

The University of Cambridge School of Clinical Medicine on the Addenbrooke's site is a major centre for biomedical research and education of world leading quality. In the most recent University Funding Council Research Selectivity Exercise Cambridge shared the highest score for any Medical School in the country. The Clinical School was formally established in 1975 with purpose built accommodation at Addenbrooke's. In addition to these facilities comprising lecture theatres, seminar rooms and first class medical library,

a postgraduate education centre was opened in the Clinical School building in 1980. The most recent HEFC teaching quality assessment of the undergraduate clinical education judged the learning facilities and the teaching in the clinical school to be of the highest quality.

The Clinical School admits 130 students annually for the clinical component of their medical education.

Ipswich Hospital NHS Trust

In 1984, the two Ipswich Hospitals started reorganising in a nucleus-designed building on a single site. This was completed in 1991 and there is a continuing expansion plan. The Ipswich Hospital now has all acute services on a single site, the majority in new buildings. There are about 900 beds, which make Ipswich one of the largest single-site District General Hospitals in the country.

The Trust serves a population of 345,000 of whom 125,000 are resident in the county town of Ipswich whilst the remainder live in the predominantly rural area of East Suffolk. Ipswich is the natural centre for trade and commerce and, coupled with the thriving east coast port of Felixstowe, is developing rapidly with an influx of business and population from other areas of the country. The District has many scattered communities with low population density and faces the inevitable problems of inadequate communication, transport and public services. However, main road links to London and the Midlands are much improved, largely due to the huge increase in the amount of container and passenger traffic passing through Felixstowe to and from the continent. There is a good train service to London

Colchester Hospital University NHS Foundation Trust

The Colchester Hospital University NHS Foundation Trust, formerly Essex Rivers Healthcare Trust, was established in 1992. It includes the local authority areas of Tendring District Council, Colchester Borough Council and the northern part of Braintree District Council. The district has a population of about 380,000 with a high proportion of elderly patients concentrated in the coastal regions. The Trust provides the majority of healthcare needs for the people of the district, with both acute and community services. The acute hospitals within Colchester Hospital University NHS Foundation Trust are Colchester General Hospital and Essex County Hospital. There are community hospitals at Clacton, Harwich and Halstead.

The North Essex Cancer Partnership (NECP) is a collaboration between the Colchester Hospital University NHS Foundation Trust, Mid Essex Hospitals NHS Trust, the North Essex Health Authority and primary care together with patient representatives, serving a catchment population of just under 700,000. Multi-disciplinary teams and clinics are well established across most sub-specialties, and on both geographic sites.

The main acute hospitals within the Mid Essex Hospitals Trust are Broomfield Hospital in Chelmsford and St. John's Hospital, Chelmsford. There are community hospitals at Braintree and Maldon.

The Training Programme

Module 1: General Practice

The trainees will have the option of obtaining their general practice training in either Cambridge or Stowmarket (Suffolk)

Module 1a General Practice Cambridge

Educational supervisor: Dr Simon Owens

Duration of attachment: 6 months

This practice is based in Kings Parade in central Cambridge with an additional branch surgery in the Cambridge suburb of Trumpington. The central practice has a large student population and Dr Owens is the team doctor for the Cambridge University Rugby Club and Boat Club (Boat Race crew), and is also Medical Officer for the Cambridge University Tennis Club. Dr Owens has the Diploma in Sports Medicine, has 15 years of experience as a clinician in the Peter Wilson Sports Clinic at Addenbrookes, and is a recognised clinical teacher at the Clinical School. He is also a GPwSI in Orthopaedics (knee) and runs a community based knee clinic for the PCT in liaison with the Orthopaedic Department at Addenbrookes Hospital. This attachment will provide experience in all aspects of general practice together with an introduction to treating elite rugby players and oarsmen as well as some pitch-side experience. There will also be an opportunity to observe the student sports injury clinic and community exercise programmes and to participate in the community based knee clinic.

Module 1b General Practice, Stowmarket

Educational supervisor: Dr Simon Rudland

Duration of attachment: 6 months

The trainee will be attached to this large modern GP health Centre with 12 GPs and multidisciplinary primary care services. The practice serves the population of the market town and a large rural area in Mid Suffolk. It is a training practice that has a reputation for the highest standards in primary care. It has won awards for innovation and clinical care. The trainee will be attached to a number of the trainers within the practice and obtain a broad based experience in primary care as well as the specific SEM interests of Dr Simon Rudland. The practice has well established links with UEA and research interests with F1 motor racing testing laboratories nearby.

Module 2: Rheumatology, Musculoskeletal medicine, Back pain service, Amputee and Neurorehabilitation

Educational supervisors: Dr Stephen Kirker and Dr Jumbo Jenner

Duration of attachment: 6 months

This module will be based within Addenbrookes Hospital in the Rheumatology department, the Disablement services centre and the Neurorehabilitation unit (10 beds). Rheumatology/Musculo-skeletal medicine training will be obtained in a weekly outpatient clinic in general rheumatology and a weekly specialised soft tissue medicine clinic.

Neurological rehabilitation will involve ward rounds and sharing cover for the 10 rehabilitation beds with the rehabilitation medicine SpR.

Participation in neurophysiology testing will be obtained in the ‘tingly finger clinic’ and clinical neurophysiology session with Dr Jenner

A back pain service comprises outpatient clinics, weekly multidisciplinary meetings with radiologist, physiotherapists and spinal surgeons and a residential back pain management programme.

Amputee rehabilitation obtained in the limb fitting centre within the DSC
Spinal injuries experience will be obtained with an attachment at Stanmore Spinal injuries unit.

Module 3: Trauma and orthopaedics, Ipswich Hospital NHS Trust

Educational supervisors: Mr Mark Bowditch (T&O), Dr G Clunie (Rheumatology)

Duration of attachment: 6 months

Trauma & Orthopaedics at Ipswich Hospital NHS Trust will provide the trainee with the knowledge, skills and experience of acute and chronic musculoskeletal conditions and injuries related to SEM. It will consist largely of clinic attendance but will also include some selected theatre sessions to show the anatomy and pathology of certain conditions. This will cover surgical reconstructive aims and techniques.

There are 15 Trauma and Orthopaedic consultants including 3 Spinal Surgeons, and 3 consultant Rheumatologists. There are 3 acute sub-specialist injury clinics – shoulder, hand and knee and 3 chronic specialist clinics in SEM related conditions - eg shoulder, knee and ankle instability.

Trauma & Orthopaedics/Rheumatology at Ipswich Hospital NHS Trust will provide the trainee with the knowledge, skills and experience of acute and chronic musculoskeletal conditions and injuries related to SEM. This will consist largely of clinic attendance but will also include some selected theatre sessions to show the anatomy and pathology of certain conditions. This will cover surgical reconstructive aims and techniques.

- Multidisciplinary Imaging meetings
- EM ultrasound sessions including musculoskeletal assessment, critical illness assessment and US guided procedures
- ECG, cardiac echo interpretation and exercise testing sessions
- Audit and critical appraisal training
- Internal and external teaching and presentation training/experience
- Paediatric clinics and child protection training

After completing these 4 modules the trainee is expected to have sufficient knowledge to pass the Diploma of Sport and exercise medicine.

Module 5: Public Health

Public health will be delivered part time as an 18-24 month longitudinal strand and will comprise 9-12 months of academic public health and 9-12 months of service public health training. The longitudinal strand will allow a fuller involvement with public health initiatives, taking into account the longer timescales for delivery of public health programmes

Module 5a: Academic Public health/Research

Educational supervisor: Professor Nick Wareham
 Duration of attachment: Part time for 9-12 months

This module will involve a one-day per week attachment to the MRC Epidemiology Unit and the Institute of Metabolic Science with Professor Wareham whose principal interests are the aetiology and prevention of obesity and diabetes. This will provide experience in academic public health as well as aspects of nutrition and endocrinology. The trainee will be expected to become involved in one of the many ongoing research projects. A registrar based in this unit would acquire the necessary knowledge, skills and experience through attachment both to the physical activity epidemiology and prevention programmes within the Unit and to the public health physical activity work which is part of our new UKCRC Centre of Excellence in Public Health Research (CEDAR – Centre of Excellence in Diet and Activity Research)

Module 5b: Service Public Health

Educational supervisor: Suffolk PCT Consultants in Public health
Duration of attachment: Part time for 9-12 months

This module will provide experience in working in a public health department 1-2 days per week in the Suffolk PCT. This will provide experience in Public Health including exercise in relation to health of population. The trainee would be supervised by a consultant in public health and would spend some time working with health promotion specialists across organisations and with community groups. Opportunity to develop, implement and evaluate appropriate population level policy would be made available as well as gaining a general understanding of commissioning.

Module 6: Clinical Exercise testing, Respiratory medicine, Cardiology and Sports medicine (EIS), Research

Educational supervisor: Dr Jonathan Fuld/Dr Cathy Speed/Dr Leonard Shapiro/Dr Jenner
Duration of attachment: 12 months

During this module the trainee will explore pathophysiological limits to exercise. They will become involved in clinical lung function measurement, strength and exercise testing in the Human performance laboratory at Addenbrookes. They will gain experience in respiratory medicine and cardiology through regular outpatient clinics. They will have the opportunity to support pulmonary and cardiac rehabilitation programmes.

An attachment to Dr Cathy Speed who is the regional EIS doctor will provide exposure to the treatment of elite sport including the National Badminton team. Research opportunities are available during this module.

Module 7: Performance exercise testing, Sports and Exercise Medicine, Musculo-skeletal medicine, Ipswich Hospital NHS Trust and Colchester Primary Care Trust

Educational supervisor: Dr D Lewis, Dr Paul Marfleet, Dr D W Hodgkinson, Mr M Bowditch, Dr G Clunie
Duration of attachment: 12 months

The Ipswich Hospital NHS Trust has very strong links with local community sport and exercise institutions. These include Ipswich Town Football Club, Colchester United Football club, Team Ipswich (Ipswich Borough Council), North Essex PCT, Essex University sports and exercise laboratory, Sportsmed East, Ipswich Hockey Club, Ipswich Rugby Club, Colchester Rugby Club, Darley Stud and Sheik Mohammed race horse training centre, Newmarket, Dance East, Suffolk Golf Union and many local sports clubs and organisations. These links together with excellent educational supervisors, who have a keen interest in research and audit as well as sport and exercise medicine, will provide the trainee with advanced level exposure to sport and exercise medicine. Dr P Marfleet provides a specialised musculoskeletal sport and exercise service. Expertise in performance exercise testing will be gained at the University of Essex in Colchester.

Key Personnel

National

- Dr David Sowden Lead Dean for SEM
david.sowden@nottingham.ac.uk
- Prof Mike Cullen Chairman of SAC
michael.cullen@belfasttrust.hsci.net

Eastern Deanery

- Dr Michael Dronfield Associate Postgraduate Dean and Head of School for Medicine
- Dr Celia Duff Associate Postgraduate Dean and Head of School for Public Health
- Dr Jumbo Jenner Programme Director and Consultant Rheumatologist at Addenbrookes hospital. He has run the Peter Wilson sports injury clinic at Addenbrookes for the last 30 years. This is now to become a student sports injury clinic in the community. He is a member of the SAC in SEM and is a member of Council and the Education committee of the FSEM.

Educational supervisors

Addenbrookes/Cambridge

- Dr Jonathan Fuld Consultant in Respiratory and Acute Medicine. He directs the respiratory and human performance laboratories at Addenbrookes and has a specialist interest in clinical exercise testing
- Dr Stephen Kirker Consultant in Rehabilitation medicine with a specialist interest in neurorehabilitation and amputee rehabilitation
- Dr Simon Owens General practitioner who is also team doctor for the university rugby and boat clubs. He also runs an NHS knee clinic
- Dr Cathy Speed Consultant Rheumatologist and Eastern region physician for the English institute of sport (EIS)
- Dr Philip Bearcroft Consultant in musculo-skeletal radiology, Addenbrookes.
- Dr Leonard Shapiro Consultant cardiologist, Addenbrookes
- Prof Nick Wareham Professor

Ipswich/Suffolk

- Mr Mark Bowditch Consultant Trauma and Orthopaedic Surgeon at Ipswich hospital NHS Trust with a special interest in Knee and ankle and sports related surgery. He runs a private sports injury clinic in Ipswich.
- Dr G Clunie Consultant Rheumatologist, IHNHST
- Dr Brian Keeble Training Location Co-ordinator, Suffolk PCT
- Dr D Lewis Consultant EM and Ipswich Town FC, Doctor
- Dr David Hodgkinson Consultant in Emergency Medicine and Director of Emergency Services at Ipswich Hospital NHS Trust(2005- 2009 and clinical tutor for Emergency Medicine in the Eastern Deanery1998-2008
- Dr Paul Marfleet Musculo-skeletal and Sports Physician, he is education chair for BASEM.
- Dr Simon Rudland General practitioner, Stowmarket

Assessments And Appraisals

The Postholder's progress through the training programme is monitored according to the SAC in SEM guidelines on Training in Sport and exercise medicine. The assessment consists of 3-6 monthly appraisals with Educational Supervisors and College Tutors in conjunction with formal annual assessments by the Postgraduate Dean. It is expected that the postholder will have successfully completed the Dip Sport med examination prior to progression to ST5 of training. Failure to achieve the Dip sport Med will require additional appraisals by the programme director and the Postgraduate Dean and will result in delay in entering the final 2 year of training

Research

It is anticipated that trainees will take up a research project under consultant supervision. It is unlikely that the trainee will find time to pursue any major research project during the programme but there should be opportunity to prepare material for presentation at meetings and for publication. The attachment in academic public health offers the opportunity to participate in research projects relating to exercise medicine under the direction of Prof Wareham. Trainees will be encouraged to seek funding to spend out of programme attachment to an academic department to obtain a higher degree such as an MD or PhD

Special Experience

A unique feature of the curriculum requirements in SEM is the requirement of the trainee to obtain experience in various team and individual sports as well as experience in treating elite athletes. This programme offers opportunities to obtain this required experience but this experience will by necessity occur at the weekends and in the evenings in the trainees own time and is likely to be unpaid.

Hours Of Duty

At present, there are no on-call commitment for this post but the applicant may be required to participate in on call rotas during some of the modules depending on local need at the time

University of Cambridge Clinical School

The University of Cambridge has granted medical degrees since 1540. The Clinical School of the University, which was formally established in 1975, admitted its first clinical students the following year and at present admits about 95 students each year. The Clinical School has its base at Addenbrooke's Hospital where purpose built accommodation for the School, comprising lecture theatres, seminar rooms, medical library (which include 900 current serials) and postgraduate medical centre, was opened in 1980. In addition to receiving clinical instruction at Addenbrooke's Hospital and other hospitals in and around Cambridge, clinical students undertake part of their training in hospitals further afield in the East Anglian and neighbouring Regions; they also spend short periods attached to general practices throughout East Anglia. The teaching programme is co-ordinated by the Clinical Dean.

Local Amenities

Addenbrooke's Hospital

Within the University City of Cambridge is to be found an unrivalled range of educational facilities and diverse cultural, sporting and other leisure activities. The Arts Theatre is still thriving and there are many musical activities to enjoy. The Fitzwilliam Museum is world-renowned.

For those with children of school ages, there is a full range of public and private education institutions covering all age groups.

Communications with the rest of England have much improved in recent years, particularly by road, so that the national motorway network now serves Cambridge. Regular train services to King's Cross have a journey time of around one hour.

In 1989 a shopping Concourse was opened at the Hospital with excellent shopping facilities. There is an Advice Centre, Barclays Bank, Cafe, Clothes Boutique, Dry Cleaners, Financial Advisory Services, Florist, Hairdressing Salon, Handicraft shop, Mini Market, Newsagents/ Confectioners, Body Shop, Solicitor and a Travel Agents, together with a recently opened Food Court which offers "fast food" - hamburgers, pizzas and sandwiches - as well as more conventional options from early morning until late in the evening.

The Cambridge University Postgraduate Medical Centre has catering and bar facilities as well as the library, lecture theatres and seminar rooms. In addition, the Frank Lee Centre provides comprehensive facilities for swimming, squash, a multi-sports hall, a floodlit outdoor multi-sports facility and a Profiles Fitness Suite.

Designated junior medical staff car parking is adjacent to the main hospital with other parking facilities nearby.

The Ipswich Hospital Trust

The area is a very pleasant one in which to reside. There are excellent facilities available at Ipswich. There is an active Sports and Social Club which has its own 9 hole golf course and two squash courts There is a tennis court attached to the Junior Staff quarters.

