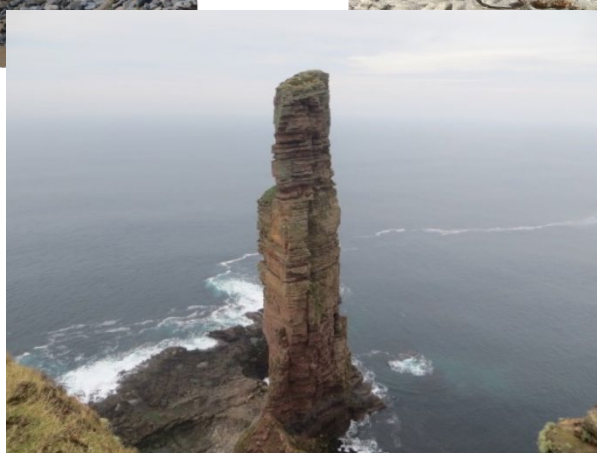
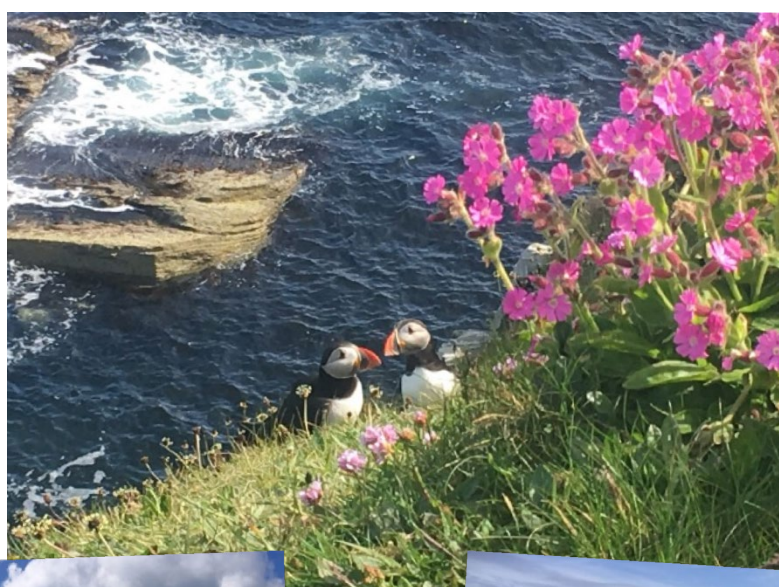


# Orkney GP Rural Fellowship 2025



# 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

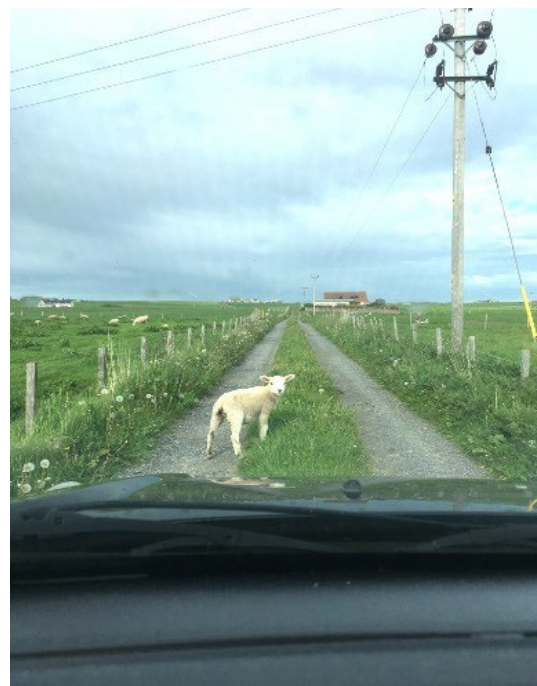
## Economy

The Orkney economy is big on four things:

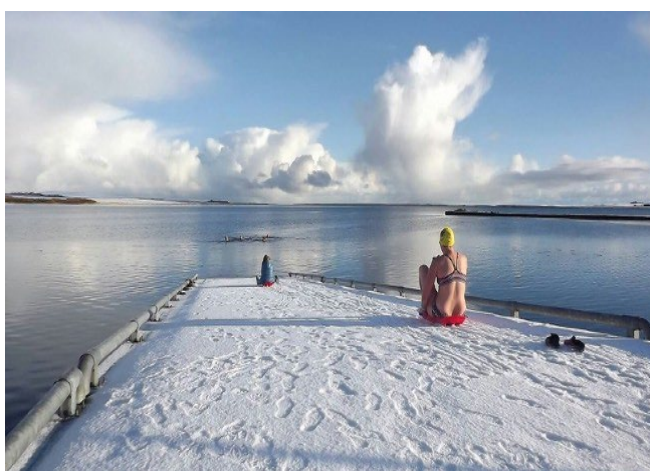
- Farming
- Fishing,
- Renewable energy
- Tourism.

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 GP 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 surgery and extended role in Diving Medicine

### Service commitment will be:

- Stromness, Graemsay and Flotta Surgery

*See below for further details*

### Contacts:

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### 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/>.

We are excited that this year's Stromness based rural fellowship offers increased exposure to and training in diving medicine with both "host practice" and "service provision" time spent with the Stromness Surgery and OHT teams.

The **22 weeks of service provision** will provide a secure base from which to develop experience, confidence and competence in rural general practice. This time will primarily be spent in Stromness Surgery though will include opportunity to visit the isles we cover so giving experience of providing GP services independently to more remote communities. While in Stromness there will be opportunity to engage with and contribute to the practice team's regular educational activities as well as supporting teaching of the students we host.

The **12 weeks of host practice time** will be all about our extended role in diving medicine. This will include protected time and funding to support obtaining qualification in diving medicine, alongside gaining clinical experience of the assessment and treatment of acute diving incidents and diving related illness. There will be time spent with our network of colleagues at larger diving centres including the National Hyperbaric Centre in Aberdeen and Diving Diseases Research Centre (DDRC) in Plymouth. With support from OHT Medical Director there will be active encouragement to take part in research utilising the vast OHT data base, and attend dive medicine conferences throughout the year.

Diving medicine also has occupational health application in assessment of fitness to dive. Through the course of the year there will be opportunity to explore this further, for example through spending time shadowing an Approved Medical Examiner of Divers performing Health and Safety Executive diving medicals.

We believe that through this year we can provide an interesting and supportive introduction to working as a rural GP with extended role, with plenty of laughter and maybe even try a dive along the way!

## 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.

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