

Colchester Hospital University NHS foundation Trust (CHUFT)

www.colchesterhospital.nhs.uk



College Tutor: Dr Jonathan Campbell - jonathan.campbell@colchesterhospital.nhs.uk

Rota Co-ordinators:

T1 (ST1-3/ANNP) – Dr Jo Anderson jo.anderson@colchesterhospital.nhs.uk,

T2 (St4+/Associate specialist) - Dr Jonathan Campbell jonathan.campbell@colchesterhospital.nhs.uk

Clinical Lead: Dr Andrea Turner

Matron: Gail Jenkins

Children's Services at Colchester hospital, is a welcoming, enjoyable place to work. We are ranked first overall in the East of England in the 2017 GMC survey for paediatric training (positive outliers for several aspects of training) and rated 'good' by the CQC.

We are linked in L1 training in rotations with a variety of trust, primarily Cambridge, Norwich and Ipswich. Many of our previous trainees have returned to work in the department again, either at later stages in their training, or as consultants. We have a pleasant working environment, an active teaching and simulation programme (and an active series of social activities!)

The Team:



Consultants and their sub-specialities:

- Dr Joakim Anderson Neonatology / respiratory
- Dr Nicola Cackett Diabetes
- Dr Jonathan Campbell HDU / neonatology / renal (College Tutor)
- Dr Elena Cattaneo Oncology
- Dr Kalyaan Devarajan Gastroenterology (Deputy Lead)
- Dr Angeliki Menounou Epilepsy
- Dr Sadia Rao Neonatology
- Dr Bhupinder Sihra Respiratory, allergy & immunology
- Dr Rajeev Shinkar Diabetes, allergy
- Dr Angela Tillett Oncology, cardiology (Trust Medical Director)
- Dr Andrea Turner Nephrology (Clinical Lead)

In addition there are:

Three Associate Specialists
Six ST4-8 trainees
Six ST1-3 paediatric trainees
Five GP ST trainees
Two ANNP's
Two FY2 trainees
Two FY1 trainees

We meet the RCPCH facing the future standards, with consultant presence in the department between 0900-2200, 7 days a week. There is a 'consultant of the week' system, operating 1:12. Additionally, there is a separate 1:4 'neonatal consultant of the week' system in place where Monday to Friday neonatal cover is provided by consultants with a neonatal interest.

Children's services encompass the following for ages 0-16:

- Children's Ward
 - Around 1600 acute admission per year
 - 20 beds total, including:
 - 10 side rooms
 - 2 HDU beds – 449 HDU days in 2015/16
 - Procedure room
 - Blood gas analyser
 - Sensory room
 - Play therapy
- Children's elective Care
 - 10 bedded unit providing day medical, surgical, urology and ENT care.
- Children's assessment unit (CAU) – open 24/7
 - 6 beds, 2 side rooms and consulting room
 - Procedure room
 - Open all year round
 - Over 6000 admission per year (6127 in 2015/16)
 - Children <1 year who attend A&E are directed to CAU.
- Children's ED
 - There is a dedicated children's ED, within ED, and a dedicated resus bay.
 - There is a shared nursing pool between ED and the ward/CAU.
 - A&E provide the primary medical cover.
 - There are a team of paediatric ENP's who work in the paed ED.
- Neonatal unit (L2 NNU)
 - 17 cots, 1 intensive care (although this does increase according to demand), 4 high dependency, 8 special care
 - 27 week gestation and above
 - CFM machine
 - Blood gas analyser
 - Approx. 3800 deliveries per year.

- Children's outpatient department
 - 15 outpatient rooms
 - Over 10,000 outpatient attendances every year
 - Dedicated, supervised registrar clinics
 - Visiting speciality clinics:

▪ Cystic Fibrosis	Drs Pao & Nwokoro	Royal London Hospital
▪ Cardiology	Drs Rigby & Bartsota	Royal Brompton Hospital
▪ Neurology	Dr Krishnakumar	Addenbrooke's Hospital
▪ Nephrology	Dr Tullus	GOS Hospital
▪ Genetics	Dr Lees	GOS Hospital
▪ Oncology	Dr Visser	Addenbrooke's Hospital
▪ Haematology	Dr Kelly	Addenbrooke's Hospital
- Community Paediatrics
 - At Colchester, there are opportunities for training in the Child Development clinics, ASD/ADHD assessment and management clinics, Safeguarding, Looked after children assessments and adoption, as well as Immunisation, epilepsy and neurodisability clinics. The safeguarding clinics run daily and there are regular safeguarding peer review meetings.
 - The department is active in audit and service improvement and development.
 - Clinics are held in the community setting, as well as in several of the local schools for children with moderate/severe learning difficulties and complex needs.
 - Consultants and their special interests are:

▪ Dr Philip Abraham	ADHD, autism
▪ Dr Helen Alabede	Adoption & fostering, simulation
▪ Dr M Nagesh	Neurodisability, Epilepsy
▪ Dr Harish Mahadevappa	ADHD, autism

 - A team of four Associate Specialists and two Speciality Doctors support the community consultants, as well as a core paediatric trainee (on rotation).
 - We also support higher specialist trainees in community paediatrics as part of GRID or spin placements.

Rotas:

- Our departmental rotas are compliant with the new 2016 contract.
- This is the usual T1/T2 staffing template, the consultant cover is described above:

	T1	T2
Monday-Friday 0900-1730	1x Ward 1x CAU 1x NNU 1x Lexden (postnatal) ward	1x Ward 1x CAU 1x NNU (plus clinic cover as required)
Monday-Thursday 1730-2200	1x Ward / CAU 1x NNU / Lexden ward	1x Ward / CAU / NNU
Friday 1730-2200	1x Ward / CAU 1x NNU / Lexden ward	1x Ward / CAU 1x NNU
Weekend days Variable times	1x Ward 0900-2200 1x CAU 0900-1730 1x NNU / Lexden ward 0900-2200	1x Ward / NNU 0900-2200 1x CAU 1300-2200
Nights, 7/7 2100-1000	1x Ward / CAU 1x NNU / Lexden (postnatal) ward	1x Ward / CAU / NNU

In addition there are many clinic opportunities both within the hospital and the community for trainees of all levels.

- St1-3
 - The rota includes 'clinic weeks' to allow exposure to a variety of clinics, both with the consultant body, and with visiting specialists.
 - There are a variety of nurse led clinics, eg allergy, enuresis, which may also be utilised to give a valuable insight into these conditions.
- ST4+
 - The rota has scheduled registrar led clinics, alongside the consultant counterpart. Where trainees can experience a variety of conditions.
 - These clinics run either weekly, or alternate weekly, so there is plenty of chance to gain significant exposure to outpatient paediatrics
 - We use the 'big hand' digital dictation system, and the secretarial team will then type the clinic letter.
 - The ST4+ clinics are in the following specialities:
 - Baby clinics (<2 years old and NNU follow-ups)
 - General clinics
 - Respiratory paediatrics
 - Paediatric Nephrology

Teaching:



- We have an active teaching programme, with topics that mirror the regional topic of the month for the ST4+ training days, delivered by a mixture of consultants, associate specialists, nurse specialists, and juniors. Participation is anticipated.
- We aim to facilitate attendance at regional training days, at all levels.
- We participate in NPEG (Norfolk paediatric education group) 1/2 day training sessions monthly video conference.
- We run a simulation programme, with a mixture of planned and ad-hoc in situ low of high fidelity simulations.
- We communicate teaching opportunities in three formats:
 - 'Whatsapp' group
 - Google calendar
 - Paper print out of the google calendar
- The weekly teaching template:

Monday	<ul style="list-style-type: none"> • 1300 Paediatric grand-round or Safeguarding peer review (alt weeks)
Tuesday	<ul style="list-style-type: none"> • 0900 ST1-3/4+ led teaching • 1300 (alt weeks) paediatric radiology meeting
Wednesday	<ul style="list-style-type: none"> • 0900 COTW led teaching • 2nd wed of month – registrar regional training day
Thursday	<ul style="list-style-type: none"> • 0900 ward safety meeting / NNU safety meeting • 0930-1200 NPEG (monthly) • 1300 hospital grand round
Friday	<ul style="list-style-type: none"> • 0900 topic of the month teaching • 1130 neonatal education meeting • 1300 hospital journal club

In addition to the in house training, and hosting the MRCPCH clinical exam, we also host regular, more formal course including:

- MRCPCH written preparation course
- MRCPCH mock clinic exams
- Deanery subsidised NLS course for trainees about to start ST1 in EoE
- Starting in September 2017 we are hosting a START preparation course

Travel: (please see <http://www.colchesterhospital.nhs.uk/visitors.shtml>)

- Train: Colchester is the nearest rail station, it is a 15min walk, or a few minute drive to the hospital. It is 55 minutes from London Liverpool street
- Car Park: Staff parking available. This can be paid for per day or monthly depending on requirements. We are a short drive from junction
- Cycling: Staffs Shower facilities are available within the children's unit. Cycle parking and Lockers are available.
- Bus: The bus services 8, 8a and 65 provide a 10-15 minute frequency service from the town centre and North Station to Colchester General Hospital, dropping off in Turner Road and picking up outside the hospital's main entrance. There are many other bus services to the town centre from around and outside Colchester, which can be combined with the 8 and 65 to get to Colchester General Hospital.
- Park & Ride: Since January 2017 Colchester Park and Ride buses heading from the site off Junction 28 of the A12 now serve the new stop along Northern Approach Road, outside the hospital.