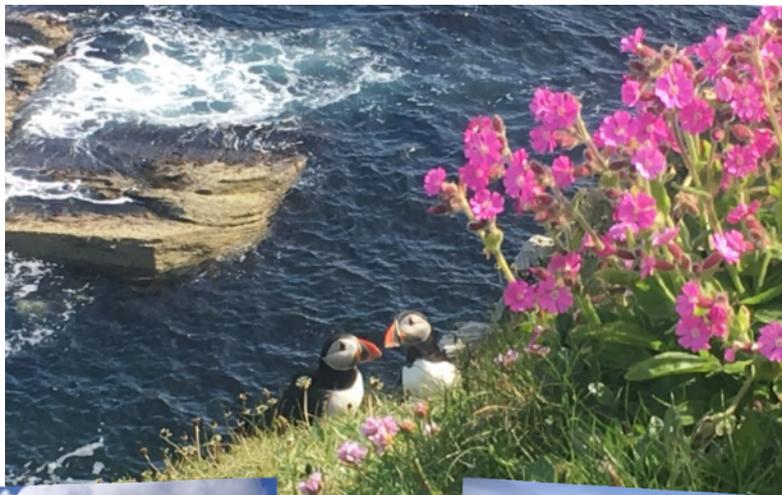


Orkney Rural Fellowship

2024



All 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 around a one hour flight (Loganair punctuality permitting!) from Edinburgh, Glasgow, Aberdeen and Inverness

History:

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

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



View of Kirkwall Harbour (onboard Loganair)



Ring of Brogan



Italian Chapel

Economy:

The 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 the local lochs, or get onboard an electric bus to explore Orkney. Be sure that farming and fishing related injuries will keep you busy, including looking after large numbers of visitors during the summer months.



Community:



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

Orkney has a thriving community where everyone can feel at home. Breathtaking views, rich historical and cultural heritage, low crime rate, excellent schools and leisure facilities make Orkney a 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 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!



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.

Recently, NHS Orkney produced a film about the organisation. It is possible to view it here:



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
- Sexual health

Visiting Consultant Outpatient Clinics include: Paediatrics, Radiology, Ophthalmology and many others. There is also a 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, interesting cases and M&M reviews.

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



Simulation training in Papa Westray

Host Practice

Stromness, Graemsay and Flotta Surgery

“Set in the picturesque harbour town of Stromness we are a rural practice with 3 partners and list size of over 3000 patients. The practice runs the Orkney hyperbaric chamber where between 20-30 diving emergencies are assessed and treated per year (the busiest in Scotland). We are the GPs for the islands of Graemsay and Flotta, the latter with an ANP, and we visit Flotta weekly. We are a ScotGEM practice hosting a third-year postgraduate medical student for 10 months per year. In addition to usual minor surgery and minor injury activity we offer Nexplanon insertion and continue to provide immunisations to all our patients with a focus on providing holistic care to our local population.”

Dr Inez Moss, GP Partner, Stromness

Testimonial

Dr Amanda Cochrane Orkney Rural Fellow 2023/24:

Hello, my name is Amanda and I am the current (2023/2024) GP Rural Fellow in Orkney. I can absolutely recommend both the rural fellowship in general, and the Orkney fellowship in particular, as a great opportunity to experience what living and working remotely is like and to decide if it is a good fit for you. I started the fellowship immediately after finishing GP specialty training in the Scottish central belt. I knew that I wanted to work rurally and the fellowship provides a really supportive environment to learn the skills needed for rural general practice. The year is a mixture of work at your 'base' practice, out-of-hours cover, work on the smaller Orkney Isles, and a generous amount of study leave for attending courses and other educational opportunities.

My base practice is in Stromness, the second largest town in Orkney, with a friendly and very supportive team. The Stromness practice also covers the island of Flotta and the hyperbaric chamber for diving emergencies and as part of my fellowship I will be doing a hyperbaric medicine course in Plymouth later this year. The Isles work was both the most challenging but also the most rewarding experience of my work during the fellowship and involves providing single handed GP provision for the island in addition to a 24-hour on call service for emergencies. I had 2 weeks of shadowing a GP on Westray, one of the northern isles, and learning how the systems work before working on various other islands including Sanday and Eday. Each island has its own character and a great sense of community. You are never without support when needed as there is always someone to speak to for advice or help. Out of hours is based in the Balfour hospital in Kirkwall, and again, you are working with a very welcoming and supportive team. I've loved my time in Orkney this year so much that I'll be staying on as a GP here after the fellowship, truly a dream job!!

INOC

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 a 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.

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

Cluster, which includes all Orkney Mainland Practices, to support 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 the 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:

- NHS Orkney website: <https://www.ohb.scot.nhs.uk/>
- General information about Orkney: <https://www.orkney.com>

(please, do not hesitate to get in touch if you would like to discuss in more detail)

Contacts:

Dr Huw Thomas, GP, Director of Medical Education, huw.thomas5@nhs.scot

Dr Carolyn Sheehan, GP, Stromness Surgery, carolyn.sheehan@nhs.scot

