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Welcome To Wrexham!



Longitudinal Integrated Foundation Training for F2

at

Wrexham Maelor Hospital

At Wrexham Maelor Hospital, we offer Longitudinal Integrated Foundation Training (LIFT) during F2, as well as General Practice LIFT placements in F1. Alongside our Specialised Foundation Programme (SFP) posts, we provide one day per week LIFT opportunities in Sexual Health, Palliative Care, and Haematology. These placements give trainees valuable insight into potential future specialties and support informed career planning.

The LIFT programme is designed to develop clinical knowledge, strengthen multidisciplinary working skills, and support professional development through meaningful project work.

Below is an overview of the experiences available:

Programme Reference 070 – Sexual Health (F2) Experience

During this placement, foundation doctors can participate in:

- Sexual health clinics
- HIV clinics

If interested, there are also opportunities to join:

- Contraception clinics
- Implant clinics
- Coil clinics

Programme Reference 072 – Palliative Care (F2) LIFT Experience

This placement aims to provide a solid grounding in the fundamentals of palliative care, knowledge and skills that will support you in day-to-day practice and throughout your career.

There are opportunities to experience specialist palliative care across multiple settings, including:

- Hospital
- Community
- Specialist inpatient units (hospice)

Additional opportunities may include:

- Participation in research
- Developing skills through audit or QI work
- Observing CARiAD training
- Attending psychological support clinics

Programme Reference 077 – Haematology (F2) LIFT Experience

As an F2 doctor, you will have the opportunity to spend one day per week within the Haematology department. This placement provides broad exposure to both clinical and laboratory aspects of the specialty.

During your time in the department, you will:

- Attend outpatient clinics alongside consultants and specialist teams
- Participate in ward rounds, gaining insight into the management of haematology inpatients and opportunity to attend weekly Haematology MDT
- Spend time in the Pathology Laboratory, enhancing your understanding of diagnostic processes

In addition to clinical experience, you will have opportunities to engage in audit and Quality Improvement (QI) projects. Recent F2 doctors have successfully undertaken substantial projects, with one current F2 preparing a paper for potential publication.