

# The Faculty of Intensive Care Medicine

## ICM Unit Brief

### Part 1 Hospital Details

#### 1.1 Hospital name

Lister Hospital

#### 1.2 Full address (you **must** include postcode)

East and North Hertfordshire NHS Trust  
Corey's Mill Lane  
Stevenage  
SG1 4AB

#### 1.3 Hospital Telephone number

01438314333

### Part 2 ICU Department contact details

#### 2.1 Direct telephone number to Department

01438284086

#### 2.2 Faculty Tutor name

Dr Kate Flavin

#### 2.3 Faculty Tutor Email address

kate.flavin@nhs.net

### Part 3 Unit Structure

#### 3.1 Number of Beds

20 (28 during surges)

#### 3.2 Number of admissions

1200/Year

#### 3.3 Percentage of elective vs emergency admissions

25% Elective and 75% Urgent and Emergency

#### 3.4 Overview of case mix within the unit

Our elective and emergency admissions are comprised of a broad mix of both medical and surgical cases. The Lister is the major regional specialty referral centre for renal, cardiology (24 hour PCI), vascular and urology. Major elective surgical admissions are from colorectal, urology, vascular, ENT, plastic surgery and orthopaedics. Our unit frequently sees emergency complex neurological, respiratory, cardiological and endocrinological medical admissions.

The Lister ICU has a total of 20 beds. Nominally, this is broken down into 14 level 3 and 6 level 2 beds, although the pandemic has provided the stimulus to develop and redistribute our service, and our bed base is now easily expanded to 20 and 8 beds respectively when needed. We have 6 isolation bays with 4 positive pressure and 2 negative pressure rooms (these numbers are also increased during surges).

### 3.5 Names of Consultants, roles and areas of interest

Name	Role	Areas of Interest
Dr Steve Bates	Consultant in Anaesthesia and ICM Guardian for Safe Working	Paediatrics
Dr Jon Bramall	Consultant in Anaesthesia and ICM Associate Medical Director for Patient Safety	Organ donation Teaching / training Trust Management
Dr Minet Carrington	Consultant in Anaesthesia and ICM	Paediatrics Percutaneous Tracheostomies
Dr Pietro Ferranti	Consultant in Anaesthesia and ICM Research Lead	Research Obstetrics Paediatrics
Dr Kate Flavin	Consultant in Anaesthesia and ICM FICM faculty tutor Clinical Lead for Organ Donation Clinical Lead for Vascular Anaesthesia	Echo Teaching / training Anaesthesia for complex major surgery Major trauma
Dr Sandra Gelvez-Zapata	Locum Consultant in ICM	Echo Perioperative Care ICU Follow-Up
Dr Sunil Grover	Consultant in Anaesthesia and ICM RCOA College Tutor (Core Trainees)	Infection Control and Equipment Lead Teaching / training
Dr Mark Hearn	Consultant in Anaesthesia and ICM Divisional Chair for Surgery	Major Trauma Trust Management
Dr Anil Kambli	Consultant in Anaesthesia and ICM Clinical Director for ICU Clinical Lead for Critical Care Outreach	Teaching / training Management
Dr Baldeep Panesar	Consultant in Anaesthesia and ICM	Critical Care Support and Development
Dr Ruth van Hoogstraten	Consultant in Anaesthesia and ICM	Paediatrics Vascular anaesthesia Teaching / training

### 3.6 Details of research projects being undertaken within the unit

We are part of several national and international projects and one of the consultants is dedicated to research duties in the job plan. This is a very good opportunity for the trainees to gain experience in this field and also get some work published in journals. There are dedicated research nurses for ICU who set up studies, recruit patients, teach and train the doctors and nurses. There is more funding available from the NIHR to conduct further studies. The research activities in our department have gained momentum in the last 3 years with the following studies.

**Current Studies:** Two RCTs have been approved and are due to start soon (progress delayed by the pandemic): EFFORT Trial and STRESS-L Trial.

FLOELA Trial is also under progress.

**Completed Studies:** RECOVERY trial, 65 Trial, WEANSafe study, DALES, SNAP-2, I HYPE, ABSSES, PEACE, IMPRESS.

### 3.7 How is the unit staffed?

At present we are working across two geographically separate units. There are three consultants on the units during the week and two at the weekend. One of the duty consultants supports the outreach service, which is itself a 24/7 provision. Two of the consultants leave after the afternoon ward round (by 6pm) and there is always a consultant on-site until at least 8pm, following which they are on-call from home and available to return immediately if needed.

Trainees from anaesthesia, intensive care, and acute, respiratory and emergency medical specialties rotate through our unit. The trainee cohort during daytime hours comprises an FY2, ACCS trainees, core trainees, clinical fellows, MTIs and registrars. There is a six-member trainee team for the department out of hours led by a Senior Registrar, with three trainees covering the ICUs. There is a dedicated trainee room to facilitate rest during the on call period, which is also equipped with IT facilities. Food and drinks are available around the clock.

## Part 4

## Training

### 4.1 Details of training opportunities on the unit

#### Ward Rounds

Twice daily ward rounds are led by two dedicated consultants, during which bedside teaching will take place. We also have a dedicated outreach service, supported by the third consultant during the daytime. The outreach consultant holds the referral bleep to permit the registrar to attend the whole ward round without interruptions and have an overview of all the patients, to allow coordination of the roles and responsibilities of the rest of the trainees. This will also permit senior ICM trainees lead the ward round without distractions.

#### Microbiology Ward Rounds

One of the Microbiology consultants attends the ICU on Mondays, Wednesdays and Fridays (either in person or via Zoom). There is also a

#### Radiology Teaching

There is a radiology ward round with one of the consultant radiologists every Tuesday where complex and interesting cases are discussed.

#### Rehab MDT Meeting

The rehab MDT on Thursdays is an additional educational opportunity. Trainees who are doing their ICU modules are expected to attend and contribute. Our lead physio is very proactive and really appreciates being able to work cooperatively with the trainees.

#### ICU Follow Up Clinic

Our ICU Follow Up Clinic is being set up by one of our consultants and nurse consultants. This is either conducted over Zoom or face-to-face and is a fantastic opportunity for ICM trainees to gain experience in this interesting and lesser-seen side of ICU care.

### Practical Skills

There are plenty of opportunities for the trainees to perform all necessary practical procedures (i.e. invasive lines, chest drains, ascitic drains, lumbar punctures, percutaneous tracheostomies) and also to supervise the core trainees and FY2. We also have the support of a large cardiology department with a 24/7 PCI service. Their expertise is available to train junior doctors in the use of intra-aortic balloon pumps and temporary pacing wires.

### Echo and POCUS Training

There are two FICE accredited mentors in the department. Additionally, one of the cardiology consultants is also a FICE mentor, and is happy to accommodate trainees in their echo lists in the cardiology department. There are plenty of opportunities to learn and practise point of care ultrasound skills.

### Management

There are plenty of opportunities to gain this experience with three of our ICU consultants in senior management positions. One of our ICU colleagues is the current Medical Director. This should give the trainees a good insight into management of services and also to gain a broad experience in hospital management.

*This will give all ICM trainees a broad clinical experience.*

## 4.2 Details of departmental teaching

Our weekly timetable is shown below

**Lister ICU Weekly Timetable**

Monday	Tuesday	Wednesday	Thursday	Friday
08:00-08:45 Morning drill Handover	08:00-08:45 Morning drill Handover	08:00-08:45 Morning drill Handover	08:00-08:45 Morning drill Handover	08:00-08:45 Morning drill Handover
08:45-09:00 Huddle with CCOT and NIC	08:45-09:00 Huddle with CCOT and NIC	08:45-09:00 Huddle with CCOT and NIC	08:45-09:00 Huddle with CCOT and NIC	08:45-09:00 Huddle with CCOT and NIC
09:30-12:00 Consultant ward round	09:30-12:00 Consultant ward round	09:30-12:00 Consultant ward round	09:30-12:00 Consultant ward round	09:30-12:00 Consultant ward round
13:00-14:00 Consultants' meeting	12:00-12:30 Radiology meeting	13:00-17:00 Core trainee teaching	13:00-17:00 Registrar teaching	13:00-13:30 Journal club
14:00-15:30 M&M meeting	12:30-13:30 Consultant-led teaching		13:30-14:00 Rehab/MDT meeting	
16:00-18:00 Evening ward round Handover	16:00-18:00 Evening ward round Handover	16:00-18:00 Evening ward round Handover	16:00-18:00 Evening ward round Handover	16:00-18:00 Evening ward round Handover
20:00-20:45 Handover	20:00-20:45 Handover	20:00-20:45 Handover	20:00-20:45 Handover	20:00-20:45 Handover
20:45-21:00 Huddle with CCOT and NIC	20:45-21:00 Huddle with CCOT and NIC	20:45-21:00 Huddle with CCOT and NIC	20:45-21:00 Huddle with CCOT and NIC	20:45-21:00 Huddle with CCOT and NIC

### Consultant-Led ICM Teaching

There is a dedicated weekly session of consultant-led teaching on the ICU, which all trainees in the ICU and anaesthetic department are encouraged to attend. Topics vary, and are often requested by the juniors on that day. We are also fortunate to often have consultants or senior registrars from other medical specialties come and teach during these sessions.

**Anaesthetic Core Trainee and Registrar Teaching**

There are dedicated bleep-free consultant-led teaching sessions for the anaesthetic core trainees on Wednesdays and registrars on Thursdays.

**Journal Club**

Departmental journal club is on Friday afternoons. It is organised and facilitated by one of the senior ICM trainees, and overseen by one of the duty consultants.

**Grand Round**

Trust-wide Grand Round takes place in the Education Centre every Thursday lunch time, which covers topics from different specialties by experienced speakers.

**Regional Teaching**

Trainees also have the opportunity to attend regional teaching once a month.

**Simulation**

We regularly run multidisciplinary ICU simulations in a high fidelity simulator within the postgraduate department. We run critical care scenarios, in-situ simulation, human factors in crisis situations, tracheostomy crisis scenarios and transfer training. This provides appropriate teaching and training and also serves to enable trainees to expand their educational portfolios.

**Library and Internet Facilities**

There is well equipped library in the hospital at the Lister Education Centre with 24-hour access. The Anaesthesia and Intensive Care Department also has well equipped library which the trainees can use for reading. IT access is also available round the clock at multiple points with Hospital Wi-Fi.

**On call**

**Stage-3 trainees** who are posted at the Lister for 6 months will be able to gain on-call experience as part of the ICU registrar rota for three months, during which time they will be second on-call for ICU, supervising a CT1 / CT2 and a fellow. There is scope to make the second three-month module non-resident (with consultant cover).

**MTI Training**

Our unit is also recognised for MTI training by the RCOA.

All the above are named supervisors who have undergone the relevant training. They also undergo a yearly Medical Educators Update conducted by the trust keeping up to date with training and education. Our team of young, enthusiastic and experienced consultants will provide a breadth of experience to the trainees.

**4.3 Details of clinical governance meetings days and / or M & M****Clinical Governance Rolling Half Days**

These occur every month, where trainees have the opportunity to present audits, research and discuss interesting cases.

**Morbidity and Mortality Meetings**

M&M takes place every Monday at 2pm, where complex cases are discussed in the presence of consultants and other members of the MDT.

#### 4.4 Number of trainees on each tier of the rota

The rota for ST trainees is 1:8 compliant with the new deal (2016). Trainees receive distant supervision out of hours with immediate attendance within <30 mins by the Consultant. There is a six tier trainee rota (three for ICU, two for theatres and one for maternity) for the department out of hours led by a Senior Registrar. Adequate help is available by this team during busy periods in ICU and other areas during out of hours.