



# Foundation Training at East Lancashire Hospitals NHS Trust

2023-2025

## East Lancashire Hospitals NHS Trust

The East Lancashire Hospitals NHS Trust (ELHT) and Clinical Commissioning Groups provide services to the population of East Lancashire of approximately 510,000 people. Geographically it covers the Blackburn, Burnley, Hyndburn, Pendle, Ribble Valley and Rossendale areas. The posts are based in the Royal Blackburn Hospital and Burnley General Hospital.

Commuting to ELHT from Manchester takes approximately 45 minutes by car and the majority of our FY Doctors currently commute this route. There is also a direct train from Manchester Victoria to Blackburn train station and an X43 bus direct from Manchester to Burnley.



The Trust offers a comprehensive range of “in” and “out-patient” services and provides outpatient clinics from a range of visiting tertiary specialities. There are full diagnostic services available at both sites and both sites are also fully supported by Postgraduate Education facilities, fully equipped libraries and subsidised staff gyms. The Trust also has a number of tertiary services which it provides to a larger area, including maxillofacial surgery and Hepatobiliary surgery. The Royal Blackburn Hospital also has a Da Vinci Robot, used by the Urology Surgeons.

The Royal Blackburn Hospital new build opened in July 2006 and provides a full range of hospital services to adults and children. The new building includes state of the art in-patient facilities, centralised out-patients department, new operating theatres and Emergency Department.

The Burnley General Hospital site specialises in planned (elective) treatment and most recently opened the new Urgent Care Centre Building. The Lancashire Women and Newborn Centre houses East Lancashire's centralised consultant-led maternity unit, along with a Level 3 Neonatal Intensive Care Unit, a midwife-led birth centre and a purpose-built gynaecology unit. Our Maternity services have been awarded the (RCM) Royal College of Midwives' Mothercare Maternity Service of the Year Award.



## The Foundation Programme at ELHT

There are 72 F1 and 70 F2 posts making ELHT one of the largest Foundation Programmes in the North West. There are 3 Foundation Programme Directors who take a very hands-on approach and are always keen to receive feedback about your training. Regular Foundation Forums are held and these are built in to your protected teaching programme to aid in majority attendance. These are attended by our Executive Team, so you can be assured that your feedback is received to the Trust at the highest level.

The Foundation teaching programme takes place every Thursday morning for F2 doctors and every Thursday afternoon for F1 doctors. Attendance is compulsory and you are protected from clinical activities during this time. Towards the end of the F1 year and the beginning of the F2 year, the teaching programme also includes



career sessions. The Teaching Programme is delivered not only by consultants and trainees from within the Trust, but by external companies to deliver aspects of the curriculum that can be difficult to deliver by traditional methods.

We have a Foundation Lead Quality Improvement Group who lead on many projects throughout the Trust. We host a Poster Day for Foundation Trainees, inviting our own Doctors and those from other Trusts, to give Foundation Doctors an opportunity to present their quality improvement projects at a regional event. We also have an Undergraduate Educational Task Group who liaise with the Undergraduate Department to arrange teaching.

Foundation doctors have the opportunity to take on extra roles such as Foundation rep, Lessons Learnt lead, Dementia champion and lead organiser for above mentioned Poster day.



# What to do in East Lancashire?



Restaurants, Premier Inn and Starbucks; Blackburn Cathedral Quarter



Turtle Bay, Blackburn Cathedral Quarter



The Mall Shopping Centre, Blackburn



Beat-Herder Festival, Ribble Valley



Pendle Hill



Gisburn Forest Mountain Bike Trails



DW  
Fitness First



5-a-side football, Gym, Starbucks, Subway, Pub food and Hotel, all located a stone's throw from Royal Blackburn Hospital



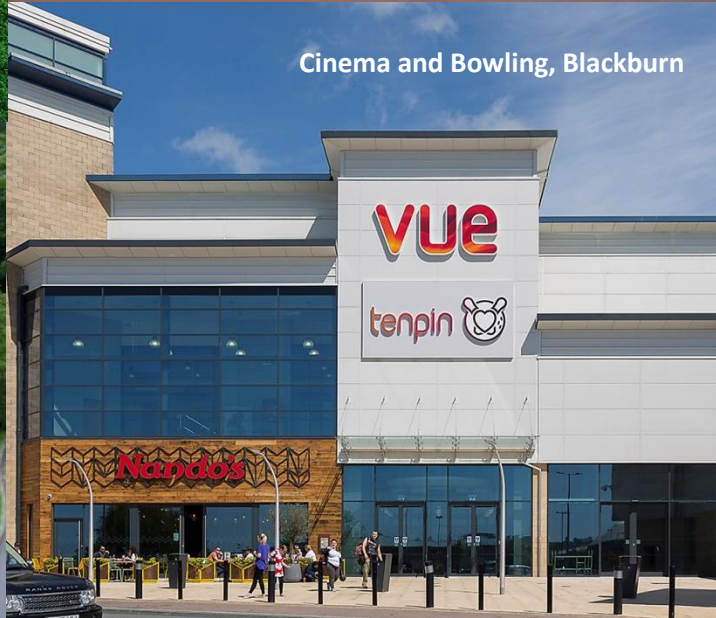
Hoghton Tower



Blackburn Ice Arena



Towneley Hall Museum, Burnley



Cinema and Bowling, Blackburn



King George's Hall, Blackburn



Gawthorpe Hall, Burnley



Pendle Ski Club



Ewood Park, Blackburn Rovers Football Club



Turf Moor, Burnley Football Club

For information on the full range of activities available in East Lancashire please visit the following websites:

- <http://www.visitblackburn.co.uk>
- <https://burnley.co.uk/explore-burnley/>
- <http://www.visitlancashire.com>

## The Foundation Team



Dr Ruth Smith  
Director of Medical Education  
Consultant O&G



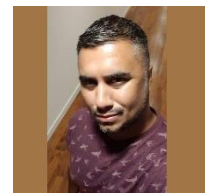
Dr Anna Sibley  
Deputy Director of Medical Education  
Consultant Paediatrician



Dr Helen Coutts  
Consultant Paediatrician  
Foundation Programme Director  
Lead



Dr Thanos Konstantinidis  
Consultant Paediatrician  
Foundation Programme  
Director Year 1



Dr Sukh Bhullar  
ED Consultant  
Foundation Programme  
Director Year 2



Melanie Stuart  
Medical Education Manager



Mrs Rocio Martin  
Foundation Programme Administrator  
(FPA)



Mrs Suzanne Holdstock  
Medical Education Administrator

## Foundation Placements at ELHT

### Foundation Year 1

- Anaesthetics
- Breast Surgery
- Cardiology
- Diabetes
- Emergency Medicine
- Endocrinology
- ENT/Otolaryngology
- Gastroenterology
- Hepatobiliary Surgery
- Lower GI Surgery
- Medical Oncology
- Medicine for the Older Person
- Obstetrics & Gynaecology
- Ophthalmology
- Paediatrics
- Psychiatry
- Respiratory
- Trauma & Orthopaedic Surgery
- Urology
- Vascular Surgery

### Foundation Year 2

- Anaesthetics (Critical Care)
- Breast Surgery
- Cardiology
- Emergency Medicine
- Endocrinology/Diabetes
- ENT/Otolaryngology
- ELCAS
- Gastroenterology
- General Practice
- Hepatobiliary Surgery
- Lower GI Surgery
- Medicine for the Older Person
- Neonates
- Obstetrics & Gynaecology
- Oral & Maxillofacial Surgery
- Psychiatry
- Respiratory
- Trauma & Orthopaedic
- Urology
- Vascular Surgery

## Foundation Tracks at ELHT

TRACK	F1 2022-2023			F2 2023-2024		
<b>1</b>	General Medicine (Endocrinology)	General Surgery (Lower GI)	Ophthalmology	Trauma & Orthopaedic	General Psychiatry	General Practice
<b>2</b>	General Medicine (MFOP)	General Surgery (Vascular)	Paediatrics	General Medicine (Cardiology)	General Psychiatry	General Practice
<b>3</b> <i>Academic</i>	General Medicine (Gastroenterology)	General Surgery (Breast)	Emergency Medicine	Neonates	Obstetrics & Gynaecology	General Practice
<b>4</b> <i>Academic</i>	General Medicine (Gastroenterology)	Trauma & Orthopaedic	Anaesthetics	General Surgery (HPB)	General Psychiatry	General Practice
<b>5</b>	General Medicine (Resp/Rheum)	Urology	General Medicine (Cardiology)	Obstetrics & Gynaecology	Neonates	General Practice
<b>6</b> <i>Academic</i>	General Medicine (Cardiology)	General Surgery (Breast)	General Psychiatry	Emergency Medicine	General Medicine (Diabetes)	General Practice
<b>7</b>	General Medicine (Respiratory)	General Surgery (Lower GI)	Emergency Medicine	Trauma & Orthopaedic	General Medicine (MFOP)	General Practice
<b>8</b>	General Medicine (Diabetes)	General Surgery (HPB)	Medical Oncology	Emergency Medicine	Urology	General Practice
<b>9</b>	General Medicine (Gastroenterology)	General Surgery (Vascular)	Paediatrics	Emergency Medicine	Trauma & Orthopaedic	General Practice
<b>10</b>	General Medicine (Gastroenterology)	Urology	Emergency Medicine	General Medicine (MFOP)	Neonates	General Practice
<b>11</b>	General Medicine (Endocrinology)	General Medicine (Acute)	Urology	Emergency Medicine	General Psychiatry	General Practice
<b>12</b>	General Medicine (MFOP)	General Surgery (HPB)	Trauma & Orthopaedic	Emergency Medicine	General Psychiatry	General Practice
<b>13</b>	General Medicine (Respiratory)	General Surgery (Lower GI)	Paediatrics	General Medicine (Gastroenterology)	Neonates	General Practice
<b>14</b>	General Medicine (Respiratory)	General Medicine (Acute)	Obstetrics & Gynaecology	General Surgery (Lower GI)	Neonates	General Practice
<b>15</b>	General Medicine (MFOP)	Otolaryngology (ENT)	General Medicine (Cardiology)	General Surgery (Vascular)	General Psychiatry	General Practice
<b>16</b>	General Medicine (MFOP)	General Surgery (HPB)	Trauma & Orthopaedic	General Medicine (Respiratory)	Otolaryngology (ENT)	General Practice
<b>17</b>	General Medicine (Respiratory)	General Surgery (HPB)	Emergency Medicine	Neonates	General Surgery (Breast)	General Practice
<b>18</b>	General Medicine (Respiratory)	General Surgery (Lower GI)	Obstetrics & Gynaecology	General Medicine (MFOP)	Neonates	General Practice
<b>19</b>	General Medicine (Gastroenterology)	General Psychiatry	Paediatrics	Urology	General Medicine (Respiratory)	General Practice
<b>20</b>	General Medicine (MFOP)	General Surgery (Vascular)	Emergency Medicine	General Surgery (Lower GI)	Neonates	General Practice
<b>21</b>	General Medicine (Gastroenterology)	General Surgery (Lower GI)	Paediatrics	Trauma & Orthopaedic	Emergency Medicine	General Practice
<b>22</b>	General Medicine (MFOP)	General Surgery (HPB)	General Psychiatry	Emergency Medicine	Trauma & Orthopaedic	General Practice
<b>23</b>	General Medicine (MFOP)	General Psychiatry	Trauma & Orthopaedic	Anaesthetics	General Surgery (HPB)	General Practice
<b>24</b>	Emergency Medicine	General Surgery (HPB)	General Medicine (Respiratory)	Palliative Medicine	Oral & Maxillofacial Surgery	Anaesthetics
<b>25</b>	Paediatrics	Emergency Medicine	General Medicine (Cardiology)	Rehabilitation Medicine	Trauma and Orthopaedic Surgery	General (Internal) Medicine (MFOP)



## Facilities at ELHT

Across both Blackburn and Burnley sites we have the following Postgraduate facilities:

- 2 x Auditoriums
- 12 x Seminar/Classrooms
- 3 x Clinical Training Rooms
- 1 x Simulation Suite
- 3 x IT Training Rooms
- 2 x Libraries
- 2 x Study Rooms

Both sites have full library and IT facilities.



## Support at ELHT

The Postgraduate Department door is always open to any Junior Doctor seeking advice or support. We have three very approachable Foundation Programme Directors that are always available in any situation. Our Clinical Activity Support Team (CAST) are heavily involved in supporting Foundation Doctors throughout their training and are visible at ward handovers, foundation teaching and life support courses. Feedback on your training is really important to us and we hold regular Foundation Doctor Forums to gather thoughts on your experience at ELHT. The Chief Executive, Chairman and Medical Director regularly attend these to give the opportunity for direct feedback to the Trust Board.



Picture: Chief Executive, Deputy Medical Director and Chairman in attendance at the FY2 Foundation Forum

## Testimonials



### **Dr Nina Taheri**

Completed Track: 3

Medical School: University of Southampton

“One of the reasons East Lancashire Hospitals appealed to me was that A&E placements were offered from the start of FY1; something not commonly seen in foundation trusts.

It meant getting thrown straight into the deep end - but the rigorous and continuous support from the excellent senior colleagues has provided me with the confidence and knowledge to hopefully pursue a career in Emergency Medicine.”



### **Dr Karthick Selvakumar**

Completed Track: 7

Medical School: University of Leicester

“My two years at ELHT have been what I can only describe as incredibly enjoyable. From the warm welcome from the Medical Directors Dr Ian Stanley and Dr Damien Riley in the first week of FY1, to the kind send-off teaching session led by the post-graduate department in the last week of FY2, the staff at ELHT both in the postgraduate department, when I came for teaching, advice, queries regarding portfolio or personal reasons and the different departments at the hospital where I did my clinical rotations, have been really willing to teach and a pleasure to work with.

I did A&E, Respiratory Medicine, Psychiatry, T&O, Medicine for Older People and GP rotations. All of the rotations were enjoyable with their own perks and difficulties. The on-calls in medicine weren't easy, but there was loads of support when I wasn't sure about something and you always have senior support. On the whole, there was not a single instant where I didn't feel supported or was out of my depths, or frowned upon if I was asking for help during my time here at ELHT.

For all that are considering East Lancashire Hospitals NHS Trust for their foundation programme, I want to conclude with saying, from my experience, the teaching programme is really good and you really do get the bleep free time during them for your learning, thanks to the postgraduate team. It's an excellent trust for gaining experience; having a huge catchment area. Overall, the main hospital Royal Blackburn Hospital, is a District General that's just big enough to have loads of learning, but not a tertiary centre for you to feel completely out of your depth and incredibly stressed during your time here. So, on the whole, I would strongly recommend anyone considering applying here to do your Foundation years - I'm almost certain you won't regret it when it comes to overall experience, learning and the people you'll get the opportunity to work with!”



### **Dr Ian Sampson**

Completed Track: 8

Medical School: The University of Manchester

“My first year on the foundation programme at East Lancashire Hospitals Trust proved to be both challenging and rewarding. There are opportunities to experience a broad spectrum of medical and surgical jobs as well as the chance to get involved with a range of other activities from audit to research.

There is a large intake of new doctors every year which means you will be well supported in your first job as a doctor and of course, you'll make some great new friends!

The trust is set in the beautiful green landscape of Lancashire with Manchester only a short commute away so you get the full benefit of what the North West has to offer! I'd definitely recommend a job here at East Lancashire Hospitals Trust.”



### **Dr Jason Gandhi**

Completed Track: 13

Medical School: University of Liverpool

“Graduating from the University of Liverpool and joining a hospital in a different Deanery meant there were a few extra nerves that might not have existed if I had stayed in a hospital I was familiar with; however, this meant it was also exciting!

To immerse myself in a completely new environment where I would face the next biggest challenge of my career. East Lancashire hospitals NHS Trust is a large establishment with one of the biggest cohort of junior doctors in the Deanery and this is one of the reasons why I looked forward to coming to work here. There are 69 newly qualified doctors who join in August, and these are 69 colleagues who are all in the same boat where we have all gained so much experience in such a short space of time.

Having rotated through the major divisions of medicine and surgery and to be now placed on paediatrics I can safely say that I have experienced the life of a busy junior doctor. The steep learning curve is one that every doctor needs to go through but being well supported here in Blackburn by colleagues and seniors makes it that little bit easier.

This is a hospital that I am sure will give me a good foundation to build my career.”

## Useful Links

ELHT Postgraduate Department  
East Lancashire Hospitals NHS Trust  
East Lancashire Clinical Commissioning  
Group  
Lancashire & South Cumbria Trust  
(Psychiatry Placements)  
NHS England  
Health Education England North West

<https://deri.elht.nhs.uk/foundation.html>

[www.elht.nhs.uk](http://www.elht.nhs.uk)

[www.eastlancscg.nhs.uk](http://www.eastlancscg.nhs.uk)

<https://www.lscft.nhs.uk/>

[NHS England](#)

[www.nwpgmd.nhs.uk](http://www.nwpgmd.nhs.uk)

## Contact Us

If you have any questions or queries, please contact your FPA at East Lancs.

[FoundationDoctors@elht.nhs.uk](mailto:FoundationDoctors@elht.nhs.uk)

Tel: 01254 732608 (int: 82608)

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