

School of Ophthalmology East of England

TOP Regional Training (2018 & 2019) 1st (88.3%) out of 17 regions in the whole UK (rest of UK: 61.55-80.17%)

TOP Exam results >90% success over last 2 years at Part 2 clinical exams

TOP of GMC Trainee Survey (2019, 2018 & 2017) Rated Highest Average Across All 18 Domains

Our induction course held at Norwich has received national recognition. Find out more information on our website!

Simulation

We have 3 Eyesi cataract simulators in the region and run a portfolio of free simulation days including Cataract / Complications, Trabeculectomy, Laser, Trauma, Cadaveric Strabismus & Oculoplastics.



Regional Teaching program

- ◆ U.K.'s top rated teaching program in the country (GMC survey)
- ◆ 10 Core training days (rating >9.6/10.)
- ◆ 20+ Additional Regional teaching days: exam preparation, simulation, governance, professional, research and academic meetings.
- ◆ Weekly 1/2 day teaching at Norwich & monthly at Cambridge



Exams

We run free exam preparation day for Part 2 examination and an annual refraction course in the region. Our Core regional teaching days are also exam orientated with OSCE stations. Our exam success is a natural result of this.



Global Health

We support trainees who want to consider going abroad for global health projects and OOPR opportunities. We are currently developing a formal global health ophthalmology fellowship post too.

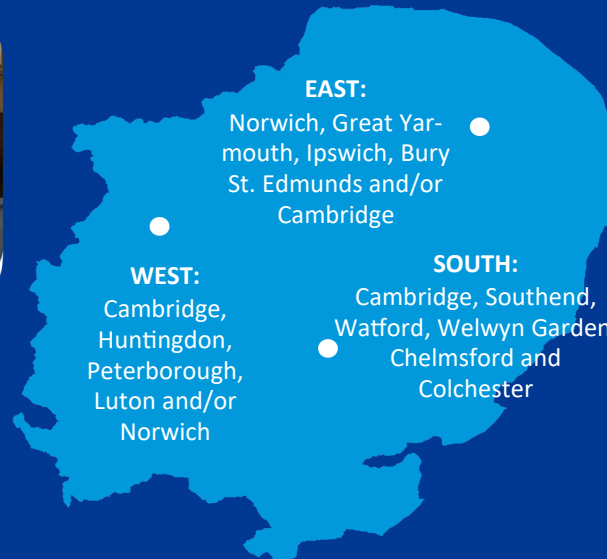


Meet The Team



Narman Puvanachandra (TPD) and Anthony Vivian

Rotations



Research

- ◆ We encourage and support OOPR applications in and outside our region.
- ◆ We have two professional units and multiple other research opportunities
- ◆ Trainee led research network linked to NIHR
- ◆ ST3 + trainees are given 1 session a week for research

Did you know?

We have pre-CCT final year fellowships (TSCs) in all subspecialties. There are also ample post CCT fellowships available.

Contact us

If a career in ophthalmology interests you we would love to hear from you!

<https://heeo.hee.nhs.uk/ophthalmology>

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Psychiatry

Frequently asked questions

Training Programme

How many years is the training program?

7 years (ST1-7)

Is the training run through or decoupled?

Run through (ST1-2 general; ST3+ subspecialty focused)

Which units in the East of England can I be trained in?

Main Teaching Units: Cambridge & Norwich
11 DGH's divided as below into sub-rotations

How is recruitment organized?

National recruitment is organized through the Severn Deanery and opens every November, interviews Jan / Feb.
<http://www.severndeanery.nhs.uk/recruitment/>

Are there more localized Sub-rotations to avoid long commutes?

West: Cambridge, Luton, Huntingdon, Peterborough
East: Norwich, Bury St.Edmunds, Ipswich & Great Yarmouth
South: Cambridge, Watford, Stevenage, Chelmsford, Colchester, Southend

What induction program is there into training in the region?

Regional Norwich Induction week in August for all new EoE trainees
Simulation training on EyESi in first few months

Opportunities

What Sub-specialty / fellowship training opportunities are there in the region?

We have pre-CCT final year fellowships (Trainee Selected Components TSCs) in all subspecialties. There are also ample post CCT fellowships as

What research opportunities are there in the region?

ST3+ trainees are given 1 session a week for Research (in addition to standard ST1-7: 1 session for audit/admin and session for teaching).

Do you support Out of Programme Research?

We encourage and support OOPR applications in and outside our region. Best time to consider this is between ST2-3 or after final Part 2 exam. We have two professorial units and multiple other research opportunities as well as a trainee led research network linked to NIHR.

<https://heeo.e.hee.nhs.uk/ophthalmology/research>

Is there scope for work overseas during my training?

We support trainees who want to consider going abroad for global health projects and OOPR opportunities. We are currently developing a formal global health ophthalmology fellowship post too.

Teaching & Study Leave

How is the regional teaching program structured?

Top rated teaching program in the country (GMC survey)

10 Core training days : covers curriculum; talks in morning and OSCEs in afternoon, usually with patients. Satisfaction rating >9.6/10

20+ Additional Regional teaching days : exam preparation, simulation, governance, professional, research and academic meetings

Weekly 1/2 day teaching at Norwich & monthly at Cambridge

https://heeo.e.hee.nhs.uk/ophth/teaching_program

How many days of study leave do I get?

30 total

10 to attend core training days

20 remaining to attend additional regional training days, national / international meetings / exam study

What opportunities are there for simulation training in the region?

3 x Eyesi cataract simulators: Great Yarmouth, Luton, Cambridge

Cataract / Complications simulation day

Trabeculectomy simulation day

Laser simulation day

Cadaveric Strabismus training & Oculoplastics training

Trauma Simulation training day

<https://heeo.e.hee.nhs.uk/ophth/simulation>

Exams

What exams will I have to sit during my training?

Part 1: completed by end of ST2 (can be done prior to entry)

Refraction exam: completed by end of ST3

Part 2 written and clinical (viva/OSCE): ideally completed by ST5-6

Is there any exam preparation organised in the region?

We run regional exam preparation days for Part 2 and Refraction exam. <https://heeoee.hee.nhs.uk/ophthalmology/exam-preparation>
Also our core training days are exam orientated with OSCE stations.

Where can I go for more information?

Regional Website

<https://heeoee.hee.nhs.uk/ophthalmology>

We have several events (including the induction week) that we welcome prospective trainees to. We can also arrange taster weeks in any of our units.

What are the top 3 reasons for training in the East of England:

1. TOP of GMC Trainee Survey (2018 & 2017): rated highest average across all 18 domains
2. TOP Exam results: We have had >90% success over last 2 years at Part 2 clinical exams
3. TOP Regional Training (2018,19): 1st out of 17 regions in the whole UK

If Medicine was a car industry, which car would represent Ophthalmology and why?

The Aston Martin. We are the cool, sleek top end of the luxury market with great balance between functional driving (work) and enjoyment (well-being). Amazing and challenging technology at the heart of what we do, awesome user and passenger (patient) experience (satisfaction).

We don't get taken out late at night and are the epitome of speed, calmness and in control of our driving. Top end research avenues, great travel opportunities (for the altruistic) and most of all a lot of fun. Hard to get one (training number) but once you have the keys, you never want another car.