

East of England Mentoring scheme



Health Education England

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ST7 ENT



Short summary of career

I graduated from Imperial College School of Medicine with MBBS and an intercalated BSc in Medical Sciences (Anaesthetics and Surgery). I completed my Foundation training in South Thames Foundation School, and Core Surgical Training in KSS Deanery, before taking up my national training number in the East of Scotland. I subsequently met my husband, and moved to the East of England Deanery to complete my training.

I have been active in training matters throughout my registrar years, with several posts with the Association of Otolaryngologists in Training. I have organised their annual conference, and am involvement in committees, for example, that work on curriculum review and update.

This experience has highlighted the pressures under which both trainees and trainers are working in changing clinical and political environment.

I also teach on national examination and interview courses.

Thoughts on mentoring

The natural 'organic' mentoring that was commonplace in medical practice between doctors of different experience has been squeezed out of current medical training. There are many reasons for this, not least a change in the temporal and structural continuity of clinical training, with year long or shorter rotations. Formal mentoring that I have been involved with has usually taken the form of buddy schemes; developmental mentoring was always opportunistic.

In my own experience, I have noted the sudden absence of the 'informal' developmental mentoring I had previously received, at the time when I would have benefited most from it. This was not for a lack of willing from those senior to me. This is why formally supported, and organised, mentoring schemes have an important niche in the NHS today, and I am delighted to be part of the EOE Programme to achieve it.

Specialist areas

- Postgraduate medical training and education
- Trainee and Trainer support and experience
- Surgical Training
- Paediatric ENT
- Clinical Improvement

Personal background

I currently split my time between Stevenage, and family in Hertfordshire, Kent and the Midlands. I enjoy cooking – though I am not very good at it! – eating out, jogging, dancing, reading, good cinema, and travel, which I indulge in whenever I can! My favourite trips have been to Bosnia Herzegovina, Japan and Costa Rica.