

# NHS Education for Scotland

## Supplementary Information for Orkney Standard Rural Fellowship

### General Background

Orkney is an archipelago of islands with a total population of around 22,000. In 2010 NHS Orkney created an Isles Network of Care (INOC) designed to deliver high quality health services to ten outer isles communities and to support the practitioners providing the services. Primary care services on these islands are delivered by either GPs or Nurse Practitioners (NP). Successful Rural Fellow applicants to Orkney will provide backfill cover to the permanent GPs or NPs on these islands to allow the incumbent to take annual or study leave, cover for short term absence such as sick leave or spend time working on the mainland of Orkney. The Rural Fellows will therefore provide an important element to the Network of Care. Whilst providing services on the outer isles the Rural Fellow will be supported by the Network of Care, which will include, the Fellow's base location, the local community, the Primary Care OOH service and 24-hour emergency support from the Balfour Hospital in Kirkwall. The positions have been designed so that individuals can gain experience of remote single-handed practice whilst always being confident of support from experienced practitioners.

The document "Isles Network of Care" provides further information as to how the system works.

The Balfour Hospital, Kirkwall is designated a Rural General Hospital with Consultant-led services in Medicine, Surgery, Anaesthetics and Obstetrics and Gynaecology, along with other nurse led services such as cancer & palliative care (including the local delivery of chemotherapy), rehabilitation and renal dialysis. The Balfour Hospital enjoys particularly close working relationship with Aberdeen Royal Infirmary. The Balfour Hospital also has two Rural Hospital GPs working exclusively in the hospital.

Over recent years NHS Orkney has taken an active role in pioneering new ways of delivering healthcare to a remote and rural community. Videoconferencing is used routinely in clinical, educational and managerial settings.



## **Host Practices**

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 INOC link in weekly meetings.

### **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 Hippokrates Exchange Programme which can provide links to placements abroad.



## **Service Commitment**

The successful applicants will have the opportunity of working in a number of different locations throughout Orkney. After spending an initial period with their host practice to orientate themselves to the health service in Orkney they will undertake relief work to the outer isles practices. This will give the opportunity to experience remote single-handed practice. The Fellow's host practice, other members of the Isles Network of Care, the Balfour Hospital teams and the OOH GP service will be available to provide remote advice and support, should the need arise. Every practice in Orkney has videoconferencing facilities which allow clinicians to remain in close contact with their colleagues for clinical, educational and management issues. The Balfour has multiple videoconferencing sites and all relevant educational and management meetings have videoconference availability. Whilst on the islands the Fellows will provide 24 hour cover, with appropriate compensatory time off in lieu. The Orkney mainland practices are covered by an OOH service. There may be the opportunity for Fellows to gain locum experience in the mainland OOH service.

## **Educational Opportunities**

The multiple extended roles of 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. In Orkney many areas of care usually delivered by secondary care are delivered by primary care clinicians. Hospital based educational opportunities include:

- Acute medicine
- Rehabilitation
- Obstetrics
- Palliative Care
- Surgery and Anaesthetics
- Dialysis
- Oncology / Chemotherapy
- Preparation for aeromedical evacuation
- Hyperbaric medicine

The Network of Care has weekly videoconference meetings which the Fellows will be expected to contribute to.



Orkney Multi-Professional Educational Programme provides an ad hoc programme of educational activities which utilises the availability of visiting specialists and opportunities for teaching delivered to Orkney via videoconference.

## **Visiting Consultant Outpatient Clinics**

- Psychiatry
- Paediatrics
- Dermatology
- Rheumatology
- Cardiology
- Orthotics
- Radiology
- Ophthalmology
- Gynaecology
- Orthopaedics
- ENT

## **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](http://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's 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](http://www.orkney.org)

For an informal discussion feel free to telephone:  
Dr Charlie Siderfin (Primary Care Lead GP) on 07900405964



## The Orkney Isles Network of Care

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 faced by NHS Orkney.

In 2010 NHS Orkney had the opportunity to re-design the way primary care services were provided to the outer isles. The Isles Network of Care is the result of this work and was created to provide:

- Clinically safe services with a strong clinical governance structure that avoids clinicians working in isolation.
- Provide continuity of care to individual island communities.
- A model that can be recruited to and sustained.
- The communities with the opportunity for input into the way their services are delivered.
- Efficient and effective use of clinical time.
- Services which are affordable within the budget of Orkney Health and Care.

The network of care includes General Practitioners on the isles of Westray, Stronsay, Sanday and Hoy and Nurse Practitioners on Rousay, Papa Westray, Eday, North Ronaldsay and Flotta.



Isles airport exercise



Individual practitioners are appointed to an island practice to be the principle providers of care to each community. When on leave they are backfilled by another practitioner, including Rural Fellows, employed by NHS Orkney. In order to provide continuity of care the same individuals provide cover to the same island, unless exceptional circumstances mean that Practitioners need to provide cover on another island.

The provision of emergency care on the isles is an issue of great concern to both the islanders and their practitioners. NHS Orkney has an ongoing training programme for isles practitioners to equip them with the knowledge and skills to manage trauma and the acutely unwell adult and child. The training is built around BASICS Scotland courses and the standardised equipment in the Sandpiper Bag. Joint training with isles voluntary ambulance, fire and coastguard services is undertaken. Evacuation of patients to hospital from the outer isles is by Scottish Ambulance Service helicopter or in severe weather by the Coastguard Search and Rescue helicopter from Shetland. The majority of evacuations from the inner isles are by ferry.

Videoconferencing is central to the network, providing clinical governance and peer support for practitioners. Weekly videoconference meetings take place between the isles practitioners and Kirkwall. They provide a structure for case based discussion, significant event analysis and risk management. Dissemination of best practice throughout the network helps ensure that clinical practice and administration develop synchronously to provide a unified way of working across the network. This facilitates easy access to data for joint clinical audit and research.

In 2015 a review of the network was undertaken and the six islands that were not attached to Mainland practices were amalgamated into the Orcades Practice, with an overall Practice Manager, integrated computer records, protocols and standard operating procedures. This has provided a new structure to support the further development of systems to deliver high quality patient care. As a Rural Fellow within Orkney you would be a welcomed member of a team that would be interested in your ideas, energy and commitment.

