**BST GIM Mayo/Sligo Hub**

**Mayo Hospital**

**The Hub and Spoke**

Mayo University Hospital (MUH) is a 390 bed General Hospital affiliated with NUIG medical school and GMIT School of Nursing which serves a population of approx. 190,000 people. Applications are invited for the post of Senior House Office RCPI BST Mayo-Sligo programme.

The successful appointee will join the 2 year BST SHO programme based in MUH. The successful appointee will rotate in 3 monthly blocks for 2 years in various core Medical rotations, including Respiratory medicine, Cardiology, Gastroenterology, Endocrinology, Medicine of the Elderly, Rehabilitative Medicine, Haematology / Oncology.

As part of the 2-year rotation the SHO will also rotate out to UCHG (level 4) hospital for Haematology/oncology and Roscommon Hospital (level 2) for some of the Medicine of the Elderly rotations. The on-call rota is 1:6 acute unselected take.

**Contact details**

The Programme Director is Dr Brian Egan.

**Training and Educational Opportunities**

The Saolta University Healthcare Group hospitals offer a high level of exposure to a wide range of medical specialties supported closely by a committed consultant staff. Mayo & Roscommon hospitals are affiliated teaching hospitals of GUH. MUH has an extensive library with a wide range of hard copy and online reading and research resources. There is an active teaching programme with regular scheduled teaching sessions during the week, including MRCPI tutorials and high rate of success in the MRCPI examinations. Grand Rounds and access to the RCPI masterclass series by audiovisual. All posts are GPT accredited with active teaching/educational programmes. The hospital has enthusiastic specialist nurses in Respiratory, Diabetes, Cardiac and Stroke Rehabilitation. Outreach services from GUH include Rheumatology and Palliative Care.

**Support Available**

MUH is renowned for its friendly atmosphere and good working environment. With our links with NUIG medical school and the location of the NUIG Mayo Medical Academy on campus and the presence of undergraduate students in the hospital ensures an environment conducive to learning for junior staff.

**The Local Area**

MUH is based in a town of 14,000 people in the West of Ireland, within easy access to the sea. Castlebar has many active clubs including soccer, GAA, Rugby, Tennis and Badminton to name a few.

exciting bicycle trips in the local areas including Westport and Achill Island [http://www.achilltourism.com].
There are numerous hiking and hill walking opportunities also available within easy reach of Castlebar [http://www.mayowalks.ie/WalkingTrails/]
There is very good road access to Galway city (1.5 hours away by car), Sligo (1 hour by car) and Dublin (3 hours). There are rail links to Dublin and bus links to all major towns and cities nationally. Knock International Airport is within 45 minutes of the hospital.

**Sligo Hospital**

**The Hub and Spoke**

Sligo University Hospital is part of the Saolta group. Rotations go through Sligo University Hospital and Galway University Hospital (some rotations in common)

**Contact Details**

The Programme Director is Dr Cathy McHugh - [Catherinem.mchugh@hse.ie](mailto:Catherinem.mchugh@hse.ie)

**Training and Educational Opportunities**

Sligo is a 218 bed hospital with 7 acute on call physicians, it has a catchment area of 100,000 (Sligo, Leitrim, South Donegal, North Roscommon and West Cavan) and is a regional service for rheumatology, dermatology, ophthalmology and ENT with a catchment area of 213,000.
We offer rotations in Cardiology, Respiratory, Gastroenterology, Geriatrics, Endocrinology/Diabetes, Nephrology, Neurology, Haematology, Oncology, Emergency Medicine and Acute Assessment Unit and you will rotate through 3 months within a specialty.

There is an active educational programme in SUH and it is wide and varied and generally all are welcome and food may well be provided too. The library facility is state of the art with access to many online resources provides including Clinical Key, Dynamed, BMJ learning and many more. ([http://www.hselibrary.ie](http://www.hselibrary.ie)) and the Research and Education Foundation ([www.ref.ie](http://www.ref.ie)) provide research and educational support locally. Bedside teaching, formal lectures, simulation, laboratory teaching, research skills, clinical audit and many more educational opportunities take place on campus. Exam teaching, Simulation sessions, Grand Rounds, Lectures, Research skills sessions, Clinical Audit support.

**Department of Medicine**

- **Grand rounds** take place every Tuesday and Friday lunchtime with lunch provided (1300 to 1400) in the Lecture Theatre level 6. The sessions are multidisciplinary and involve case presentations, topic discussions, external speakers, journal reviews, audit discussions, debates etc. It is open to all and is a friendly wide and varied learning environment with input from allied health professionals, nursing staff and other disciplines.

- **Simulation training:** a simulation session on SIM MAN with Dr Karen Harris (Consultant in Emergency Medicine) and Dr Sinead Bredin (Consultant Anaesthetist) takes place every Tuesday morning 0800 to 0900 in the Acute Assessment Unit.

- **Journal Club:** a medical journal club presentation and discussion take place in the Level 6 lecture theatre every Thursday morning from 0830 to 0900 and breakfast is provided.

- **Practical Procedure sessions:** A hands on practical procedure session takes place every 3 months or so. Central venous cannulation is led by Dr Bredin and Imhoff (Consultant Anaesthetists), and temporary cardiac pacing (Dr Samad) and pleural drain insertion (Dr Finan, Respiratory Consultant) and Lumbar
Punctures allow demonstration and hands on practice for all on dedicated mannequins with expert supervision and feedback. There are additional simulation sessions involving resuscitation protocols, cardiac arrhythmias and any combination of clinical settings kindly facilitated by our resuscitation officer (Deidre Staunton).

- **Exam Teaching.** There is an active small group MRCPI and MRCPUK (PACES) bedside teaching programme with year round bedside tutorials and communication station sessions. It is led by experienced consultant examiners and SPRs. A mock examination is undertaken prior to each sitting of the clinical examination and candidates are examined by experienced examiners and marked in accordance with MRCPI/UK guidelines. To date there have been 25 candidates with 22 having passed the examination to date.

**Department of Rheumatology:** a multidisciplinary teaching session takes place in the Regional Rheumatology Centre at Our Lady's Hospital, Manorhamilton every Thursday at 1300. A Joint Injection and Joint Examination workshop also takes place in Manorhamilton periodically and is aimed at general practitioners but is open to all.

**Department of Diabetes and Endocrinology:** A monthly diabetes journal club takes place in Level 6 Board room (first Wednesday of every month at 1300) and involves presentation of recent journal publications or reviews of conference proceedings. It is open to all. The diabetes clinical nurses lead regular ward sessions and clinical teaching sessions for staff nurses and nursing students. Topics include perioperative management of diabetes, management of diabetic ketoacidosis/HHS.

**Stroke/Frail Elderly** multidisciplinary educational session takes place every Monday at 1445 on Medical 7. All are welcome.

**Department of Pathology and Laboratory Medicine**
Quarterly lectures take place as part of the LEAP (Laboratory Education and Aptitude Programme) incorporating clinical, histopathological and laboratory science. The following is an outline of educational activities for the Path Department.

- We have the Interesting Cases presentations - approx every two months.
- Webinars: Last one (8+9 Sept) we set up a link in the coffee room to the World sepsis webinar.
- Monthly journal club - by laboratory.
- Some of us attended the Live Masterclass Webcast - when subject is appropriate
- Staff attend some MDMs
- Attend courses run by the Foundation at SUH
- Attend National and International conferences - less in recent times due to lack of funding
- Some staff members are involved in Research.

**Department of Emergency Medicine**
Emergency Medicine trainees teaching session is on Wednesdays from 1300 to 1400 in the seminar room in ED. There is a built in Morbidity and Mortality meeting every month as part of this teaching.

**Simulation training**
The Emergency Medicine department is leading out on Simulation in SUH with a weekly departmental simulation teaching session every Thursday morning at 0800 to 1000. In order to enhance realism it takes place in the Resuscitation room in the Emergency Department. The EM dept also leads out on being "Tech Savvy" and has a twitter feed @sligosim and their own website full of all the activities going on at www.edsligo.ie or tweet at @EMedSligo. The session also involves practical session and topic reviews. Breakfast is provided. Dr Karen Harris (Consultant in Emergency Medicine) and Dr Sinead Bredin (Consultant Anaesthetist) also do a simulation training session with the Medical department teams in the Acute Assessment Unit every Tuesday from 0800 to
Echocardiogram training session; a hands-on specialised ECHO session takes place in the seminar room in the ED at 1300 to 1330 every Monday. Cardiac technicians and Consultant Cardiologist Dr Donal Murray and his team lead an interactive session and it is open to all.

Resuscitation Training Department
Resuscitation at Sligo University Hospital delivering high quality Adult and Paediatric Resuscitation training in the North West for more than 16 years. This busy department facilitates the following training courses:
- Basic Life Support for Healthcare providers
- HeartSaver AED classes
- CPR for paediatric patient's parents
- Advanced Cardiac Life Support providers course
- Advanced Trauma Life Support providers course
- Advanced Paediatric Life Support course
- COMPASS training (Early Warning Score)
- Sepsis training
- PEWS Training (Paediatric Early Warning System)

In addition to these courses NRP (Neonatal Resuscitation Programmes) and PROMPT courses are also facilitated at the hospital. All formal training is affiliated with National and International Resuscitation Training bodies.

The Resuscitation Officer facilitates unannounced Cardiac Arrest drills at ward level (Adult and Paediatric) thus ensuring that cardiac arrest team members have an opportunity to practice resuscitation skills and team leadership on a regular basis. The department also works closely with experienced personnel in the Ambulance service, with Hospital Consultants and senior Nursing staff and delivers training on a variety of topics which include: Transporting the Sick Patient, care of the Spinal Patient, Central venous access including IO access, Pacing, chest drains and much more.

Travel and Accommodation
The N4 Sligo to Dublin is a 2.5 hours drive, there are bus links nationwide and train links to Dublin. An Accommodation list available from HR

The Local Area
World renowned surfing venue at Strandhill and Mullaghmore bays, Sea sailing at Rosses Point and Mullaghmore, Extensive scenic views with mountain walks/climbs and lake and sea activities, golf courses, Hawkswell Theatre, cultural hub for poetry and the arts.

Further Information
http://ref-sligo.ie/