

Internal Medicine Training Programme (IMS2)

Wessex Deanery, Health Education England

Isle of Wight NHS Trust – #SmallTrustBigAmbition

St Mary's Hospital is the only acute hospital on the Isle of Wight serving a resident population of approximately 145,000 people, increasing up to 250,000 over the summer months. Despite being geographically very close to the mainland (3 miles), it remains quite medically isolated and this unique position amongst acute trusts in England and Wales exposes trainees to a very different medical experience, including elements of transfer medicine, and becoming more robust and self-reliant. We serve an elderly population (6th oldest demographic in the UK) and there is an over-representation of the very elderly (over 85s). There is also a significant socially deprived younger population, and a rural population. This combination leads to patients presenting late with serious illnesses including cardiovascular disease, malignancy, frailty, and multiple co-morbidities. A hugely challenging but rewarding GIM experience. The trust has recently joined in partnership with Portsmouth University Hospital, and this will undoubtedly change both the experience and the training offer over coming years, with huge quality improvement, education, and training opportunities for trainees. We are presently agreeing a future medical model for the island, with Generalism at the front and centre of the model. The new medical school at Portsmouth University will provide further education and training posts and opportunities.

General Internal Medicine @ St Mary's – 'Small is definitely beautiful!'

Unlike many of the other training placements in Wessex, St Mary's is a small 'isolated' district hospital which demands that all our physicians have a generalist and older people interest. The placement is led by Professor Adam Feather, Previous Head of Final Year at Barts and The London Medical School, Ex-Editor of Kumar and Clark, trained in Geriatric and General Medicine, and previous clinical lead and director for Acute, Emergency and General Medicine at both The Royal London Hospital, Whitechapel (2013-2018) and St Mary's (2019-2022).

The hospital has an excellent group of acute physicians and specialists who work closely together to provide the island with all aspects of its acute, general and specialist medicine. There is a CCU including 4 NIV beds, HASU, Stroke step down and GIM ward, 2 'Specialist'/ General Medical wards and a Medicine for Older People ward. There is also a satellite dialysis unit, with visiting renal physicians, and visiting neurologists, oncologists, cardiologists and stroke physicians. Being a small trust, we pride ourselves on being friendly and collaborative, and this promotes an excellent training environment. The placement exposes trainees to a very broad and interesting range of patients and pathologies, 'real-life' and meaningful quality improvement, governance, leadership, education and training opportunities.

GIM Training at St Mary's, Isle of Wight

Working closely with all members of medical division, the multi-disciplinary team, ambulance, and community services, we can offer a near bespoke training programme and will endeavour to ensure that through appraisal and the training process trainees are supported to develop into well-rounded, generalists, who are prepared to take on the challenges of being a NHS consultant physician in the 21st century.

Below is an example of the possibilities we will offer but all placements at St Mary's will largely be driven by the trainees needs and interests, balanced against service requirements.

Indicative example training schedule Training Year	Inpatient Rotations		Example of Threads (see explanation below)				
	6-months	6-months Tailored to trainees needs, interests and previous clinical experience					
ST4	Acute and General Internal Medicine With focus on Pre-hospital care, ED in-reach and the acutely unwell patient	Colwell ward Medicine for Older people and GIM	Palliative and end of Life Care – led by Mountbatten Hospice	Leadership –including active membership of chosen trust committees; Leadership course	Quality improvement – Led by Operations Team	Research, Education and Training – Self-directed project (undergraduate and / or post-graduate) (Adam Feather)	Self-development project – including Introduction to Metacognitive Processing (Adam Feather)
ST5	Acute and General Internal Medicine With focus on SDEC and frailty at the front door	Appley ward shared between Diabetes and Endocrine / Respiratory Medicine / GIM					
ST6	Acute and General Internal Medicine With focus on Preparation for Consultant role	Whippingham ward Gastroenterology and GIM					

Placements

Whilst 6 months of every year will be spent within the Acute Internal Medical Service, the focus of each year will vary, preparing trainees for work in pre-hospital and community settings, within the emergency department, and the on-going care of medical in-patients. Trainees will be increasing responsibility and leadership roles within our developing SDEC service including holding the SDEC and gate keeper phone. Depending on the trainees needs and interests, service demands and middle grade staffing, the 'specialist' and GIM ward placements can be changed around to suit individuals.

At present all placements will include active participation in the acute medical take, which is based on a 1:18 days and nights on-call. This may change in the future.

Threads

Placement at St Mary's will provide the trainees longitudinal threads that will run through all 3-years of the training programme. These can be continued across trusts to ensure satisfactory completion. It is intended that there will be compulsory elements but participants can also choose to dip in and out of some of the programme, broadening their offer to new employers when applying for consultant positions. There will be a thread lead who will guide the trainees and there will be an expectation of journal publication and presentation at national and international conferences from the work that you undertake. The threads around QI and Leadership will be led by Trust managers who will work in partnership with the participants on 'live', real-life projects, giving trainees first hand experience and preparation for their consultant role.

Contact us:

To arrange an informal visit, a talk via Teams, or a telephone chat
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