

enhance experiences

Trainee Guide 2023-2024



Enhance Experiences

Bespoke opportunities to experience an area of interest.

Much of the learning from the Enhance Explore (doctors) and Engage (pharmacists) programmes will come from spontaneous opportunities in your placement settings, online educational content and attendance at domain-based hub days.

You are however encouraged to undertake deeper learning in areas of particular interest through your **Enhance Experiences**. They should:

- Provide you with a unique experience and perspective on the “bigger picture” of our healthcare system
- Help prepare you to be a leader of the future.
- Be organised with the support of local supervisors and the regional Enhance team and
- Be spread through the F2 year (explore pathway) or alongside your foundation training (engage pathway).

You are encouraged to identify areas you would like to focus on, preferably early in your training, so that placements and experiences can be supported by the Enhance team i.e. with making appropriate contacts.

If you are on the explore pathway (doctors), the time for Enhance experiences will come from study leave allowance (those on the explore pathway will not need to use study leave to attend Enhance hub days).

If you are on the engage pathway (pharmacists, dentists, PAs), please discuss with your supervisor/facilitator what arrangements can be made for you locally. Please liaise with the Enhance team if you require any support.

Please liaise with the Enhance team if you require any support
enhance.eoe@hee.nhs.uk.

Arranging Enhance Experiences

Practical application of experiences

To support with your experience day opportunities, the Enhance team have contacted a range of departments, specialities and organisations that are prepared to offer Enhance Experiences to you.

Opportunities are available at a local and regional level (if you are willing and able to travel).

Below you will find a list of potential opportunities with contact information.

Please note that this document will be updated as more opportunities are offered, so it is worth reviewing periodically.

How to organise your experience

- Contact the provider of the Enhance Experience to be able to set a date and alternative dates.
- Liaise directly with your supervisor(s) and rota coordinators (if applicable), and complete a study leave request.
- Confirm with the Enhance Experience provider when that study leave request has been approved and they can expect your attendance.
- Please download and take a REAL form with you, to be completed on the day of your experience and uploaded to the eportfolio.
- You must check with your FTPD team (for doctors, dentists and physician associates) and Training Managers (for pharmacists) that you will be indemnified and appropriately supervised during an Enhance Experience. This is particularly important in any non-NHS site.
- Some of the experience providers require honorary contracts, so you must ensure you have completed these, and understand the limits of your participation in external site interactions.

Please note that some opportunities have limited capacity and therefore will be offered on a first come first served basis, so do be proactive in contacting our partners.

Alternative Enhance Experiences

You may also contact other services/departments that are not in this list.

Please discuss any interests with your supervisor who may also be able to support you with making appropriate local links.

If you are afforded an opportunity locally that might benefit future learners, then please let us know so that others might benefit from what you've organised too.

Experience practicalities

Ensure you know who you are meeting and when.

Ensure that you agree your learning objectives.

- you are encouraged to discuss these first with your supervisor(s) to ensure that these experiences are meaningful.
- In some cases, suggested learning outcomes are also included below.
- You may also have your own learning outcomes you wish to achieve.

During your experiences you are encouraged to meet team members, speak with service users, and get involved as much as you can. You should also think about how your experience aligns with the Enhance domains and themes. As an activist and leader of the future you are encouraged to reflect on these experiences and consider what you have learned and how your insight could be used to benefit of our health and social care system.

Complete a debrief at the end of your experience, and complete a REAL form

The enhance team would welcome your feedback on experiences you have undertaken: enhance.eoe@hee.nhs.uk.

Enhance Experiences

experiences available in NHS services
locally within your Trust / ICS area

Chaplaincy

Suggested learning outcomes

- Understand the role of Hospital Chaplaincy
- Observe the chaplains at work
- To learn how chaplains identify, assess, and manage spiritual, religious, and cultural needs
- To identify who would benefit from referral to hospital chaplaincy and the importance of patient consent
- To learn about the potential chaplaincy role in care of the dying
- To learn about the possible chaplaincy role in baby loss
- To learn about support the chaplains offer to hospital staff

Trust	Contact Name	Contact Email
East Suffolk and North Essex NHS Foundation Trust	Linda Peall, Head of Chaplaincy	linda.peall@esneft.nhs.uk
James Paget University Hospitals NHS Foundation Trust	Revd Clive Howard, Lead Chaplain	clive.howard@jpaget.nhs.uk

Deep End Medicine

Suggested learning outcomes

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Experience	Contact Name	Contact Details
Spend time with a GP in an inner-city practice in Norwich serving a population with high deprivation, diversity and social challenges - learn about medicine at the "Deep End".	Dr Emily Clark, GP Prospect Medical Practice <u>Deep End East of England Research Lead</u>	<u>emily.clark2@nhs.net</u> Prospect Medical Practice, 95 Aylsham Rd, Norwich NR3 2HW
Spend time with a GP who works in population health management and health inequalities for the ICB , sitting in virtual meetings learning how decisions are made at a system level and how data can shape services.	Dr Emily Clark, GP Prospect Medical Practice <u>Deep End East of England Research Lead</u>	<u>emily.clark2@nhs.net</u> Prospect Medical Practice, 95 Aylsham Rd, Norwich NR3 2HW

Dietetics

Suggested learning outcomes

- Understand nutrition screening, assessment, promotion, and intervention at all life stages including infant, maternity, adult
- This may be developed by observing
 - patient consultations e.g., weight management, chronic disease, metabolic disorders, cancer etc.
 - MDT meetings
 - ward rounds
- To understand the referral process and who is appropriate to refer

Trust	Contact Name	Contact Email
James Paget University Hospitals NHS Foundation Trust	Therapies admin team	ITAT@jpaget.nhs.uk 01493 453121
West Suffolk Hospital NHS Foundation Trust	Lisa Penfold, Nutrition and Dietetic Professional Lead	Lisa.penfold@wsh.nhs.uk 01284 713609

Digital

Suggested learning outcomes

Trust	Contact Name	Contact Email
East Suffolk and North Essex NHS Foundation Trust - Ipswich Site, "Digital Ward"	Sajid Alam; Hannah Chapman	sajid.alam@esneft.nhs.uk ; Hannah.Chapman@esneft.nhs.uk
East Suffolk and North Essex NHS Foundation Trust - Ipswich Site, "IT Innovation Team"	Dr Damian Morris Chief Medical Information Officer / Clinical Safety Officer Consultant Endocrinologist	Damian.Morris@esneft.nhs.uk

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General Practice

Suggested learning outcomes

Surgery	Contact Name	Contact Email
Market Street Health Group 52 Market Street East Ham London E6 2RA	Dr Olufemi Daramola	olufemi.daramola@nhs.net Please add cc: femida@doctors.org.uk

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Occupational Therapy

Suggested learning outcomes

- Understand occupational therapy screening, assessment, promotion, and intervention at all life stages - including infant, maternity, adult (as applicable to your service).
- Understand the role of occupational therapists and therapy assistants, including their contribution to improved patient outcomes, for example supporting recovery from acute illness, supportive discharge from hospital and involvement in (re)admission prevention in the community, health promotion etc.
- This may be developed by observing:
 - OT assessments in acute and/or community settings, across relevant life stages, as per the department.
 - OT therapy sessions in acute and/or community settings, across relevant life stages, as per the department.
 - Discussions with patients/carers
 - MDT / caseload meetings
- To understand the referral process and understand who is appropriate to refer
- Understand the commissioning and funding of therapy services, KPI's, outcome measures etc

Trust	Contact Name	Contact Email
James Paget University Hospitals NHS Foundation Trust	Therapies admin team	ITAT@jpaget.nhs.uk 01493 453121

Pathology

Suggested learning outcomes

- Understand the contribution of pathology specialities towards patient care
- Recognise who and when to ask for help in the pathology departments
- Observe vetting and reporting with pathologists
 - Understand rationale for requesting tests
 - Understand significance of results
 - Understand how clinical information guides pathologist's activities
- Understands the pathologist's role in MDT meetings and their advisory role to clinicians
- Observe consultations with patients
- Observe a post-mortem and be able to explain the process to a family

Trust	Contact Name	Contact Email
West Suffolk NHS Foundation Trust	Linda Johnston, Senior Operations Manager	linda.johnston@wsh.nhs.uk

Pharmacy (Hospital)

Suggested learning outcomes

- Understand the range of roles of hospital pharmacists (within the pharmacy department, on clinical wards, in emergency department etc)
- Observe clinical screening of prescriptions in hospital dispensaries.
- Observe patient consultations when handing out prescribed medicines to outpatients.
- Shadow pharmacy staff providing the medicines information service
- Accompany pharmacy staff attending 'Drugs and Therapeutics Committee' meetings
- Shadow clinical pharmacists on ward rounds to observe-
 - Medicines reconciliation within 24h admission
 - Clinical accuracy of drug charts - medication errors and omissions
 - Responding to any medication related queries from doctors and nurses
 - Patient consultations for patients about ready for discharge

Trust	Contact Name	Contact Email
Mid and South Essex NHS Foundation Trust (Broomfield Hospital)	Alison Felton, Head of Department	a.felton@nhs.net
Bedfordshire Hospitals NHS Foundation Trust (Luton Hospital)	Donald Chan, Practice Development Pharmacist	donald.chan2@ldh.nhs.uk Please also copy requests to: dona.wingfield@ldh.nhs.uk
East and North Hertfordshire NHS Trust (Lister Hospital)	Rachel Holland, Pharmacy Team Leader (contact September 2023 onwards)	rachel.holland2@nhs.net

Pharmacy (Community)

Suggested learning outcomes

To familiarise with the wide range of roles of a community pharmacist in the provision of modern healthcare services.

Core services

- Dispensing of prescriptions – includes clinical screening of prescriptions and provision of advice for dispensed items
- New Medicines Service (NMS)
- Dispensing of private prescriptions
- Repeat dispensing process
- Promotion of healthy lifestyles
- Patient consultations for supply of P medicines – This is a range of products that can only be sold under the supervision of a pharmacist
- Patient consultations for management of minor ailments and patient self-care
- Signposting to other healthcare services
- Disposal of unwanted medicines
- Supervised consumption for treatment of addiction

Locally commissioned services

- Emergency out of hours services to provide special medicines for the terminally ill
- Emergency hormonal contraception services to reduce the incidence of unwanted teenage pregnancy
- Minor Ailments Services to reduce waiting times in GP practices
- Health checks/Screening services (Diabetes, Chlamydia, Blood Pressure monitoring, cholesterol, BMI)
- Anticoagulation monitoring and phlebotomy
- Obesity management services
- Stop smoking services
- Supervising consumption of Methadone and provision of Needle Exchange Schemes for drug users.
- Care Home services
- Monitored Dosage systems

Pharmacy	Contact Name	Contact Email*
Armada Pharmacy 1 Drake House Chafford Hundred RM16 6RX	Neoma Svik Patel	nmeoma.williams@nhs.net azchempharma@gmail.com
Christchurch Pharmacy Mace Avenue Off Rayne Road Braintree Essex CM7 2AE	Baba Akomolafe	baba@christchurchpharmacy.co.uk
Golden Cross Pharmacy 10 Golden Cross Parade Ashingdon Road Rochford Essex SS4 1UB	Komal Patel	goldenxpharmacy1@hotmail.com
Harris Pharmacy 165 Dunstable Road Luton Bedfordshire LU1 1BW	Ronak Maroo	marooronak@gmail.com
Metwest Pharmacy Unit 2, Lister House Health Centre Abercrombie Way Harlow Essex CM18 6YJ	Rakesh Bagga	rakesh@metwest.co.uk
Quadrant Pharmacy 17 The Quadrant Marshalswick Lane St Albans Hertfordshire AL4 9RB	Rachel Solanki	rachel.solanki@nhs.net
Wellswood Pharmacy Wellswood House Borehamwood Hertfordshire WD6 1PU	Dipak Radia	shenleyuk@gmail.com

*Contact numbers are also available, please contact enhance.eoe@hee.nhs.uk for contact telephone numbers

Physiotherapy

Suggested learning outcomes

- Understand physiotherapy screening, assessment, promotion, and intervention at all life stages - including infant, maternity, adult (as applicable to your service).
- Understand the role of physiotherapists and therapy assistants, including their contribution to improved patient outcomes, for example supporting recovery from acute illness, supportive discharge from hospital and involvement in (re)admission prevention in the community, health promotion etc.
- This may be developed by observing:
 - PT assessments in acute and/or community settings, across relevant life stages, as per the department.
 - PT therapy sessions in acute and/or community settings, across relevant life stages, as per the department.
 - Discussions with patients/carers
 - MDT / caseload meetings
- To understand the referral process and understand who is appropriate to refer.
- Understand the commissioning and funding of therapy services, KPI's, outcome measures etc

Trust	Contact Name	Contact Email
James Paget University Hospitals NHS Foundation Trust	Therapies admin team	ITAT@jpaget.nhs.uk 01493 453121

Radiology

Suggested learning outcomes

- Understand the criteria for imaging requests and how imaging can assist with clinical diagnosis and management by:
 - Observing the clinical screening of radiology requests by Radiologists
 - Observing Radiology modalities in practice e.g CT, MRI, US, Xray, Nuclear medicine, Interventional Radiology
 - Observing Radiologists and radiographers reporting
 - Observing MDT meetings involving Radiologists
- Understand the range of roles of hospital radiographers (within the radiology department, on clinical wards, in Emergency Department etc)

Trust	Contact Name(s)	Contact Email
James Paget University Hospitals NHS Foundation Trust	Dr Vinod Shenoy, Consultant Radiologist and Clinical Lead	vinod.shenoy@jpaget.nhs.uk
The Princess Alexandra Hospital NHS Trust	Michelle Clooney, Radiology Clinical Manager	michelle.clooney@nhs.net
West Hertfordshire Teaching Hospitals NHS Trust	Nuala Littlechild Nina Breunung-Joshi	n.littlechild@nhs.net ; nina.breunung@nhs.net

Speech and Language Therapy

Suggested learning outcomes

- Understand communication (including voice) screening, assessment, promotion, and intervention at all life stages - including infant, maternity, adult (as applicable to your service).
- Understand swallowing assessment, promotion, and intervention at all life stages - including infant, maternity, adult (as applicable to your service).
- Understand the role of speech and language therapists and therapy assistants, including their contribution to improved patient outcomes, for example supporting recovery from acute illness, supportive discharge from hospital and involvement in (re)admission prevention in the community, health promotion etc.
- This may be developed by observing:
 - Voice/ communication/ swallow assessments (including instrumental assessment where able) in acute and/or community settings, across relevant life stages, as per the department.
 - Voice/ communication/ swallow therapy sessions in acute and/or community settings, across relevant life stages, as per the department.
 - Discussions with patients/carers
 - MDT / caseload meetings
- To understand the referral process and understand who is appropriate to refer
- Understand the commissioning and funding of therapy services, KPI's, outcome measures etc.

Trust	Contact Name(s)	Contact Email
James Paget University Hospitals NHS Foundation Trust	Therapies admin team	ITAT@jpaget.nhs.uk 01493 453121
West Suffolk Hospital NHS Foundation Trust	Rebecca Brunton, Clinical Specialist Speech and Language Therapist	rebecca.brunton@wsh.nhs.uk 01284 713303

Medical Education

Suggested learning outcomes

Trust	Contact Name(s)	Contact Email
East Suffolk and North Essex NHS Foundation Trust – Colchester Site	Jonathan Campbell; Nora Tester	jonathan.campbell@esneft.nhs.uk nora.testers@esneft.nhs.uk
East Suffolk and North Essex NHS Foundation Trust – Ipswich Site	Praveen Ande; Nora Tester	praveen.ande@esneft.nhs.uk nora.testers@esneft.nhs.uk

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Enhance Experiences

Experiences available in the EOE with third sector / charitable / voluntary organisations

To better understand our system and how third sector organisation contribution to the health and wellbeing of their local communities, the following organisations have offered experience days with their organisation.

Suggested learning outcomes:

- Understand the role of third sector / charitable and voluntary organisations and their role in supporting the health and wellbeing of people in their local communities
- See the elements of holistic care uniquely provided by the organisation
- What are the difference between NHS care sites and the third sector
- What information sharing promotes patient centred care
- How does funding impact the services provided
- What are the benefits to the service users

Organisation	Description	Contact
Community Voluntary Services Tendring	<p>CVST is an umbrella organisation for the voluntary sector with over 160 member organisations covering children to end of life and social care to arts and culture. The charity owns the Harwich and Dovercourt Hub, a community hub in Clacton, a lunch club and 3 beach huts all for the benefit of members and the local population.</p> <p>CVST provides comprehensive support to members including grant giving, governance, volunteers and trustee brokerage, marketing, accommodation, hall hire, training, asset mapping, and opportunities for collaborations and partnerships.</p> <p>CVST also delivers direct services in the community such as social prescribing in 22 surgeries and local hospitals, home from hospital</p>	<p>Sharon Alexander Chief Officer Community Voluntary Services Tendring 07828 146676 sharon.alexander@cvstendring.org.uk www.cvstendring.org.uk</p>

	<p>support, seasonal resilience, cultural awareness and activities to help people attain a quality of life such as gardening and allotment groups, digital drop-ins, friendship and bereavement groups, dementia cafe, art and craft therapy and physical activities including walking, seated dance, tai chi, yoga, swimming and weight management.</p> <p>Further information about CVST can be found here. A list of affiliated organisations can be found here.</p>	
<p>Tendring Specialist Stroke Services – The Stroke Charity</p>	<p>TSSS is a charity, whose aim is to enable and empower support stroke survivors and their families to rebuild their lives with a team of experts around them. The stroke charity provides support on the difficult journey of acceptance, understanding and retraining the brain and body to cope with life after a stroke. The charity has a team of counsellors, physios, nurses, and wellbeing staff supporting those experiencing a stroke to improve and strengthen their emotional resilience as well as maintaining and building physical strength, as well as adapting their abilities to get the most from life.</p> <p>https://www.tendringstroke.org.uk/</p>	<p>Indira Allen, Deputy Director of Operations Tendring Specialist Stroke Services The Stroke Charity.</p> <p>85 Frinton Road, Clacton on Sea, Essex, CO15 5UH.</p> <p>indira_allen@tendringstroke.org.uk</p> <p>01255 815905</p>

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