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| **Post Title** | Tier 1 (ST1-ST3) in Neonatal MedicineTier 2 (ST4-ST8) in Neonatal Medicine  |
| **Hospital Details** | Name: Norfolk and Norwich University Hospitals NHS Trust - Jenny Lind Children’s HospitalWebsite: nnuh.nhs.ukCollege Tutor: Dr Florence Walston (NICU)  |
| **Hospital/Departmental data statistics** | Our NICU is a busy tertiary neonatal unit which hosts one of two paediatric surgical units in the East of England. We have 42 cots divided into ITU (9), HDU (6), SCBU (22), Transitional Care (5). There were 1253 admissions in 2014-5.  |
| **Departmental information** | At NNUH, we have a strong team of permanent staff including consultants, Advanced Neonatal Nurse Practioners (ANNPs) and nurses as well as Allied Healthcare Professionals. ANNPs have been integrated on the ’Medical‘ rota for over 15 years adding to continuity-of-care at handover periods as well as providing an excellent source of information and support for new starters in NICU. As well as having a Consultant educational supervisor, each new starter is ‘buddied’ with a NICU nurse and ANNP and they are encouraged to use this support network to help them settle in the unit.Staff:Consultants - 7 full time Tier Two - ST4 and above - 7 with 3 Senior ANNPs Tier One - ST1-ST3 - 7 (including 3 clinical fellows) with 5 Junior ANNPs |
|  | **Foetal Medicine Department**: A specialist referral centre for Foetal Medicine means close working relations with the obstetric team. |
|  | **Neonatal Outreach Team**: 3 senior nurses provide an outreach service allowing for early discharge of babies as well as ongoing monitoring of complex infants at home. |
|  | **Paediatric Surgical team:** 5 consultants, 2 specialist registrars, 3 middle-grade clinical fellows, 1 ST1-ST3 in Paediatric Surgery. One of two paediatric surgical teams in the East of England. |
|  | **Other paediatric subspecialties:** Neurology, Respiratory, Rheumatology and Allergy Gastroenterology, Endocrinology, Orthopaedic Surgery, Paediatric ENT, Ophthalmology, Dermatology, Paediatric Anaesthetic, Plastic Surgery. |
|  | **Allied Healthcare Professionals:** Bliss Family Care Coordinator, Speech and Language therapists, physiotherapists, pharmacists, occupation therapists and Dieticians |
|  | **Specialist outreach clinics by visiting consultants:** in Cardiology, Endocrinology, Genetics, Neurology, Oncology, Nephrology and PKU/Metabolic  |
| Rota and Responsibilities | As with most tertiary neonatal units, the rota is busy and demanding and you do work hard! This means there is plenty of time to get experience in all areas of Neonatal Medicine. The rota is EWTD-compliant meaning you get quite a few days off during the week. The working shifts are:* Short day: 0900 – 1700
* Long day: 0900 – 2130
* Night shift: 2100 – 0930

There are 2 Tier Two and 2 Tier One team members on each day to cover Intensive Care, HDU, Special Care as well as Transitional Care and Delivery Ward. A short day Tier One undertakes newborn examinations and covers the post-natal ward. Two consultants are on each week-day and undertake 6 ward rounds a week including a teaching round on the weekend. There is a registrar-led round once a week. Over the weekend, the staffing remains the same, but one consultant covers the whole unit. Overnight there are 2 Tier Two on Saturday and Sunday night with one on for the weekdays. Tier Two doctors attend clinics on Tuesdays and Fridays to support the consultants in their follow-up and Under-Twos clinics. There will be opportunities to attend specialty clinics including foetal medicine and cardiology should you be interested. |
| Training and Teaching Opportunities | The department is enthusiastic about providing excellent training in Neonatal Medicine. This is a great job to practise all those practical skills that you want to learn. You will get lots of experience in intubation, ventilation, long lines, UAC/UVC, CrUSS, prescribing TPN. We don’t expect you to arrive (or leave) as Consultant Neonatologists but by the end of your job you should have a good idea of how a NICU runs.There is an extensive postgraduate and undergraduate teaching program within the department. As we are affiliated with UEA Medical School and have medical students arrive for one month of Secondary Care teaching three times a year, there is ample opportunity to get involved with teaching and training undergraduates. We also have an active academic department with involvement in national and international studies. If you express an interest, it should be possible to involve you in a research project.An example of a week’s teaching/training in NICU:* Monday 1230-1300 - Consultant-led Teaching
* Tuesday 1230-1300 – Tier One-led Teaching
* Wednesday
	+ 0900 – 1000 – Neonatal Grand Round including Microbiology Grand Round
	+ 1430-1600 - Audit/Guideline presentation
* Thursday
	+ 1230-1300 - Tier Two led Journal Club
	+ 0930-1200 - NPEG (1st Thursday of month) – Regional Teaching tele-linked to neighbouring units
	+ 1230 - Hospital-wide Inter-professional lunchtime meeting
	+ 1500-1700 - Regional Foetal Medicine 3rd Thursday
* Friday
	+ 0930 – Surgical/Gastroenterology Grand Round
	+ 1415 - Radiology meeting
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| Departmental Strengths: | * NICU at NNUH is a great department with lots of enthusiastic consultants, ANNPs and nurses who all really care about babies’ and families’ well-being as well as your training.
* Approachable team - you should never feel that you can’t ask a question.
* Wide-ranging pathology and interesting cases
* Lots of opportunity to improve procedural skills
* Excellent learning opportunities within multi-disciplinary teams e.g. weekly Gastroenterology and Surgical Ground Rounds
* Affiliated with UEA Medical School and Nursing School: excellent opportunities to teach undergraduates in ward-based and seminar teachings
* Encouragement to participate in audits, guideline development, governance and research projects. Trainees have opportunities to present their work in national/international meetings
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| Top Tips | * Working in a tertiary NICU can be daunting to start with. Never be afraid to ask if you don’t know the answer – we all start at the beginning!
* You will need good organisational skills as the unit is very busy.
* Make friends with the nurses - they are a wonderful team and will make your life so much easier if you are friendly and respectful of how hard they work.
* Having ANNPs on the Tier One and Two rotas mean there are experienced people who know the local system well and will happily show you the ways things work. Get them to show you how to do new procedures such as long lines and intubations. They have been doing it for years and have great tips.
* The consultants are very friendly. They will provide lots of ad hoc teaching if you stimulate them with interesting questions – you’ll discover the special interests of each over time...
* Try to hand-over and leave on time. There will always be one more job that you could fit in but running late and giving a chaotic handover never works well. Chances are you will have to be in early again the next day… get some rest!
* The hospital intranet’s Guidelines page has most of the answers that you need to know – make yourself at home here.
* The more you put in to the job, the more you get out. Although it can be stressful, the camaraderie in NICU is second to none. There will be plenty of home-made cakes and fresh coffee to keep even tired spirits up!
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| Things to do in Norwich | Norwich is a wonderful fusion of the modern and historic, one complementing the other. As well as being the most complete [medieval city](http://www.visitnorfolk.co.uk/inspire/Norwich-HEART.aspx) in the UK, it has a flourishing arts, music and cultural scene, superb independent and high street [shopping](http://www.visitnorfolk.co.uk/explore/Explore-Norwich-Shopping.aspx), lively restaurants, bars and nightlife as well as a heritage that is a delight to explore. The city has the largest undercover market in Europe, many museums and theatres, ancient pubs, cobbled streets such as Elm Hill, Timber Hill and Tombland (not what you think – the name derives from the Saxon word for an open space), ancient buildings such as St Andrew's Hall, half-timbered houses such as Dragon Hall, The Guildhall and Strangers' Hall, the Art Nouveau delight of the 1899 Royal Arcade, a jumble of medieval lanes and a delightful riverside along the winding WensumNorwich is rated in the top 10 UK shopping destinations!Link to Norwich - things to do website |
| Travel information | Connections: Norwich is only 110 miles north of London and is easily accessible by road from major ports and airportsBy carMajor trunk roads to the Norwich area are the M11, A11, A12, A140 and A14 from London, the south east of England, ferry ports and the Channel Tunnel. The A14, A11, A47, A17 and A1 serve the Midlands and the north of England.2 hours train from London Liverpool street. From other cities changeover in Peterborough /Ely for trains to NorwichX1 bus links Peterborough, Kings Lynn, Great Yarmouth, Norwich |