

# Ipswich Hospital – East Suffolk & North Essex NHS Foundation Trust

We are a medium sized DGH (550 beds) in East Suffolk and host the Regional Spinal Surgery service as well as the Regional Gynae-Oncology service.

## Staffing

We are a very friendly department and currently have 31 permanent generalist anaesthetic consultants, 9 permanent critical care anaesthetic consultants, 7 permanent specialty doctors and up to 30 anaesthetic core and specialty trainees, ICM, ACCS, DREEM, FY1 and IMT trainees. We run three rotas 1:7 for post-IAC trainees (theatres, obstetrics and ICU cover). There is junior ICU rota tier that is staffed by FY2 and IMT doctors.

## Theatres

There are 19 operating theatres on the Ipswich site, 10 bed intensive care unit that has an easily accessible extension area to cohort covid-19 patients. The obstetric unit manages approximately 4000 deliveries per annum. We have a dedicated 4 theatre day surgery unit with an excellent paediatric area.

## Specialties available

The department is committed to teaching and training. Excellent training opportunities exist for general duties, lower GI, urology, ENT, obstetrics, gynae-oncology, obstetrics, orthopaedics, complex spinal surgery, trauma and regional anaesthesia. We also have an excellent acute pain service and provide two sessions of ECT per week.

## Orthopaedics, Trauma & Spines

We are a regional tertiary referral centre for spinal surgery, with 2 lists per day and a wide variety of interesting spinal operating including posterior cervical surgery, ALIF/XLIF and scoliosis surgery. We do both upper & lower limb arthroplasty, revisions as well as day surgery procedures.

## Regional anaesthesia/ Acute Pain

As a department we are very keen on regional anaesthesia and have five upper limb lists per week with plenty of block opportunities in addition to lower limb blocks. Our acute pain team are very pro-active and site erector spinae catheters for patients with rib fractures and use RA techniques in their 'armoury'. We use rectus sheath catheters for the majority of our laparotomy patients.

## Lower GI & Urology

We do major lower GI surgery and still do nephrectomies as well as adrenalectomy procedures. It is intended that Ipswich will start doing robotic lower GI surgery in the near future.

### ENT, oral surgery

Although we are not a tertiary head and neck centre, we still have ENT acute and elective services. We do a large number of children and adults for oral surgery so there are still plenty of airway training opportunities such as jet ventilation, difficult airway management for patients with a variety of video-laryngoscopes and fibre-optic airway management. We are keen users of TIVA.

### Paediatric Anaesthesia

Ipswich trainees are exposed to a variety of DGH paediatric work and moving forward over the next 12-18 months we will start to see younger children undergoing more complex procedures.

### Day Surgery

We treat approximately 5,000 adult and paediatric patients per year, undergoing surgical and investigative procedures requiring local, regional and general anaesthesia. There are a large number of paediatric patients (approx. 1200 per year) between the ages of 1 year and 16 years operated on in this area.

### Obstetrics & Gynae-oncology

We have approximately 4000 deliveries per year with a 23% LSCS rate. We are tertiary referral centre for gynae-oncology which presents many opportunities for managing complex patients and major haemorrhage.

### Intensive Care

The Intensive Care Unit in Ipswich is consistently the highest ranked in the region in terms of ICNARC collated SMR and other performance related metrics, has a high rate of paediatric referrals and has the capacity to grow following the merger with Colchester. The case mix is likely to evolve to deal with increasingly complex acute admissions. We support higher and advanced level of ICM training.

### Chronic pain

We have a busy chronic pain dept who do clinics, regular full array of procedures in pain lists including spinal cord stimulators and are accredited for advanced pain training.

### Education & Training

We have developed the East Anglian Simulation Centre (EASTc) over the last 6 years and encourage trainees to develop and run courses at director level. We have presented work at national and international meetings

### Quality Improvement

Ample opportunities exist for QI projects in many of the areas described already. We could support a trainee who wanted to focus on QI for their higher training. We support all the major multi-centre trials or research projects such as SNAP3 and PQUIP.

## Management and Leadership

ESNEFT, the merged Ipswich and Colchester hospitals, employs over 10,000 people and is able to offer training in a wide range of management and leadership experience to trainees. Within the Ipswich hospital site is the opportunity to be involved in the day to day management of the anaesthetic and theatres teams with the ASO and operational team. In the past two of the divisional directors in other divisions have been anaesthetists (Women's and Children's ESNEFT, Medicine Ipswich). One of our anaesthetists is the current Deputy Chief Medical Officer for ESNEFT.

## What else can we offer?

The hospital and surrounding area are within 30 minutes' drive of the beautiful Suffolk coastline and countryside. There are 50 miles of beaches, cliffs, headlands, forests, heaths and estuaries all within easy reach of the hospital.

Ipswich and surrounding areas, including Woodbridge and villages towards the coast are a great place for "foodies" with a wide variety of gastropubs and restaurants to suit any appetite and several farmers' markets for high quality locally produced food. The famous Aldeburgh fish and chips are not to be missed!

