

## NHS Education for Scotland

### Rural Fellowships in General Practice – Local Job Information

#### Information for NHS Highland, North: Caithness, East Sutherland and North West Sutherland Rural Fellowship

*A one-year fellowship based in stunning North West Sutherland. This innovative fellowship will link both with GP practices and the developing team of Advanced Nurse Practitioners (Thurso based) for a multi-disciplinary educational experience.*

#### Background

The North area is part of the North & West Division within NHS Highland. The North area manages community health and social care services in Caithness and Sutherland for around 40,000 people across 7,882 square km.



We also provide some acute services, including a wide range of out-patient and in-patient services at our local hospitals. Caithness General Hospital in Wick is designated as a Rural General Hospital and has consultant-led surgical and medical teams. Services available include A&E, Assessment & Rehabilitation, General Surgery, General Medicine, Palliative Care, Renal Unit, CT Scanner and Theatre. A wide range of associated services are available including Day Surgery, Dietetics, Physiotherapy, Occupational Therapy, Radiography etc.. There are also a wide range of visiting services from Raigmore Hospital, Inverness.

In addition there are four GP led Community Hospitals: Wick Town & County, Dunbar Hospital (Thurso), Lawson Hospital (Golspie) and Migdale Hospital (Bonar Bridge). As well as 16 GP practices, there is a wide range of community services including community nursing, mental health services, allied health professionals, community dental and community pharmacy.

The area has a very varied landscape from mountain to the lonely flow country (the largest expanse of peat bog in Europe) and some spectacular coastal scenery, which will appeal to someone who loves the outdoors. This post offers the opportunity to live and work in some of the UK's most beautiful and unspoilt countryside.



### **Location**

The rural fellow will spend at least 22 weeks of the year working in a variety of Remote and Rural Practices across the North of Scotland covering the annual leave and study leave requirements of the principals in the practices. Service commitment i.e. annual leave and study leave cover is required in the following areas:

### **East Sutherland**

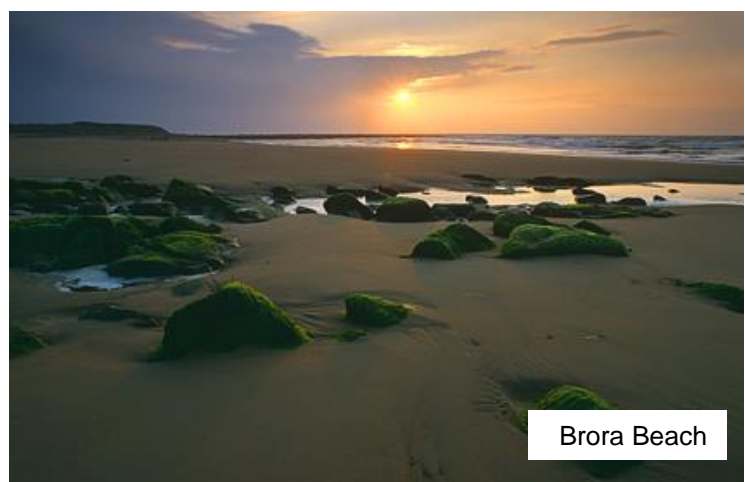
East Sutherland divides into two different kinds of landscape, coast and glen and is defined to the south by the long bite of the Dornoch Firth and the Kyle of Sutherland and to the north on the A9 at the Berriedale Braes. Along the A9 are the coastal communities of Golspie, with Dunrobin Castle nearby, Brora with its Heritage Centre and distillery and Helmsdale with its Timespan Heritage Centre. There are also many archaeological sites in the area. The area is especially good for anglers, with excellent golf facilities in Dornoch, Brora, Golspie and Helmsdale. There is also plenty of choice for walkers, mountain bikers and wildlife watchers.

### **Golspie Medical Practice**

A two-GP Practice with 2,000 patients. The practice has opted out of OOH's and provides cover to Lawson Community Hospital for inpatients and the minor injuries unit. Golspie is approx 52 miles from Inverness to the south and 51 miles from Wick to the north.

### **Brora/ Helmsdale Medical Practice**

A three-GP practice, with 2,500 patients. Based in two health centres in Brora and Helmsdale. They also provides cover to Lawson Community Hospital for inpatients and the minor injuries unit. Brora is 6 miles from Golspie, and 10 miles from Helmsdale.





### **Lawson Memorial Hospital, Golspie**

Practices in East Sutherland refer patients to both Raigmore Hospital and Caithness General Hospital. Visiting consultants from both Wick and Inverness visit the Lawson.

### **North West Sutherland**

This area probably has the most distinctive landscape of any part of mainland Scotland, with its bare and rugged appearance, from its beautiful mountain landscape, natural features such as Inverkirkaig Falls and the Inchnadamph Caves, to beautiful beaches at Oldshoremore, and Sandwood Bay and finally the most north-westerly point at Cape Wrath. Communities are generally small with Lochinver, Scourie, Kinlochbervie and Durness being the main villages. This is excellent country for walkers – including Scotland's most northerly Munro, Ben Hope. The wild places are very rewarding for bird watchers, while anglers have a huge choice of hill lochs, some seldom visited.



### **Scourie/Kinlochbervie & Durness MP**

Prior to 1<sup>st</sup> July 2015 this was two single handed GP practices, but on the retirement of the Durness GP, this is now one NHS Highland salaried GP practices over three sites with health centres in Scourie, Kinlochbervie and Durness. The practice is dispensing at all three sites and has approx 900 patients. The practice is currently covered by one permanent salaried GP and long-term locums. It is anticipated that this would be the base practice for the fellow, with good clinical exposure and strong mentorship.



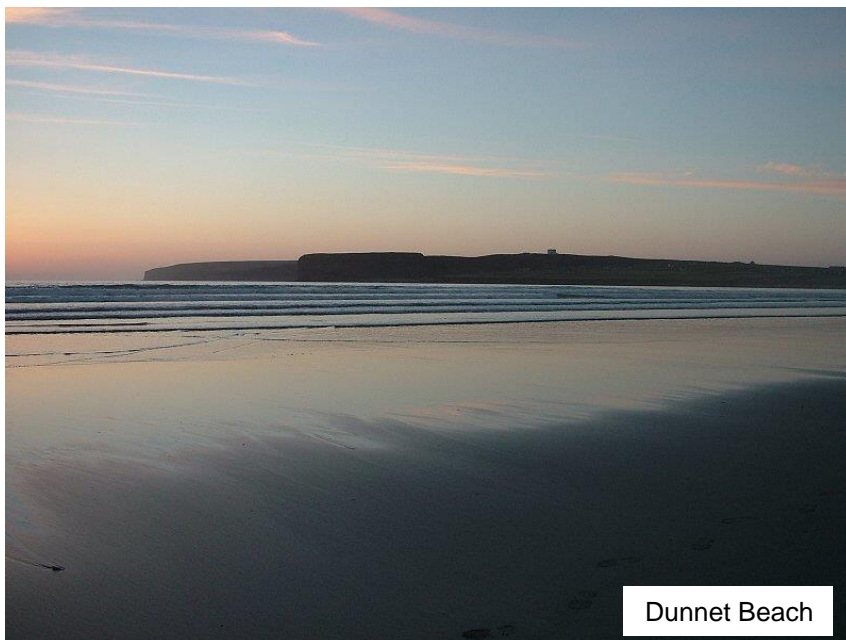
The practice provides OOH's cover Monday – Thursday but has opted out at weekends when it is provided by locums. Scourie is 99 miles from Inverness and 15 miles from Kinlochbervie. Durness (closest village to Cape Wrath) is 118 miles from Inverness and 19 miles from Kinlochbervie.

### **Caithness**

This is big country, with wide skies and dramatic seascapes, and rolling moors merging westwards into rugged peaks in North Sutherland. Wick and Thurso are the two main centres, both with a good selection of shops (including Tesco) and other amenities. The coast between Wick and Thurso is spectacular and includes, near John O'Groats, the Duncansby Stacks, as well as Dunnet Head (with amazing views of Orkney). Castle of Mey, the home of the late Queen Mother is also near by. Inland the dominating feature is the Flow Country, with miles of interlaced pools and lochs. There is also a wide range of attractions with heritage and archaeological interest. You can golf on Britain's most northerly mainland course, while angling, wildlife cruises and other wildlife activities are on offer.



Dunnet Head, Caithness



Dunnet Beach

**Castletown/Canisbay** – a two GP practice, based in two health centres in Castletown and Canisbay (closest village to John O'Groats). The practice is dispensing at both sites with 3000 patients. The practice has opted out of OOH's which is provided in Wick and Thurso. Canisbay is 19 miles from Wick, and 13 miles from Castletown.

**Riverbank Medical Practice** – a Salaried GP Practice based in Thurso. The practice has 5600 patients and covers the Dunbar Community Hospital and three Care Homes. The practice has an Advanced Pharmacist Practitioner and is in the process of recruiting Advanced Nurse Practitioners.

**Rural Support Team** – A unique feature of this fellowship is the connection with the ‘Rural Support Team’ (RST) – a team of highly trained advanced nurse practitioners based out of the Dunbar Hospital (Thurso) and covering both in hours and out of hours primary care. The fellow would be supported to engage with RST educational activities and team meetings, providing a completely new perspective on the provision of services in rural areas. It is entirely expected that this link with a fellow will be beneficial for the RST, too!

### **Service Commitment**

Rural Fellows are usually allocated to two or three practices, where they will provide the majority of their service commitment. These practices will be agreed as the beginning of the rural fellow year. One practice will usually be a more remote and rural dispensing practice to give the rural fellow the opportunity to experience all aspects of rural General Practice.

The service commitment practices can be in more than one area eg East Sutherland and North West Sutherland. If required to travel to an area away from their normal base practice, accommodation will be arranged.

### **Duties**

Duties will include the full range of general practice duties during the Rural Fellows time in any General Practice, including working in the local Community Hospital if appropriate. They will be expected to play a full part in all aspects of the practice and work alongside the members of the extended primary care team.

### **OOHs Element**

While based in practices that have opted-out of OOHs there will be no requirement to do any OOHs sessions, however the rural fellows may wish to work in the local OOHs service in addition to their rural fellow role. This would be paid in addition to their rural fellow salary. However some work experience will be required in remote practices in North West Sutherland, when the fellow will have to provide OOHs cover overnight and occasionally at weekends. Attendance at the BASICs course would be expected before covering OOHs in rural areas. Fellows are expected as part of their educational programme to gain experience in Out of Hours and Emergency Care.

### **Supervision in Practice**

A principle in one of the above practices will be identified as a mentor/supervisor and will be available to the Fellow when working in other rural practices.

### **Education in Practice**

Fellows will be expected to join in with the educational activities available within the practices that they are working.

### **Local Educational Opportunities**

A variety of regional educational activities are available including courses such as Advanced Life Support and attachment potential in various part of Highland i.e. Raigmore Hospital and Caithness General etc. The Rural Fellow will also be able to attend local PLT events, along with various local meeting meetings.

### **13 Weeks Protected Educational Time**

This will be organised in conjunction with the service elements of the posts and with the Rural Fellowship Co-ordinator. Fellows will have the opportunity to negotiate additional experience in secondary care, remote practices and to undertake specific course activity as available. Fellows will also be expected to attend the regular meetings of the Scottish Rural Fellows. This Job Description is not definitive and may be subject to change in discussion with the Fellow, North Primary Care manager and NES.

Further information on the North and NHS Highland is available at:

<http://www.nhshighland.scot.nhs.uk>

For more information on Caithness: <http://www.caithness.org/> and for Caithness and Sutherland : <http://www.visithighlands.com/northern-scottish-highlands/>

For an informal discussion feel free to telephone:

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