

Southend Hospital

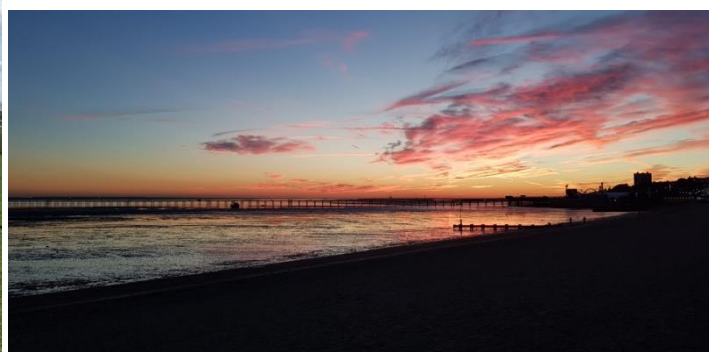
Mid and South Essex NHS Foundation Trust

Southend is a busy district general hospital and part of Mid and South Essex NHS Foundation Trust, a newly merged Trust with Basildon and Broomfield Hospitals, now one of the largest Trusts in the country.

Southend-on-Sea is a coastal city, and commuter town, on the north side of the Thames Estuary. It is home to the longest pleasure pier in the world, London Southend Airport, and is less than an hour by train to London Liverpool Street and London Fenchurch Street. It is flanked by the blue flag beaches of Shoeburyness and Thorpe Bay and the picturesque old fishing port of Leigh-on-Sea, voted one of the best places to live in England. Local schools and amenities are excellent. Sporting facilities include Garon Park Southend Leisure and Tennis Centre, Chase Sports and Fitness Centre (opposite the hospital), opportunities for kitesurfing, paddle boarding and golf. Southend boasts a purple flag for its night-time economy, with music, theatre and comedy available at the Cliffs Pavilion conveniently situated near the hospital, indoor crazy golf, bowling, casinos and nightclubs in abundance.



Hadleigh Castle



Southend Pier

The hospital itself currently has 730 beds and 19 operating theatres with plans to expand day surgery facilities. Southend is a cancer centre so offers major colorectal, gynaecology and urology surgery, ranging from open total pelvic exenterations to

laparoscopic and robotic surgery. Our perioperative care is national award winning for its novel combined anaesthetic and geriatrician pre-assessment clinics for older people with colorectal cancer and we are approved to offer perioperative medicine as a specialist interest area of training. Southend is also a busy orthopaedic trauma unit and was one of only three hospitals in the UK which recorded improved performance across all key indicators last year. We also have dedicated paediatric day stay lists, including eyes and dental, ENT, an obstetric unit with 3500 deliveries a year and consultant-led ringfenced elective caesarean section lists, and a critical care unit led by anaesthetists, commissioned for 9 level 3 beds and 8 level 2 beds. There are 4 resident on call doctors out of hours, covering main theatres, obstetrics, critical care and high dependency. On site on call bedrooms and hot food are available 24/7.



We are a welcoming and friendly department with over 30 Consultants and Associate Specialists, over 20 LEDs, currently 13 anaesthetists in training and supportive administration staff. We offer a robust teaching programme with opportunities to be involved in high fidelity simulation and virtual reality simulation and have recently procured a new ultrasound and phantom limbs for regional anaesthesia training. Our anaesthetists in training have demonstrated great success lately in Primary and Final FRCA, securing ST4 interviews and jobs. We are a social department and like to send off residents with a departmental meal as they rotate on. We have an excellent relationship with our colleagues in critical care and main theatres so join them for biannual parties, generally at Christmas and in the Summer. Many of us grew up in Southend and have chosen to return to work here as Consultants.

