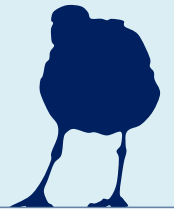
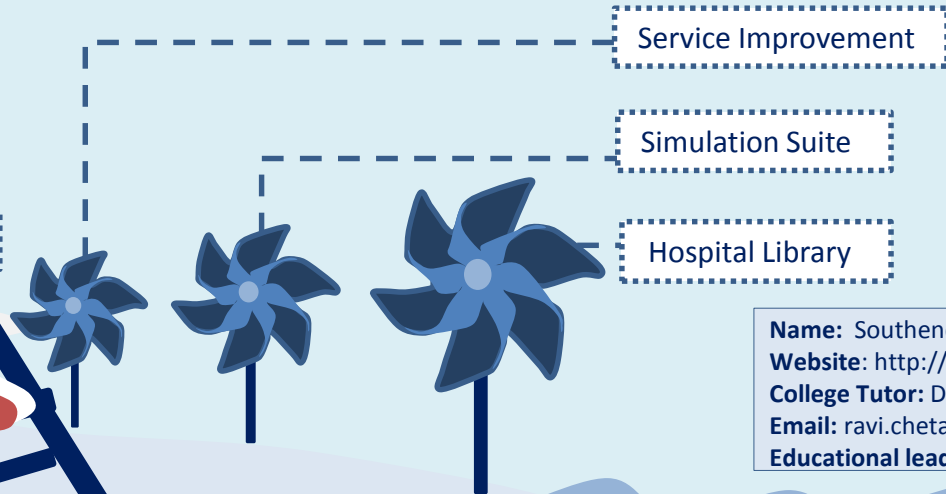
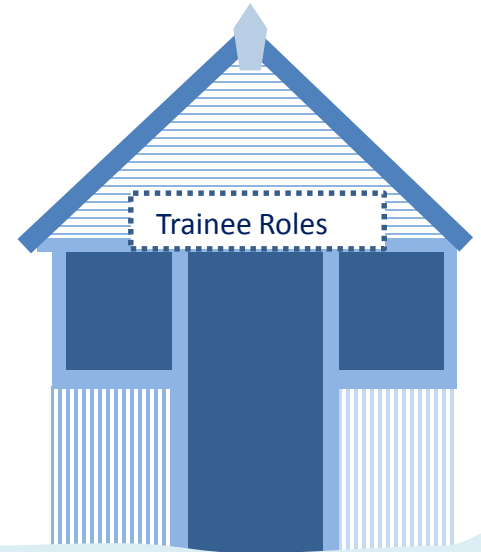


Southend-on-Sea
SUCCESS BY THE SEA
PAEDIATRICS

Click on each heading to learn more



Name: Southend University Hospital
Website: <http://www.southend.nhs.uk/>
College Tutor: Dr R Chetan
Email: ravi.chetan@southend.nhs.uk
Educational lead: Dr R Chetan

Southend-on-Sea is a seaside town located in the Southern most area of the East of England Deanery. It boasts the longest pier in the world as well as an amusement park and many other seaside attractions. The town centre homes a well-appointed high street, with many bars and restaurants (and there is even more just around the corner in Leigh on Sea). The surrounding countryside provides the ideal location to unwind.

12-20

Minute bus journey from Southend Centre to Southend University Hospital

Buses: There are two regular bus services to the hospital. There is also a free bus which leaves the accommodation at 0740 and 0810am every weekday to the hospital.

You can contact the accommodation officers Pauline or Teresa on 01702 314836



40 Minutes to London

Trains: Southend has two good rail links to London, with trains running regularly from Fenchurch Street and London Liverpool Street.

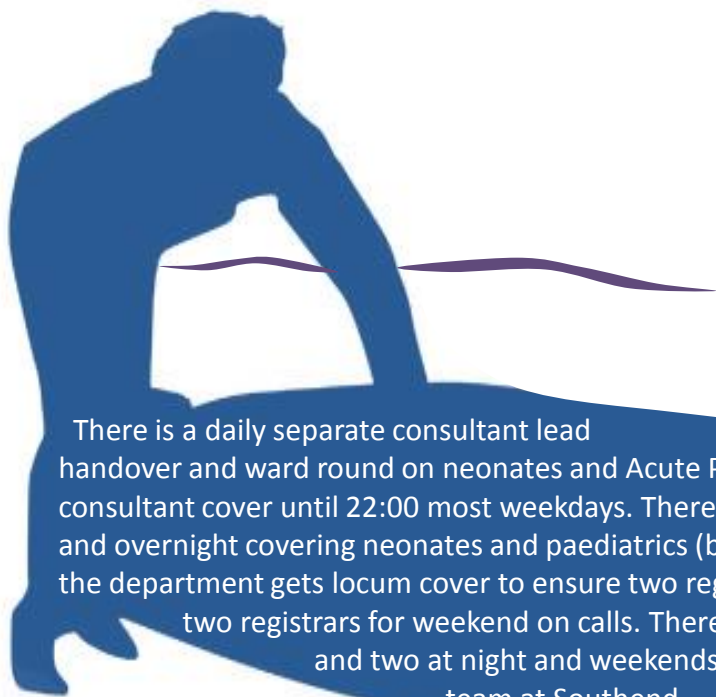
Hospital Accommodation: There is accommodation across from the hospital (limited places) or on Balmoral drive (a 5 minute drive or 25 walk).

The rooms are basic but en-suite with communal kitchens (including dining table and TV with Virgin/SKY). Rent is currently about £400 pcm.

Back to the Beach

You will be joining a very friendly department with an approachable faculty. The departmental team consists of ten acute consultants (soon to become twelve); two community consultants, two associate specialists, eight middle grades and fourteen level one trainees (half in Neonates and the other half in Paediatrics).

Joining the Team



Top Tips for Future Trainees

There is a daily separate consultant lead handover and ward round on neonates and Acute Paediatrics. There is a resident consultant cover until 22:00 most weekdays. There is also one registrar out of hours and overnight covering neonates and paediatrics (but during the busy winter months the department gets locum cover to ensure two registrars at night). There are also two registrars for weekend on calls. There are 3 SHOs on in the evening and two at night and weekends. There is also a dedicated play team at Southend.

Back to the Beach

Care with Compassion

Working Together

Professional & Accountable

Here at Southend University Hospital a number of changes have taken place over the years to enhance our trainees experience. We could tell you what we think our strengths are, but we thought it would be better coming from our current cohort – so this is what our trainees have to say:

Changes are made based on feedback when they are considered (jointly) as beneficial to improvement in quality of service or training.

Consultants are very supportive of study leave and as trainees are from both EoE and London Deaneries there is more opportunity to attend study days (ie. RSM, EoE study days or conferences)

Separate allocated consultant of the week for neonates and paediatrics.

Strong community paediatrics with specialist facility.

Opportunity for involvement in safeguarding.

Well-structured rota usually with 6 month notice of shifts (once in post).

Excellent and supportive departmental induction including neonatal resuscitation and practical skills sessions.

POSCU with regular exposure to oncology patients, both acute presentation with new diagnosis and oncological emergencies.

Strong teaching programme with fortnightly x-ray meeting (led by radiologist with paediatric interest), fortnightly journal club, weekly grand round and weekly departmental teaching.

Back to the Beach

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What our trainees say about us



Paediatric Level 1 trainee:

Generally there is **at least 2** SHOs on the rota for Paediatrics (one for the ward and one for PAU).

Trainees will also have clinics and admin days scheduled in to their rota.

The Ward SHO covers:

- morning handover and accompany the ward round
- all the paediatric inpatients and jobs relating to managing admissions directly to the ward
- responsible for discharge letters and medications.

The PAU SHO covers:

- admissions and referrals from GPs, Community Midwives, PCNs and Ward Attenders
- accompanying registrar to A&E for Paediatric cases as needed
- chasing diary results for day attenders & making patient calls
- handing over patients from PAU or A&E to the ward team
- carry a crash bleep and work with the PAU registrar to see patients presenting acutely.

The Clinic SHO covers:

- any clinics they would like and present at the Friday Grand Round (0830-0930)
- admin days for discharge summaries, paperwork or audits

Neonatal Level 1 trainee:

Roles include neonatal unit (NNU), postnatal ward (PNW) and labour ward (delivery) . There may also be an SHO assigned to clinic or SEND.

The NNU SHO is responsible for:

- inpatients on the NNU (ITU, HDU and SCBU).
- accompanying the daily consultant ward round
- updating patient results, completing admission and discharge documentation
- participate in any procedures or management for the inpatients
- taking informal handover from the day-team before evening shift

If the labour ward is not busy the delivery SHO can assist on PNW

The PNW SHO is responsible for

- baby checks & reviewing babies on treatment on postnatal wards
- holding the on-call code blue bleep & attend called to deliveries
- working with the neonatal registrar closely if any issues arise.

The SEND SHO is expected to

- assist in completing the SEND documentation for admitting and discharging babies on NNU
- attend clinic or help in other areas if there is minimal admin work pending.

The Clinic SHO is expected to

- attend the baby clinic as a priority and can also attend any clinic of their choosing.

Back to the Beach



There are plentiful teaching opportunities at Southend with regular timetabled teaching sessions, daily teaching handovers and protected clinic time for both SHOs and Registrars where you are given the opportunity to see patients alongside the consultant. There are regular general clinics and each consultant also runs at least one speciality clinic. There are also regular joint clinics with consultants from tertiary centres.

Learning Opportunities

Regular exposure to clinical procedures including long lines, UAC, UVC, cranial ultrasound, lumbar puncture.

Daily clinics including excellent specialist clinics

Multiple formal teaching sessions

Speciality clinics include Asthma and Allergy, Audiology, Behaviour, Cardiology, Diabetes, Endocrinology, Gastroenterology, Haematology and Oncology, Neurology, Neurodevelopmental, Musculoskeletal, Genetics, Paed surgery, Oral surgery and Cystic Fibrosis.

There are also regular Neonatal simulation sessions and the department has use of the new high fidelity simulator in suite.

Level II neonatal unit with 4 bed NICU and 6 bed HDU.

Alongside all of this there are plentiful opportunities to become involved in research projects.

Guided by our research department. There is also a research department with multiple opportunities for enthusiastic trainees to become involved in Research projects.

Back to the Beach

We have a busy PAU with a variety of presentations and opportunity for assessments to be done

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Students posted throughout the year from Bart's and London medical school will have the opportunity to contribute to their formal teaching or bedside teaching ; feedback and assessment opportunities here at Southend

Teaching Programmes

Wednesdays:

FY2 and GP trainees have mandatory teaching

Thursdays: X-ray meeting (fortnightly)
Departmental Consultant led teaching weekly (ST1-3 priority)

Fridays: AM: Grand Round
- usually a case presentation by level 1 trainee

Monthly equipment training sessions

Bi-monthly neonatal morbidity and mortality meetings

Journal club (priority teaching for Level 2/3 trainees)

Peer audit meetings

Safeguarding peer review meetings monthly

Back to the Beach

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There are plenty of opportunity for audits and increasing opportunity for quality improvement projects with formal departmental and hospital wide audit meetings to present results. You don't have to go through lots of notes or fill out mountains of forms. Your improvement can be as small or as large as you choose, it can be simple or complex...it's up to you.

Service Improvement

Southend Hospital has entered a new era of healthcare. Where patients and healthcare givers are being empowered in service delivery and management. Have you ever looked at something and thought 'there must be a better way'?

Your ideas can make a difference to our organisation, other organisations and even the whole National Health Service.

Using the framework for quality improvement you can be part of innovative projects, you will be able to access even potentially published projects.

Back to the Beach

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New to Southend University Hospital is our state of the art clinical simulation suite is set up to replicate an acute care NHS environment, providing realistic clinical facilities for our clinical staff in an environment that is authentic and clinically challenging.

Simulation Suite



Southend Hospital's simulation suite provides a realistic clinical environment for health care professionals to develop and practice clinical and non – technical skills.

Paediatric mannequin and NeoSim Baby available.

Simulation based teaching is available every month



The suite resembles a hospital environment and has a high fidelity adult patient mannequin, this flexible environment will allow the development of a variety of clinical scenarios which will be applicable to all specialities and disciplines.

Back to the Beach

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The Southend Hospital Education Centre Library provides library and knowledge services to support clinical and non-clinical Trust members, health and social care staff working within the South Essex community and students on hospital placements.

Hospital Library



Opening hours are
Monday to Friday
08.30 to 18.00
with 24/7 access
to the quiet study
room



Our library is located on the ground floor of the Education Centre, in the hospital's Yellow Zone. The Education Centre is accessible from Car Park H, near Entrance 6

Southend's multidisciplinary library team are dedicated to supporting the information needs of both clinical and non-clinical Trust members, health and social care staff working within the South Essex community and students on hospital placements.



Back to the Beach

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Top 10 tips from current trainees to future trainees

- 1. Ask the paediatric outpatient reception team for a copy of the clinic schedules** for your allocated clinic weeks and highlight to the consultants the clinics you would most like to attend.
- 2. Keep an eye on the teaching programme** to ensure you know when you are due to present – if you are on leave you need to find someone to cover the teaching/presentation session on your behalf.
- 3. Get started on assessments as early in your placement as you can.** If you are struggling to get the assessments you need discuss with Dr Chetan who is great at getting the team on-board to support trainees.
- 4. A&E is at the other end of the hospital from the paediatric and neonatal units** so if on call or nights wear appropriate footwear!
- 5. Introduce yourself to everyone.** It is a very friendly unit and people like to get to know you. Bring a packed lunch or takeaway from the canteen and sit with the team - it great to socialise together.
- 6. Get to know the secretaries and ward clerks.** For example Denise can make admission note packs available in advance which saves you looking for all the paperwork when admitting to the NNU.

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