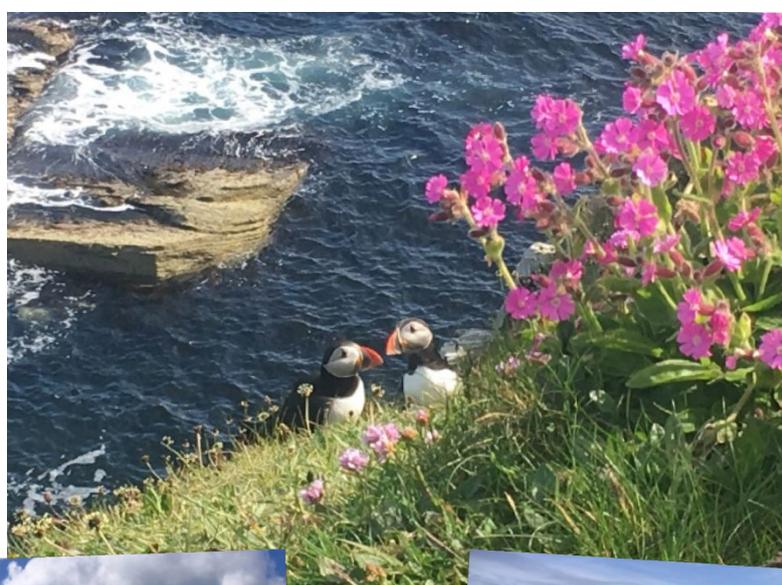


Orkney Acute Rural Fellowship 2025



All About Orkney

Geography

- Orkney is an archipelago composed of a large central island known as 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 Brodgar, 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 on board Loganair



Ring of Brodgar



Italian Chapel

Economy

The Orkney economy is big on four things:

- Farming
- Fishing,
- Renewable energy
- 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.

Farming and fishing related injuries will keep you busy at work. As well as looking after large numbers of visitors during the summer months.



Traffic jams are common on Orkney roads!



Community

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 the amazing outdoors. Open sea swimming is very popular here and often prescribed! After all the exploring, there is a multitude of excellent places to eat serving quality local food.

Orkney hosts several music festivals, such as the Folk Festival and St Magnus Festival.

Orkney also has a thriving craft industry, including, jewellery, pottery and knitting.

Don't forget to check out Orkney's unique ball game, The Ba during the Festive Season!

The Structure of Acute Rural Fellowship Year

- General Practice placement – 9-10 weeks
- Service commitment - 22 weeks +/- 2 weeks.
- Educational component - 22 weeks
- Leave and public holiday commitment – 5-6 weeks (depending on grade plus 10 public holidays)

Host practice for GP placement will be:

- Stromness, Graemsay and Flotta Surgery

Service commitment will be:

- Emergency Department, The Balfour

See below for further details

Contacts:

Dr Huw Thomas, Director of Medical Education
Dr Wendy Corstorphine, Specialty Doctor ED
Dr Carolyn Sheehan, GP Principal, Stromness Surgery
Dr Rebekah Palmer, GP Principal, Stromness Surgery

huw.thomas5@nhs.scot
wendy.corstorphine@nhs.scot
carolyn.sheehan@nhs.scot
rebekah.palmer@nhs.scot

More information available at:

NHS Orkney website: <https://www.ohb.scot.nhs.uk/>

General information about Orkney: <https://www.orkney.com>

Stromness Surgery and Orkney Hyperbaric Trust

Stromness is a picturesque town on the West side of Orkney that is rich in art and musical culture. The harbour attracts leisure boats, fishing vessels, the ferry across the Pentland Firth and most of the dive boats that escort divers out to the wrecks of Scapa Flow.

Our practice population is just over 3100 and includes patients on the islands of Graemsay and Flotta. We visit Graemsay on an as required basis and Flotta once weekly.

We are a 3-partner practice and work very closely with our experienced practice nursing team. We are enthusiastic about rural general practice and believe very strongly in the value of continuity of care. We share our workplace with the community nursing team and health visitor and appreciate the joined up community working that this facilitates.

For ten months of the year, we are lucky to have a ScotGem student in the practice which helps us to maintain our enthusiasm for keeping up to date with the latest guidance/evidence.

In addition to our standard GP role, we provide all year round medical cover for the Orkney Hyperbaric Trust (OHT), delivering 15-20 treatments a year for divers with decompression illness or other diving-related emergencies. This service supports the many valuable recreational and occupational diving activities happening daily in the waters around Orkney. You can read more about the interesting history and activity of OHT here <https://www.oht.scot/>.

Emergency Department

As an Acute Care Rural GP Fellow you will join the Emergency Medicine team at the Balfour hospital. Over 22 weeks of your post you will help assess and manage all attendances to the department, including all GP referrals. The Emergency Department (ED) is a modern, well equipped, department, having moved to this new facility in 2019. Your working pattern will involve no more than 40 hours a week, and will consist of long days (08.30-21.00hrs), but no nights or weekends.

You will join a well led, established, effective and motivated Nursing team, including Emergency Nurse Practitioners (ENPs). You will be working with a medical team of Resident doctors, which includes GP trainees, FY2 doctors and Clinical Fellows. Senior support and leadership is provided by a GP trained Specialty Doctor, who works 2 days a week. The Rural Fellowship post will provide additional support and leadership over 3 days and so experience in Emergency Medicine is essential. Orkney based Consultants in General Medicine, General Surgery and Orthopaedics, support ED by reviewing all admissions and any other patients where further review and advice is needed. NHS Orkney also has Consultants in Anaesthetics and O&G who will support ED when required. Specialist services are mainly provided by NHS Grampian, with NHS Highland providing Ophthalmology and NHS Tayside Dermatology. There is close liaison with these services for both advice and transfer of patients requiring urgent specialist care. This can often involve discussions with emergency retrieval services (EMRS).

The ED regularly hosts medical students and you will have an opportunity to supervise and teach students during your time at the Balfour.

In addition to your development time, local educational opportunities include a Wednesday morning Clinical Education Meeting and hospital based simulation. NHS Orkney also takes part in NHS Education for Scotland's Rural General Hospitals Grand Rounds.

Mentorship will be provided by the Specialty Doctor in ED, who is also an experienced GP.

Educational Opportunities in NHS Orkney

Our hospital consultants, extended role GPs and specialist nurses within NHS Orkney have a wealth of experience and provide many 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 specialties include:

- Hyperbaric medicine
- Dermatology
- Sexual health

There are many other specialty outpatient clinics provided by visiting Consultants.

There are weekly educational meetings every Wednesday morning, where interesting clinical cases are discussed.

Simulation training is delivered regularly to the teams covering the outer isles and helps to develop both clinical and non-clinical skills in a remote setting. It can often involve other local services such as, first responders, fire service and coastguard. It is highly praised for its educational value.

There is also weekly simulation training in the hospital, covering all the clinical and sometimes non-clinical areas!

NHS Orkney

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 22,000 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 will allow us to drive forward service improvement with confidence.

NHS Orkney Corporate Strategy 2024 – Delivering what matters to our community:2024-2028

The strategy focuses on 5 key areas:

People – ensure NHS Orkney is a great place to work.

Patient safety, quality and experience – consistently deliver safe and high quality care to our community.

Performance – ensure our patients receive timely and equitable access to care and services.

Potential – ensure innovation, transformation, education and learning are at forefront of our continuous learning.

Place – be a key partner in leading the delivery of place-based care which improves health outcomes and reduces health inequalities for our community.
