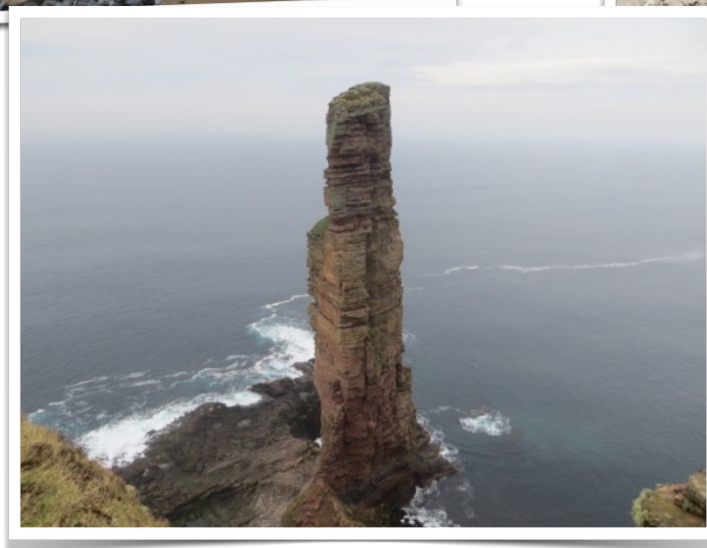


Orkney Rural Fellowship

2022



About Orkney

Geography:

- Orkney is an archipelago composed of a large central island (the Orkney Mainland) and approximately 70 surrounding smaller islands, 17 of which are inhabited.
- Located just off the north tip of Scotland, across the Pentland Firth
- Regular ferry links from Aberdeen, Lerwick, Thurso and Gills Bay and under one hour flight (Loganair punctuality permitting!) from Edinburgh, Glasgow, Aberdeen and Inverness



View of Kirkwall (onboard Loganair aircraft)

History:

- Whether you want to connect to the neolithic heart of Europe and contemplate at the Ring of Brodgar, explore Viking heritage of Scotland and follow the St Magnus Way or see the landmarks of WWII - Orkney has it all (even Viking graffiti!).



Ring of Brodgar



Italian Chapel

- find out more: <https://www.orkney.com/things/history>

Economy:

- Orkney economy is big on four things: farming, fishing, renewable energy and tourism. You can participate in the lambing season (every pair of hands counts!), try your luck for a trout in local lochs



Kirkwall Harbour



1st degree lamb encounters are common occurrence on country roads...



...equally common as sheep traffic jams.

or get onboard electric bus to explore Orkney. Be sure that farming and fishing related injuries will keep you busy (not less than looking after large number of visitors during summer months)!

Community:

Orkney has thriving community where everyone can feel like at home. Breathtaking views, rich historical and cultural heritage, low crime rate, excellent schools and leisure facilities make Orkney very attractive place to live and work. Orkney has been voted one of the best places to live in the UK on multiple occasions. You can take an advantage of amazing

outdoors (open sea swimming is very popular here and often prescribed!) and after all the exploring have some hearty food in one of the local restaurants. Orkney hosts multiple music festivals (i.e. St Magnus festival) and is home to many local arts and crafts (jewellery making, pottery, knitting, painting among many others). Don't forget to check out The Ba during Festive Season!



Sledding and sea swimming on a sunny day

NHS Orkney at a glance:

- NHS Orkney is the smallest territorial health board in Scotland and is responsible for the health care of the population of Orkney, which is made up of approximately 21,500 people.
- NHS Orkney's hospital and healthcare facility, The Balfour, opened in 2019 and is transforming the way healthcare is delivered. With inpatient wards, an emergency department, OOH GP, outpatients, diagnostic services, Dentistry, two GP practices and the Scottish Ambulance Service all under one roof, there are excellent opportunities for close multidisciplinary working to benefit our patients. NHS Orkney is now working towards further investment in the outer island facilities. These developments allow us to drive forward service improvement with confidence.



Educational opportunities:

The hospital consultants, extended role GPs and specialist nurses within NHS Orkney mean that there is a wealth of educational opportunities available. Clinicians are particularly aware of the needs of GPs training for rural and remote practice. The Medical Education Team will try and facilitate any request to spend time with any of the services provided locally.

Hospital based educational opportunities include:

- Emergency Medicine
- Acute and General Medicine (including outpatient clinics)
- Cardiology outpatient clinics
- Obstetrics
- General Surgery



- Orthopaedics
- Anaesthetics

Primary care based specialisms:

- Hyperbaric medicine
- Dermatology

Visiting Consultant Outpatient Clinics include: paediatrics, radiology, ophthalmology and many others. There is also tele-neurology clinic that happens on regular basis.

There are weekly educational meetings happening every Wednesday morning, joined by colleagues from both primary and secondary care. Topics include clinical guidelines updates, presenting interesting cases or performing M&M reviews.

Simulation training is delivered regularly to the teams covering outer isles and includes series of exercises aimed at developing acute management skills in remote setting. Apart from medical team it also involves local first responders, fire service, etc. and is highly praised for its educational value.



Simulation training in Papa Westray



Main entrance

Host Practice:

Dounby Surgery is a rural practice set in the heart of mainland Orkney. It is located in modern, spacious premises and is attached to a residential home. The practice population is around 2800.

There is also a branch surgery in Rousay. This is an island to the north with around 250 inhabitants. The doctors travel by ferry 2-3 mornings a week to run clinics there.

The GPs at Dounby offer a range of services in keeping with its rural location. These include the management of minor injuries, minor surgery and family planning (including coil and Nexplanon insertion).

The practice also runs dermatology services. There is a secondary care clinic once a week and all of the nurses are phototherapy trained.

Dounby is a training practice and rural fellows will be supported in their clinical role and also their educational ambitions. 2 of the partners were formerly rural fellows and understand what the post involves.

Ultimately, this is a wonderful location to experience remote and rural medicine, to gain new skills, and grasp opportunities which will enhance your future career.



Ferry at Tingwall



View from the coffee-room

You can find out more on the Dounby Surgery website. There is a detailed video there which describes the practice further.

<https://www.dounbysurgery.co.uk>

Notes from Dr Rebekah Palmer, Orkney Rural Fellow 2018:

I had the pleasure of being a Rural Fellow in Orkney in 2017-18. I now work in Orkney as a GP Partner in the Dounby Surgery and as a duty Dr with the Orkney Hyperbaric Trust in Stromness.

I came to the fellowship fresh out of GP training, however, there were others in my cohort who were experienced GP partners or had been working abroad - there is no one size fits all route into the Fellowship and no one size fits all experience from the post.

The bones of the fellowship are laid out by NES and the planned fellowship meetings and structured element to the year are excellent learning opportunities. However, the meat of the fellowship experience is what you make it through your self-directed training opportunities and the day-to-day work.

With my dedicated education time I completed:

- BASICS adult and paediatric pre-hospital emergency care courses and trained to become an instructor with the organisation.



- DFSRH and letter of competence in SDI contraception.

-Started additional training in diving medicine through the RCSE DipRom.

During the fellowship meetings we had dedicated training from consultant ophthalmology, Macmillan nurses, consultant midwives, mountain rescue, a vet (who led a fascinating -and more pertinent than we could have imagined- session on zoonoses). However, perhaps the most valuable aspect of these meets was the learning from one another and the inspirational experienced rural clinicians whose zeal for rural practice was contagious.

I was based in the Stromness Surgery on the Orkney mainland and spent 16 weeks working on the outer isles: mainly with the team on Sanday but also some time on North Ronaldsay and Hoy.

This 'single handed' work challenged me and the work put in during this time has borne fruit in my personal development particularly in the areas of clinical courage and resilience.

Of course 'single handed' is really being one part of a team on the ground, with a wider support network reassuringly accessible through technology and remote working.

I loved the variety of the year - the places I saw, the patients I met and the mentors I learned from. I learned that a career in rural practice offers the potential to carve your own path - pursue a special interest, balance life & work. For me it delivers a much more tangible sense of community: a career where you work closely with MDT colleagues, get to know your patients in good and bad and see the community pull together as a team.

The rural fellowship offers a supported and fun-filled opportunity to develop the generalist skills, experience, and confidence key to rural general practice.

Service commitment:

INOC Background

The Isles Network of Care includes General Practitioners from Orcades Practice on the isles of Westray, Stronsay, Sanday and Hoy, and Nurse Practitioners (with remote and visiting GP support) on Rousay, Papa Westray, Eday, North Ronaldsay, Shapinsay and Flotta.

Practitioners work in rotational model within a team on each island, providing both in and out of hours primary care services, as well as immediate emergency care for isles communities. In order to provide continuity of care practitioners work regularly on the same island, although flexibility is needed if exceptional circumstances require cover elsewhere.

Videoconferencing is central to the network, providing clinical governance and peer support for practitioners. Weekly videoconference meetings provide a structure for case based discussion, significant event analysis and risk management. Orcades Practice meetings, Orcades Quality Improvement meetings and engagement with wider GP

Cluster, which includes all Orkney Mainland Practices, supports dissemination of best practice.

NHS Orkney has an ongoing training programme for isles practitioners to equip them with the knowledge and skills to manage immediate care in emergency situations. The training is built around BASICS Scotland courses and the standardised equipment in the Sandpiper Bag. Joint training with isles first responders, and fire and coastguard



services is also undertaken. Evacuation of patients to hospital from the outer isles is by Scottish Ambulance Service helicopter or the Coastguard Search and Rescue helicopter from Shetland. The majority of evacuations from the inner isles are by ferry.

Service commitment

As a Rural Fellow in Orkney you will join the Orcades Practice and become part of the team on one of the GP Isles. You will have the chance to develop your skills and confidence in remote and rural care through extensive working alongside experienced isles GPs. You will then be ready to provide periods of independent, but well supported, GP cover within your isles location.

In addition to your work on the isles, you will also work as part of the Mainland Orkney Out of Hours GP team, providing cover for some weekend daytime shifts.

More information:

- check out NHS Orkney recruitment website: https://www.orkney.com/news/nhs-orkney?fbclid=IwAR0bkgJ0dpv8LeaKnIXMYGe6dOV5F05sm-BEt5YXxBQgL_VmGcPx5yIFX3k
- general information about Orkney: <https://www.orkney.com>
- **contacts** (please, do not hesitate to get in touch if you would like to discuss in more detail)
 - Dr Dawn Moody Associate Medical Director Community/OOH GP dawn.moody1@nhs.scot
 - Dr Huw Thomas, GP partner, Dounby Surgery huw.thomas5@nhs.scot
 - Dr Alasdair Miller, Medical Consultant, Deputy Lead for Medical Education alasdair.miller@nhs.scot
 - Dr Aneta Filipek, GP, Deputy Lead for Medical Education aneta.filipek@nhs.scot