



Health Education England

WESSEX SPECIALTY TRAINERS DIRECTORY



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DIRECTORY OF TRAINING AND TRAINERS

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SPECIALTY TRAINERS

COMMUNICATION SKILLS

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DEALING WITH DIFFICULT PATIENTS

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RESILIENCE

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"HOW TO KEEP SANE IN MODERN-DAY NHS !"

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AUDIT

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FUNCTIONING EFFECTIVELY UNDER DURESS

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PROFESSIONAL SKILLS

Communication Skills

Armored Wood



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My name is Dr Armored Wood. I qualified from Westminster Medical School in 1986. My initial career was in part time General Practice before moving to hospital medicine in 1996 in the Rheumatology Department, Christchurch Hospital where I am still working 20 years later as a Speciality Doctor! I have always had a special interest in listening to and educating patients and lead the Rheumatoid Arthritis Education Group in the department. Outside the NHS I trained and worked as a Samaritan Volunteer in 2011/12 and followed this with a 3 year part time course in Integrative Counselling achieving an Advanced Diploma in Psychotherapeutic Counselling in Feb 2016. I presently volunteer as a Counsellor for young people in the New Forest. I am on the mentoring committee and have an interest in improving communication with patients within the hospital setting where they are often stressed and ill at ease often with unrealistic expectations. In my other life I am a Mum of two young adults and two dogs and have an interest in anything outdoors!

Training subject

COMMUNICATION and EXPLORE YOUR ABILITY TO CHANGE



Communication within the Consultation-the good/the bad and the ugly

Being Assertive

Handling Difficulties

Motivational Questioning

Psychological impact of chronic illness

Educating Patients

Sally Hambly

Contact: sallyehayes@hotmail.com

I worked in a variety of clinical specialties after qualifying in Manchester in 1997. In 2002 I chose to train in General Practice and, after the initial one-year training, undertook a further 6 month post designed for new GPs to develop a special interest. I worked in Genitourinary Medicine in High Wycombe, loved it and subsequently divided my working hours between General Practice and GUM. On my return to work after maternity leave in 2007 I decided to pursue a career in GUM rather than General Practice and have since worked in GUM in both Portsmouth and Bournemouth. More recently I have felt the need for a change and have sidestepped into Elderly Care in Bournemouth.

My interest in Communication Skills really started during my training to become a GP. We attended a 3-day counselling course alongside regular recording of our consultations and the opportunity for peer and trainer feedback. Since working back in a hospital environment I have attended further communication skills workshops covering a variety of aspects such as motivational interviewing, communicating with colleagues, and personal impact. My work within Sexual Health has provided ample opportunity to practice effective communication, and my particular interests have been patients who have been sexually assaulted and young people; I have recently completed a Quality Improvement fellowship, the aim of which was to improve our detection of young people being, or at risk of being, sexually exploited. I am also an assessor for healthcare professionals undertaking the Sexually Transmitted Infections Foundation course which, amongst other things, involves assessing consultations; an important component of this is communication.

Helen Hayward

Contact: helen.hayward@hhft.nhs.uk

My name is Helen Hayward. I qualified from St George's Hospital Medical School in 1998. After my house jobs and a year working in Australia I completed a medical SHO rotation in Bournemouth and gained my MRCP. I then went on to complete my Specialist Registrar Training in Palliative Medicine in the Wessex region. I gained my CCT in Palliative Medicine in 2009. After much consideration I chose to become a Specialty Doctor rather than take up a Consultant post. There were several reasons for this and I am very happy with the decision. Being a Specialty Doctor has meant I can continue with the clinical work that I love but also shape the role and develop the aspects of non-clinical work that I also love such as teaching. I currently work as part of the Palliative Care Team in Andover working in both the community and at the Hospice. I regularly teach final year medical students and have



taught in various settings for the past ten years. This has included sessions for GPs, Foundation Year Doctors, Training Grade Doctors, Consultants, Qualified Nurses, Carers and Allied Health Professionals.

Outside of work, I am the proud Mum of a five year old girl. I live in a village on the edge of Salisbury Plain and play the cornet in the village band!

I would hope to be flexible in any training that I would deliver and aim to tailor it to the needs of the particular group.

I believe that no matter what Specialty or what role in a team, all health care professionals should have a good understanding of ethical principles and good communication skills.

Topics include:

Communication Skills

General Principles of good communication
Breaking Bad News
Discussing Prognosis Discussing Resuscitation
Discussing End of Life issues

Ethics of Decision Making

Helen Hayward

Contact: helen.hayward@hhft.nhs.uk

Biography as above.

Topics include:

The Ethics of Decision Making

Principles of The Mental Capacity Act
A stepwise approach to making decisions for those who lack capacity Advance Care Planning including Advance Statements of Wishes and Advance Decisions to Refuse Treatments and Lasting Power of Attorneys.
Ethics around Resuscitation
Ethical decisions at the end of life



Dealing with Difficult Patients

Panos Prevezanos

Contact: panos.prevezanos@nhs.net

I was born and raised in Athens, Greece. After completing my secondary education, I studied nursing at the National and Kapodistrian University of Athens, then moved on to study medicine at the University of Malta. Following my graduation, I moved to the UK for postgraduate medical training.

I completed the Foundation Programme and Core Psychiatry training in the Wessex area and worked as a specialty doctor in psychiatry in Basingstoke. I have recently moved back into training, and am currently working as a specialist registrar in General Adult Psychiatry in Winchester.

I would aim to improve professionals' understanding of personality disorders, focusing primarily on the emotionally unstable types. Those disorders are fairly prevalent and seriously impair patients' ability to engage with healthcare professionals yet seem to be absent from undergraduate curricula. The teaching would combine formal lecture, round-table discussion and case studies. This would allow participants to form an understanding of how those disorders develop, what biological, psychological and social impact they have on patients, and what techniques professionals can use to engage this particularly challenging group of patients.

Sample of Training Programme

The learning outcomes would be as follows:

1. Understand the concepts of personality and disordered personality.
2. Understand how an abnormal personality emerges and how it manifests in the biological, psychological and social domains.
3. Develop basic skills for the short-term and long-term management of "difficult" patients.

Proposed programme for half day:-

* Introduction, Learning Objectives.

1. Anatomy of the challenging patient.
 - 1.1 The nightmare patient case scenario.
 - 1.2 Round table discussion.
2. Personality disorder.
 - 2.1 What is a personality?
 - 2.2 Abnormal personality traits, personality disorders as per ICD.
 - 2.3 "Cluster B" personality disorders - common and under-diagnosed in healthcare.

3. Managing patients with abnormal personalities.
 - 3.1 De-escalation skills.
 - 3.2 ECS-derived skills.
 - 3.3 When to refer for psychiatric opinion?
 - 3.4 Capacity issues. NHS zero tolerance policies. When is it time to call security?
- * Summary, Questions.
-

Resilience

Govindaraj Rajkumar

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I qualified from Bharathiyar University in South India, in 1988 and completed my Post graduate Masters in General Surgery in 1995 from Stanley Medical College, Chennai before moving to the UK in 1997.

I am currently a Speciality Doctor in Urology at Basingstoke, Hampshire and have been in this post since 2007. I have worked in the United Kingdom from Oct 1998 in various Urology departments in Scotland, Yorkshire and Surrey prior to my current post.

With regards to the Personal development skills i.e. Resilience, I would like to do this with a combination of a power point presentation along with a writing board. I am considering a pre-meet questionnaire, which candidates can fill up and bring to the meeting for further discussion.

"How to keep sane in modern-day NHS !".

Trainer: Panos Prevezanos

Contact: panos.prevezanos@nhs.net

The workshop explores doctors' wellbeing, discussing the extrinsic and intrinsic factors that can influence this and suggesting ways in which doctors can keep themselves sane while working in the high-pressure environment that NHS services currently are!

The workshop will be 3-4 hours long.

The principles and skills discussed are universal for health professionals, and the workshop can therefore be easily adapted to the needs of other health professional groups.

Audit

Gayatri Daniel

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Having done all my formal education in India, I came to the United Kingdom in 1999. I finished my M.D. Anaesthesia from Christian Medical College, Vellore in South India. I then came under the ODTS (Overseas Doctors Training scheme) and was sponsored by the General Medical Council, U.K. After working for two years at Stoke-on-Trent, as a Senior House-officer, I came to Basingstoke and then took up a Staff Grade position, sharing my on-call commitments with the registrars in the unit. I worked for several years in the same department, working my way up to an Associate Specialist. I have always been actively involved in teaching and still currently organise the 'mock exams' for the Primary FRCA exam going juniors, about two/three times a year.

I am the Audit lead for the department, at HHFT, Basingstoke and I have completed more than a hundred audits in my time here at Basingstoke. I feel audits are an integral part of quality improvement and I am passionate about raising the standards of quality in healthcare. I have also completed my Masters course in management in Health and Social Care, from Henley Business School, Reading University. I hope to be sharing my ideas of Quality improvement with a special emphasis on Audits and hope to pass on my passion to the budding juniors. The success of 'NHS- tomorrow' is after all in the hands of the juniors!

Learning Outcomes in terms of Quality in healthcare - related to the stakeholders.
So,

- Quality as perceived by patients & service users
- Quality as perceived by professionals
- Quality as perceived by managers

Dimensions of Service quality in health care, as proposed by Maxwell in 1984

Relationship between Perceptions & Expectations

Quality and costs -- Costs of quality before and after quality improvement

Quality Management and the role of regulators

Setting and measuring standards and monitoring performance

CLINICAL GOVERNANCE

Sridhar Rao Sampalli MS Orth, MRCS I&Ed, FEBOT, FRCS Trauma & Orthopaedics

Associate Specialist, Trauma and Orthopaedics ,Salisbury District Hospital

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Training Topic: Clinical Governance

I obtained my medical degree from Kakatiya University, South India in the year 1991. I completed post graduate training and obtained Masters in Orthopaedic Surgery from Osmania Medical College, Hyderabad, India in the year 1997. I worked in Jamaica, West Indies from the year 1999 and moved to UK in the year 2001. I worked in Trauma and Orthopaedic specialty in various parts of the UK such as Kent, Midlands and South Wales before moving to Salisbury in the year 2007. I have been working as an independent practitioner since 2007 at Salisbury District Hospital until now, contributing to a significant workload in the department. I worked in a Locum Consultant position from the year 2010 until 2017 and I am currently working in a substantive Associate Specialist role.

I am actively involved in research and audits. I am leading three research projects as a Principal Investigator which is a part of multicentre national randomised trials in our unit. I represent my speciality at Hospital at Night board, Thrombosis committee and multidisciplinary meetings in the hospital. I co-chair the departmental journal clubs and multidisciplinary Shoulder meetings. I am the Lead Clinician for the National Hip Fracture Database in our unit at the Hospital.

My aim is to improve the understanding of Clinical Governance to all the relevant NHS Staff members such as medical professionals, nurses and allied health care workers. The NHS Trusts monitor clinical governance activity to ensure they are delivering a quality service.

Understanding and working within principles of clinical governance will directly improve the patient outcomes.

Training format: Use of audio-visual aids and keeping it interactive providing participants with opportunities to ask questions and share experiences.

Research and innovation

Rameshbabu Chandrabhan Singh

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Functioning Effectively Under Duress

Steve Black

Contact: steveblack@doctors.org.uk

A graduate of Southampton Medical school in 2005, I have been working as a Specialty Doctor in Emergency Medicine in Southampton since 2011.

I began my working life as an Infantry soldier and having served for 6 years' before leaving to study medicine.

I currently have several roles outside of my normal working hours:

1. I am a member of the FASSGEM (Forum of Associate Specialists and Staff Grade Doctors in Emergency Medicine) executive.
2. SAS representative on the International committee at the Royal College of Emergency Medicine.
3. SAS representative on the LCNC and standing committee, currently using this position to reintroduce the Associate Specialist grade to Southampton.
4. Recently appointed as Deputy SAS tutor in Southampton.
5. I also work for Southampton Football Club as a crowd doctor at St Mary's Stadium.

As an educator, I have instructed many diverse groups ranging from Junior doctors, Medical students and multidisciplinary teams using different delivery methods including simulation, shop floor and formal teaching.

I am currently engaged in organising 3 day FASSGEM annual education conference, and a charity cycle ride (Tour de Wessex)

I am Father to 3 delightful children

My interests are many and diverse, particularly team dynamics in stressful conditions such as trauma and resus and how exercise and fitness can contribute to combating stress and improve wellbeing.

It is my belief that managing a major trauma centre ED overnight puts me in a good position to gain some expertise in this area.

My aim is to continue to improve the profile of SAS doctors, I will achieve this by providing support to colleagues within the SAS group, but also supporting others in developing satisfying and sustainable careers in all areas of medicine and at all levels.

CLINICAL SKILLS

Managing Frailty

Dr Ursula Jade Hartley

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Sexual Health

Alison Vaughan

(MB ChB (Leeds) FFSRH MRCGP MIPM DRCOG MAOME)

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Dr Alison Vaughan has worked in the field of Psychosexual Medicine (PSM) and contraception for over 20 years. She currently practises as an Associate Specialist in PSM at the Park Centre, GU Medicine Department, Weymouth Hospital. Originally trained in general practice at the University of Exeter, she practised as a GP principal in Poole before changing speciality, owing to family commitments, to Contraception and Sexual Health in 1998. Since 1996 she has worked as a Clinical Assistant in GU Medicine at RBH and for the last 4 years as the clinical lead for the Contraceptive Health Service in Dorchester. She has been involved in the field of medical education

for many years working as a trainer for the Faculty of Sexual and Reproductive healthcare and as examiner for the Institute of Psychosexual Medicine.

Workshop on psychosexual medicine

Small group, interactive workshop, comprising of some power point presentation and case based discussion. Opportunity to watch a filmed psychosexual consultation

Learning Outcomes

- To recognise sexual problems in everyday practice
- To discuss the difficulties that healthcare professionals face when dealing with sexual problems
- To apply some of the techniques used in psychosexual medicine
- To know the next steps for further training

Update on contraception

Learning outcomes

- To know about new developments in the field of contraception
- To be able to apply new thinking in contraception to everyday practice.
- To discuss every day dilemmas in contraception management

A small group, interactive workshop that uses case histories to illustrate every day dilemmas with contraceptives. Suitable for primary care or tailor made for other disciplines e.g. obstetrics and gynaecology.

Update in Intrauterine contraception (Fitters Forum)

Eligible for CPD points toward recertification of Letter of Competence in Intrauterine techniques. Small group, practical workshop.

- To discuss insertion and removal problems and produce effective strategies to prevent and manage them in the future.
- To share problems arising post insertion and produce appropriate management plans.
- To apply new developments in intrauterine techniques to everyday practice

Fitters forum update on contraceptive implants

Eligible for points toward recertification of Letter of Competence in Sub dermal Implant techniques. Small group, practical workshop.

- To discuss the management of bleeding problems and as a result be able to produce strategies for everyday practice.
- To discuss insertion and removal problems and produce a plan so they can be managed when they arise in practice.
- To understand new developments in sub dermal implants and apply these to everyday practice.

Deborah Lee

Contact: Deborah.lee@salisbury.nhs.uk

Associate Specialist in Sexual & Reproductive Health

Introduction: I am passionate about Sexual & Reproductive Health (S&RH), and have worked in this field for more than 20 years. Prior to this I worked as a General Practitioner. This was excellent experience for a community based speciality.

In terms of my own training and experience, I completed a higher specialist training programme in S&RH in 2001, based in Portsmouth at the Ella Gordon Unit. As part of this I worked in every branch of the speciality including for example, all types of Contraception (IUD/IUS & implants), unplanned pregnancy and Termination of Pregnancy, Medical Gynaecology, Colposcopy, Fertility, Young Peoples' Sexual Health, Menopause, Genito-Urinary Medicine (GUM) and Forensic Gynaecology. This involved obtaining Membership of the Faculty amongst other qualifications. I have been a Faculty Registered Trainer (FRT) since 1995.

I have been Training Programme Director for Salisbury, Lead for Education & Training and Lead for Contraception in Salisbury Department of Sexual Health, for 8 years. Prior to this I had similar roles in the Southampton CASH Service. Within our department in Salisbury, we provide teaching in S&RH, notably for the Diploma of the Faculty of Sexual & Reproductive Health (DFSRH) and for the Letters of Competence in Intrauterine Techniques (Loc IUT) and Letter of Competence in Subdermal Implants (Loc SDI). We run the "Course of 5" every year and also provide practical training for those needing to complete their clinical competencies for the diploma. I also run IUD/IUS and Implant Masterclasses.

In-house I help plan, coordinate and deliver an annual programme of Clinical Governance. In addition, I have run numerous study days, workshops and update sessions for doctors and nurses, on many different aspects of sexual health, and presented on numerous occasions across the region.

In the past, I was an Examiner for the Faculty of S&RH for 6 years. I was on the Critical Reading team and helped design and produce, and ultimately mark, exam questions for

the Membership Examination. I attended the exam every year for several years to help out as an examiner/invigilator.

I have retained an interest in Menopause and have a specialist Menopause Clinic here in Salisbury.

I get great satisfaction out of teaching in all aspects of S&RH and am proud of the quality of training we offer here in Salisbury, and the valuable skills our trainees develop from spending time in our department.

Speciality Training Role:

Suggested Speciality Training Plan

Peer Review Reaccreditation Project for LARC (Long Acting Reversible Contraception) Practitioners in Primary Care.

As part of the recertification process for the Loc IUT/SDI1, there is an option for the doctor/nurse to participate in a peer review visit.

This Speciality Training Plan, involves the offer of a one to one peer review visit, for doctors and nurses, needing to recertify their Letters of Competence in IUT/SDI.

Learning outcome:

Having taken part in a designated, one-to-one, clinical, peer review session with myself, a Faculty Registered Trainer, (as well as having completed the additional Faculty recertification criteria), the doctor/nurse will have up to date certification, to insert and remove IUD/IUS and implants in Primary Care.

Advantages of this training opportunity

- * The peer review visit will involve me, a Faculty Registered Trainer, visiting the Practice and attending a coil fitting/implant insert/removal session.
- * There are numerous benefits from working alongside a skilled practitioner in a clinical environment, and this can be very difficult to organise, especially in small, rural, situated practices. This is a very different experience for recertification than simply completing on-line training.
- * Busy practitioners in Primary Care, do not have to leave their practices, the trainer (me) will visit them, in their own surgeries.

- * The visit will be supportive, professional and will be an opportunity to discuss any difficulties or uncertainties about LARC (Long Acting Reversible Methods of Contraception) methods, and have “hands on” assistance as/when needed.
- * Time will be spent afterwards on reflective practice.
- * The visit will be free of charge to the trainee.
- * Offering this service to GP surgeries will help doctors and nurses maintain their qualifications to be able to offer LARC contraception.
- * Supporting recertification will help ensure Faculty standards are being met.
- * This project will also help support the network of LARC fitters in Primary Care in Wiltshire, in conjunction with the Public Health/commissioning requirements for the county.

References

1. (The Faculty regulations for reaccreditation of these certificates is available at <https://www.fsrh.org/recertification/recertification-information/>)