

NHS Education for Scotland

Supplementary Information for the Orkney Acute Care Rural Fellowships

General Background

Orkney is an archipelago composed of a large central island (the Orkney Mainland) and approximately 70 surrounding smaller islands, 17 of which are inhabited. The total population of Orkney is around 22,000 of which 3,300 live on islands without land access to Kirkwall. The Balfour Hospital is situated in Kirkwall, which is the main centre of population. Providing efficient and effective medical services to these island communities is a challenge. Over the last 15 years NHS Orkney has taken an active role in pioneering new ways of delivering healthcare to these communities and aims to be a centre of excellence in providing remote and rural healthcare.



NHS Orkney has provided Standard Rural Fellowships for more than 10 years, offering 2 Fellowships each year. This is the second year that we are offering an Acute Care Fellowship, based in the Balfour Hospital.

Balfour Hospital

The Balfour Hospital is designated a Rural General Hospital and has Consultant-led services in Medicine, Surgery, Anaesthetics, Obstetrics and Gynaecology and Psychiatry. The hospital consists of:

- Accident and Emergency Department
- Acute Ward for both medical and surgical admissions – 23 beds
- High Dependency Unit – 3 beds
- Assessment and Rehabilitation Ward – 13 beds
- Obstetric Unit – 4 beds
- Day Surgery Unit – 4 beds
- Macmillan House with 4 beds for palliative care and day case chemotherapy delivery
- Dialysis Unit – 5 stations

AHP Departments include:

- Physiotherapy
- Occupational Therapy
- Dietetics
- Speech and Language Therapy
- Audiology

X-ray Department with CT scanning, plain radiography and ultra-sound

Laboratory Department providing a wide range of diagnostic tests.

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The Balfour Hospital enjoys particularly close working relationships with Aberdeen Royal Infirmary, with a wide range of specialist visiting outpatient clinics, which include:

Paediatrics	Dermatology	Rheumatology
Cardiology	Orthopaedics	Orthotics
Ophthalmology	ENT	Radiology

Other specialist clinics are delivered by videoconference including:

Neurology	Diabetes	Genetics
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The Acute Care Rural Fellow is broken down into the following areas:

- 22 weeks service commitment to NHS Orkney. This will be based in the Balfour Hospital.
- 9-10 weeks working in General Practice to maintain and develop your GP skills.
- 12-13 weeks of educational time to attend courses and placements designed to address your identified educational needs and supported by the NES study leave allowance.
- 8 weeks annual leave.

It is envisaged that the Fellow will work within the hospital and General Practice in week-long blocks, rather than working set days of the week in either environment. This will help provide continuity of care and experience in the hospital work, significantly contributing to the educational value of the placements. It will also allow the effective planning of off island courses and experience, as part of your educational component and help minimise travel costs. To gain maximum benefit from the post you will need to be organised in your planning and communicate effectively with both the hospital and General Practice elements of your work.

Balfour Hospital Experience

The Fellow will work as part of the Non-Consultant Grade rota, acting as the first point of medical contact for patients presenting to the Balfour Hospital. This means that you will be exposed to an undifferentiated case mix, giving a broad variety of experience. Working within small, tight teams allows the individual to have a lot of responsibility and autonomy, within their level of competence, whilst always having rapid Consultant support, when needed. The nursing staff is experienced and supportive in dealing with the broad range of presentations and providing inpatient care.

The undifferentiated nature of the presentations and the level of responsibility, with appropriate support, makes this post particularly well suited to Acute Care Rural Fellowship training. The case mix is similar to that of a rural community hospital and the size of the population ensures that the workload is sufficient to create an ideal learning environment. Dr Alison Hughes, Consultant Physician will act as mentor within the hospital environment.

The HDU is led by the Consultant Anaesthetic team and provides a controlled environment in which to gain experience in dealing with critically sick individuals. Patients requiring tertiary hospital care are transferred primarily to Aberdeen Royal Infirmary by fixed wing aircraft. Critically sick patients are transferred either with the Emergency Medical Retrieval Service or the Paediatric Retrieval Team, which are consultant-led services. You will therefore receive excellent experience in stabilising patients and preparing them for aero-medical transfer.

Educational Opportunities

The presence of a variety of specialist visiting and videoconference outpatient clinics provides many opportunities for gaining additional knowledge and confidence in important areas of rural GP practice.

The Orkney Multi-Professional Educational Programme provides an ad hoc programme of educational activities available to both primary and secondary care and open to all clinical groups. It utilises the availability of visiting specialists and opportunities for teaching delivered to Orkney via videoconference. The multi-professional nature of the environment provides the opportunity to learn from different professional perspectives.

The Fellowship provides both the time and financial support to attend relevant courses off island. To allow this to work effectively requires flexibility and good organisational skills so that rotas within both the hospital and General Practice can be created in advance.

General Practice Component

Orkney is offering both a Standard and an Acute Care Rural Fellowship in 2017/2018. The Fellows will choose one of four Orkney Mainland Practices to work in to maintain their General Practice experience. Each practice has a nominated mentor:

Dr Sarah Stevenson	Dr Tony Wilkinson	Dr Angus Lyon
Skerryvore Practice	Stromness Surgery	Heilendi Practice
The Health Centre	John Street	Scapa Cresescent
Kirkwall	Stromness	Kirkwall
KW15 1BX	KW16 3AD	KW15 1RL
01856 888240	01856 850205	01856 872388

Skerryvore Practice

An 8-partner GMS practice situated in Kirkwall, close to the Balfour Hospital. In addition to providing primary care services to their own patients, they also provide Sexual Health services for the whole of Orkney. Skerryvore is a training practice, regularly supporting GPSTs, Medical Students and Rural Fellows. There is a friendly team spirit, with the Doctors all meeting every morning over coffee. Many of the GPs have particular areas of clinical interest including Pre-Hospital Emergency Care (one of the partners is a BASICS responder), Diabetes, Sexual Health/Family Planning, Palliative Care and Dementia Care. Some of the Partners also facilitate locally run "First 5" and "PBSGL" groups which are popular informal educational groups for GPs.

Stromness, Graemsay and Flotta Surgery

A 3-partner former PMS practice in the harbour town of Stromness. The practice runs the hyperbaric chamber treating around 30 diving emergencies a year (the busiest in Scotland) and is actively involved in primary care and diving research. It also provides medical advice to the Stromness lifeboat. They regularly host medical students. The practice population includes the islands of Graemsay and Flotta, the latter being visited twice a week for routine medical care with nurse practitioners on-island full time who benefit from the Isles Network of Care (INOC) link in weekly meetings.

For further details about INOC see the Orkney Standard Rural Fellowship job description.

Heilendi Practice

A 3-partner GMS practice in Kirkwall with branch surgeries on Shapinsay and North Ronaldsay, Britain's, most remote practice. They provide visiting GP services and NP support to these isles as part of INOC. The practice runs services such as minor surgeries, minor injuries and family planning (including implanon and coil insertions). Heilendi is a University of Aberdeen accredited teaching practice. One partner also has contacts within the Hippocrates Exchange Programme which can provide links to placements abroad.



The Community and Environment

Orkney is a wonderful place to live and work; it is also a fantastic place to bring up children. The islands offer the benefits of living in a supportive community with low pollution, low crime and excellent schools. There are good leisure facilities with a wide range of very active sporting and recreational clubs. To gain a feel for the breadth of opportunities available visit www.orkneycommunities.co.uk



There is a strong musical tradition with a number of important annual music festivals and the traditional music project ensures that the talent continues to develop; with a number of local young musicians recently winning national awards. Art, literature and crafts also enjoy a high profile, ranging from the internationally recognised Pier Arts Centre and a literary giant such as George Mackay Brown, through family owned jewellery businesses, small home based galleries, amateur dramatics and creative writing groups.

The Orkney economy is based on farming, but tourism plays an equally important role. Orcadian culture is heavily influenced by its strong Norse history, but local history stretches back to Neolithic times with 5,000 year old settlements such as Skara Brae and the Ness of Brodgar which is currently being excavated, the finds are changing our understanding of Neolithic Britain. The Viking influence is clearly seen in place names, traditions and buildings such as St Magnus Cathedral. The large natural harbour of Scapa Flow played an important part in both World Wars. History is all around.

The islands provide unique wildlife on the background of amazing scenery and despite the northern latitude the weather is heavily influenced by the warming North Atlantic Drift. Connections to the mainland are good with at least daily flights to and from Aberdeen, Edinburgh, Glasgow and Inverness. All these destinations are less than an hour away.



To find out more about living and working in Orkney go to www.orkney.org

For an informal discussion feel free to telephone:
Dr Alison Hughes (Consultant Physician) on 01856 888000 or
Dr Charlie Siderfin (Primary Care Lead GP) on 07900405964

