

## **Acute Care Fellowship - Western Isles**

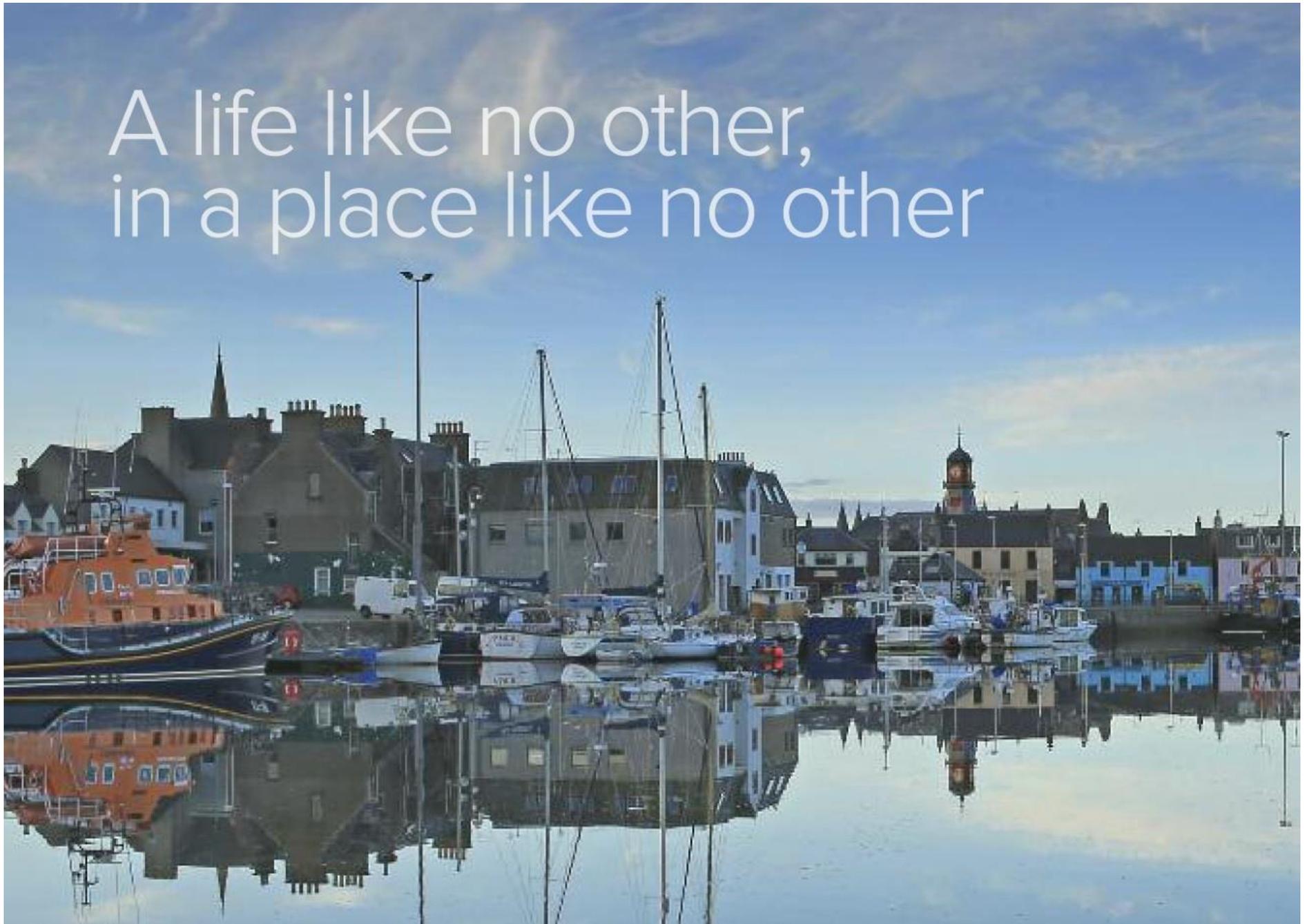
Remote and rural healthcare in Scotland is evolving. General Practice is pivotal to our population's future and Island GPs have the opportunity to lead change. In the Western Isles we see this as the chance to develop skills to deliver an enhanced level of care within a developing multi-disciplinary team.

NHS Western Isles (NHSWI) has been a provider of the Acute Care Fellowship twice since its inception in 2012. We have developed a clear understanding of the needs of a successful fellowship. Our Rural Fellow program enables GPs to work and train in a role which is compatible with the current and predicted needs of the remote and rural population of Scotland.

Whilst resident in the Western Isles you will have the opportunity to develop your skills and experience as part of a dynamic team of GPs, Consultants, Nurse Consultants, Nurse Practitioners, Allied Health Professionals, Social Care Assessors, Scottish Ambulance Service staff, IT and other skilled and experienced health and social care professionals with a commitment to developing innovative ways to deliver rural health and social care.

The successful candidate will participate in educational activity, quality improvement work, unscheduled and emergency care of patients in the rural general and community hospital setting. The key outcome will be a GP trained into an enhanced GP role, confident and skilled to work seamlessly across primary and secondary care in a remote setting.

A life like no other,  
in a place like no other



## Health Care in the Western Isles

Working in the Western Isles you will be part of and have access to the whole geographical area of the Health Board. The Western Isles Hospital (Stornoway) together with Uist & Barra Hospital (OUAB, Benbecula) and St Brendan's Hospital (Barra) provides services for a population of around 27,000.

The Western Isles Hospital has around 90 beds, with consultants in Paediatrics, General Medicine, Surgery, Orthopaedics, Anaesthetics, Obstetrics & Gynaecology and Psychiatry providing care for adults up to the level of HDU. There are around 20 beds at the Uist & Barra Hospital, which provides care of the elderly, GP Acute and Midwifery led maternity services. Many of the Consultants from the Western Isles Hospital visit OUAB to provide outpatient services.

There is local GP expertise delivering services in:

- Dermatology
- Cardiology
- Forensic Medical Examination
- Children's On-Call Doctor Services
- Coastguard Helicopter Service

The hospitals are the first point of contact for anyone who is unwell beyond the scope of general practice, with a hugely varied, unselected caseload from stroke patients receiving thrombolysis under VC supervision, to trauma cases flown in by helicopter.

The Western Isles Hospital Emergency Department is nurse-led, with Emergency Nurse Practitioners (ENPs) working in tandem with the hospital Consultants, junior doctors, specialty doctors and GPs in the out of hours setting. Clinical Support Nurses (CSNs)

are the first point of senior care across the inpatient wards along with experienced midwives in the Maternity ward in the out of hours period.

The Emergency Department is the base for the NHS24 out of hours work which the resident GP or specialty grade doctor also undertakes, and is supported by Community Unscheduled Care Nurses to provide safe and effective management of patients in the community where possible.

You will work closely with consultants, Enhanced Role GPs and specialty doctors, remote and rural GP teams, ENPs, CSNs, Scottish Ambulance, Specialist Nurses (Cardiac Nurses, Diabetic Nurses, MS Nurse, Macmillan Nurses) as well as the wider in-and-out of hospital teams. There are particularly strong links to both Raigmore Hospital in Inverness and the Glasgow hospitals, with consultant clinics covering the major specialties. We are developing innovative ways of working to reduce the burden on patients of unnecessary travel.

Enhanced roles delivered by GPs and Specialty Doctors locally include:

- NHS24 and A&E
- In-hospital out-of-hours paediatric & neonate cover
- Forensic Medical Examiner
- Hospice and community palliative care

## General Practice

There are 9 Practices across the 6 largest islands with around 30 GPs.

Isle of Lewis:

- Group Practice, Stornoway (8000 patients) 4 partners, 1 salaried GP, +/- GPSTs (training practice), Nurse Practitioners
- Broadbay Practice, Stornoway (6000 patients) 1 partner and 5 salaried GPs, Nurse Practitioners
- Langabhat Medical Practice, six sites in rural Lewis (5100 patients) 2 partners, 4 salaried GPs +/- GPSTs (training practice), Nurse Practitioners

Isle of Harris:

- North Harris Medical Practice, Tarbert (1300 patients) 2 partners
- South Harris Medical Practice, Leverburgh (500 patients) 1 partner and 1 GP Associate (own out of hours cover)

The Uists and Barra

- North Uist Medical Practice (1300 patients) 2 partners and 1 salaried GP
- Benbecula Medical Practice (2300 patients) 2 partners, LES to provide medical cover for OUAB (Uist and Barra Hospital)
- South Uist Medical Practice (500 patients) 1 partner
- Barra Medical Practice (500 patients) 2 partners, LES to provide medical cover to St Brendan's Hospital (own out of hours)



Lewis and Harris, has been ranked fifth best island in the world by Tripadvisor

[www.bbc.co.uk/news/uk-scotland-north-east-orkney-shetland-26247865](http://www.bbc.co.uk/news/uk-scotland-north-east-orkney-shetland-26247865)



## Space for you to grow

The Western Isles, also known as the Outer Hebrides, is an archipelago of islands which lie 55km off the main west coast of Scotland, stretching 160 miles from the Butt of Lewis in the north to the Isle of Barra in the south. The main islands are Lewis, Harris, North/South Uist and Barra, these are inter-connected by a system of roads, causeways, ferries and an plane which enable you to travel the length and breadth of the islands discovering beautiful coastlines, coves, beaches and sea lochs.

These islands provides some of the most beautiful scenery in the world, each island holding their own unique features ranging from wild rocky peaks, moorlands, machairs and long stretches of golden sandy beaches. Many of the roads are narrow, some are single track and have many bends and chicanes, most are unlit at night, and are vulnerable to poor weather.



## Healthcare

There are three main hospitals situated on the main islands, Western Isles Hospital in Stornoway, the Uist & Barra Hospital in Benbecula which is located in the centre between North and South Uist, and St Brendans Hospital in Barra. There are fourteen GP Practices in the Western Isles and three hospitals at Stornoway, Benbecula and Barra. Community nursing services operate out of general practice premises and at community offices in key locations.

## Register with a doctor

Remember you should register yourself/family with a doctor at your local practice as soon as possible. The Medical Practice will advise you on specific documentation required to register.

## Moving home

Looking for the right property can be somewhat of a challenge. If you are moving from the mainland, it is important you are well informed about the area prior to your move. There is a good selection of Estate Agents and solicitors available locally to help you with the process, whether you are buying, selling or wanting to rent property.

## Schools and Education

After a £70 million investment by the local government, children across the Western Isles are now being taught in the most modern schools in Scotland, benefitting children access to the best facilities and resources that any school in Scotland has to offer, in an educational environment that is second to none.

Lewis Castle College campus is part of the University of the Highlands and Islands. There is a wide range of professional development courses, further education courses, available for study. This gives students more reasons to stay in the islands (rather than leaving to study in the cities of mainland

Scotland), contribute to the economy or even build your own business. The University of Stirling campus is based at the hospital in Stornoway. Students can undertake a range of health studies enabling a qualification in health and social care.

## Arts, culture & heritage

The Western Isles is home to a good range of restaurants, take-away's and pubs accommodating all tastes and budgets. Live music is on offer in a variety of pubs and clubs, mainly at the weekend.

No matter where you live in the Outer Hebrides, you will find a wealth of authentic experiences to engage with - the rich culture heritage, the outstanding natural heritage, food, music, art and craft culture - all ways of enjoying the living Gaelic culture.

There are a selection of Museums and Art Centres situated across the islands among them is the award winning Taigh Chearsabhair in North Uist and An Lanntair Centre in the heart of Stornoway. These are multi purpose venues hosting exhibitions and workshops, live music and theatre and cinemas.

Each community has an annual Agricultural Show, a great showcase for the crofting community and fun for all the family with craft stalls, displays and demonstrations, highland dancing and music

## Music

Heb Celt Festival is a four day award winning festival which takes place annually in July and brings together a variety of traditional and contemporary music and visitors from around the globe to the Castle green in the centre of Stornoway.

Smaller musical events are also held where adults and children are given the opportunity throughout the islands to learn to play musical instruments. The local children's gaelic mod is held annually usually at the beginning of June.

## Sports facilities

The Outer Hebrides offers a superb range of outdoor activities including surfing, kite surfing, hill walking, mountaineering, horse riding is and increasingly popular sport with many inland trails and long beaches providing the perfect setting. Hebridean Equestrian Centre is only a 10 minute drive from Stornoway on the Isle of Lewis. It caters for both children and adults from the age of 4 and upwards and no experience is necessary to take part. There is a smaller community riding school based in Benbecula.

Comhairle nan Eilean Siar's Sport and Health Section deliver and support a wide range of services across the Western Isles. Outdoor activities and multi-sports are particularly popular on the Western Isles. The main sports centre in the Western Isles is located in Stornoway. The Nicholson Lewis Sports Centre has a full range of sports facilities both indoor and outdoor, which provides an excellent facility for school children and the general public.

A range of smaller, local community facilities are also provided throughout the islands and a whole host of sporting activities are pursued with clubs and organised events throughout the year covering sports such as rugby, football, shinty, fishing, riding, canoeing, golf, athletics and 10 pin bowling. There are four half marathons run every year on the islands and a range of charity focused events.

## Shopping

The town of Stornoway is the main town in which most of the shops are located and is the only place in the Outer Hebrides where you will find a mix of small of high street shops, mixed with local independent shops, of which many sell locally produced goods such as traditional Harris Tweed and jewellery items. The local fishing fleet provides fresh fish and shellfish to local fish shops restaurants. All shops are closed on Sunday except for one of the local petrol stations which sells a limited selection of groceries, wines, beers.

## **Your Team**

### **Dr Angus McKellar, Medical Director**

Angus is a GP and has a strong interest in remote and rural practice. He previously worked in very remote settings in Nepal, prior to working as a GP and Educational Supervisor in North Harris Medical Practice. He is keen to improve access to training opportunities for a future remote and rural GP workforce. Monthly 1:1s, reviewing quality of learning experience.

He will be supported by the following team in delivering the Rural Fellowship Program:

### **Susan Macaulay, ED Nurse Lead**

Susan is an Emergency Nurse Practitioner with 17 years experience working in a rural Emergency Department. She has an interest in rural emergency and unscheduled care provision, and has recently completed a study exploring GPs' perspectives on out of hours' in a rural general hospital. Susan is keen to support all aspects of an enhanced GP role, in particular emergency and minor injury skills required when working in a remote and rural area.

### **Dr Aristeidis Apostolopoulos, Locum Consultant Physician**

Aris is a general medical consultant with interests in acute, rural and remote medicine. He has worked in South America, Madagascar and the Caribbean but returned to Scotland in 2011 as a consultant. In early 2015 he joined the Western Isles Hospital and took on the role of educational and/or clinical supervisor for core medical trainees, foundation year doctors and GP trainees. In the Western Isles, he has worked towards enhancing the efficiency of the day-to-day running of the medical department, including inpatient care and the out patient clinics, in order to improve the patient experience and meet the needs of the trainees.

### **Dr Kirsty Brightwell, Associate Medical Director**

Kirsty has been a local GP for 9 years and is the Cluster Quality Lead and has a senior management role in the Integration Joint Board. She is a previous GP trainer and has DSRH and DipSEM. As clinical lead for GP Out of Hours, Kirsty is involved in developing the out of hours service into a self-sustaining, multi-disciplinary, blended, urgent and emergency care team.

## **Western Isles Fellowship Program**

This fellowship will provide both continuity and support from a single base, with a highly varied timetable that will include remote and rural general practice, being part of the unscheduled care out of hours team, and involvement in a quality improvement activity.

Rather than rotating through different placements, this program will reflect the dynamic nature of remote and rural practice and the rural practitioner we want to produce. You will not only have the opportunity to develop the skills required to deal with serious illness or trauma in the remote and rural setting but apply them in the course of the year.

The exact structure of the fellowship is flexible and will be built around your individual learning needs, addressing the acute care competencies and ensuring you are exposed to the supported clinical opportunities to allow your skills to grow.

The Acute Fellowship Program will have the following components:

### **Out of Hours Enhanced Role GP/Specialty Doctor in Urgent and Emergency Care**

- 1-2 shifts weekly as part of the unscheduled care Out of Hours (OOH) team including Emergency cover as well as Children-on-call Doctor (children and neonates) and FME (Forensic Medical Examination) once trained.
- The Fellow will receive training in the extended roles as part of an experienced OOH team at the Western Isles Hospital (WIH).
- There is also an opportunity for additional experience at the Uist and Barra Hospital.

### **General Practice**

- 1-2 days weekly in a General Practice. Two practices are participating: the Group and Broadbay. Time can be shared between the 2 or the fellow could choose one practice within which to be based.

### **Quality Improvement Activity**

- 8 hours per week - specifically with a view to developing your role as a rural practitioner.  
This may include, for example:

- Working with the Cluster Quality Lead on projects within the Integration Joint Board
- Working with the Prescription for Excellence team
- Involvement in another pre-existing QI project

### **Area of Personal Interest**

We offer the opportunity to develop skills in an area of personal interest and relevance to the intended role of rural practitioner.

This could include for example (but not limited to):

- Paediatrics
- Acute medicine
- Geriatrics
- Stroke rehabilitation
- Minor surgery

### **Protected Learning Time 13 weeks, including opportunities for:**

- Resuscitation Training
- FME
- Any relevant learning opportunity that builds towards your acute care competencies.

Mentorship will include regular sessions with the Medical Director, Associate Medical Director, ED lead nurse, Nurse Leads/Specialists and Consultants to ensure that your educational needs as well as the aims of the fellowship program are being met.

We want to engage with you prior to your arrival to ensure that your learning needs are catered for in a timely manner to allow adequate preparation whilst ensuring the skills can be applied and developed during the course of the year.

### **Additional Learning Experiences:**

- Invitation to join the local PBSGL (Problem Based Small Group Learning) group which includes experienced GPs from many of the surgeries on Lewis & Harris.
- Involvement in MAJAX (Major Incident) training
- Regular educational meetings

Any of the team is available to be contacted informally if you would like to chat things through:

**Angus:**     [angus.mckellar@nhs.net](mailto:angus.mckellar@nhs.net)

**Susan:**     [susanmacaulay1@nhs.net](mailto:susanmacaulay1@nhs.net)

**Aris:**       [aristeidis.apostolopoulos@nhs.net](mailto:aristeidis.apostolopoulos@nhs.net)

**Kirsty:**     [kbrightwell@nhs.net](mailto:kbrightwell@nhs.net)

## **We look forward to welcoming you to the Western Isles**

**In a recent study by Susan Macaulay (2015), participants that currently worked as enhanced role GPs in the new OOHs model identified the key motivator as the work itself, which offered a more varied work load and stimulus that traditional general practice did not provide.**

“the sheer interest of it, it’s well worth doing.....the trouble with the standard GP is that after a number of years, it becomes pretty humdrum, what everyone is looking for is something to make general practice that bit more interesting and for me one aspect about OOH, are all these things we do are really interesting, especially the CODS (Children’s on-call doctor)” (Participant 1).

“I quite like the stimulus of acute medical care as it stands at the moment with this model, so you’re not feeling totally out of touch with the hospital side of things, you can see acute things that you normally wouldn’t be managing in the general practice.....it keeps your skills up to date, there are challenges but it’s interesting out with traditional general practice” (Participant 5).

“I guess the main thing is job satisfaction, because as GPs, if you are on the mainland, you tend not to get these opportunities as much, to work in an acute setting and I think most of us find it stimulating.....I think certainly for me the motivation was, it’s very rewarding work”( participant 8).

Quotes taken from, An exploration of General Practitioners’ perspectives: A new Out of Hours model in a Rural General Hospital (Macaulay 2014)

# Useful links and numbers

Local council (CnES)

[www.cne-siar.gov.uk/contact.asp](http://www.cne-siar.gov.uk/contact.asp)

NHS Western Isles

[www.wihb.scot.nhs.uk](http://www.wihb.scot.nhs.uk)

Job Centre Stornoway

[www.1job.co.uk/town/jobs-in-stornoway](http://www.1job.co.uk/town/jobs-in-stornoway)

Traveline Scotland

[www.travelinescotland.com](http://www.travelinescotland.com)

Caledonian Macbraynes Ferry Timetables

[www.calmac.co.uk/timetables](http://www.calmac.co.uk/timetables)

Flybe

[www.flybe.com](http://www.flybe.com)

Rightmove

[www.rightmove.co.uk/property/Western-Isles.html](http://www.rightmove.co.uk/property/Western-Isles.html)

Visit Scotland

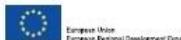
[www.visitscotland.com/destinations-maps/outer-hebrides](http://www.visitscotland.com/destinations-maps/outer-hebrides)

Lewis Sports Centre Timetable

[www.cne-siar.gov.uk/isl](http://www.cne-siar.gov.uk/isl)



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