

Cyflwyniad i Raglenni Sylfaen Arbenigol (SFPs) yng Nghymru

Proses Dyrannu

Yn wahanol i “Unedau Cais” Arbenigol eraill (UoA), neu Ysgolion Sefydledig, nid yw Cymru ar hyn o bryd yn cymryd rhan mewn proses recriwtio SFP ar wahân, ac yn hytrach yn dyrannu i SFPs trwy brif swydd wag y Rhaglen Sylfaen gan ddefnyddio algorithm Oriol yn unig.

Mae hyn yn rhoi cyfle i bob ymgeisydd a ddyrennir i Ysgol Sefydledig Cymru raddio a chael eu dyrannu i'r SFPs, er bod cymryd rhan yn y gweithgareddau academaidd neu weithgareddau allgyrsiol eraill yn dibynnu ar ddilyniant boddhaol ym mhob agwedd arall ar y Rhaglen Sylfaen tra yn y swydd.

Ni chynhelir unrhyw ofynion na chyfweliadau ychwanegol cyn dyrannu i SFP yng Nghymru.

Fformat SFPs yng Nghymru

Bydd elfen SFP Rhaglen Sylfaen 2 flynedd wedi'i lleoli naill ai yn y flwyddyn F1 neu F2 ac yn cael ei chynnal drwy gydol y flwyddyn ochr yn ochr â'r lleoliadau 3x 4-mis penodedig, gydag o leiaf un diwrnod yr wythnos o amser wedi'i neilltuo ar gyfer y gweithgaredd hwn.

Mathau o SFPs yng Nghymru

Mae amrywiaeth o SFPs yn cael eu cynnig yng Nghymru, sy'n cynnwys ymchwil, addysgu, addysg feddygol, a lleoliadau profiad arbennig gydag asiantaethau allanol.

Introduction to Specialised Foundation Programmes (SFPs) in Wales

Allocation Process

Unlike other Specialised “Units of Application” (UoA), or Foundation Schools, Wales does not currently take part in a separate SFP recruitment process and instead allocates to SFPs via the main Foundation Programme vacancy using the Oriol algorithm only.

This allows all applicants allocated to the Wales Foundation School the opportunity to rank and be allocated to the SFPs, although participation in the academic or other extra-curricular activities is dependent on satisfactory progression in all other aspects of the Foundation Programme whilst in post.

No additional requirements or interviews are undertaken prior to allocation to an SFP in Wales.

Format of SFPs in Wales

The SFP element of a 2-year Foundation Programme will be based in either the F1 or F2 year and is undertaken throughout the year alongside the specified 3x 4-month placements, with at least one day per week of protected time is provided for this activity.

Types of SFPs in Wales

There are a variety of SFPs offered within Wales, which cover research, teaching, medical education, and special experience placements with outside agencies.

F1 Ymchwil a/neu Addysgu SFPs

FP/001 A FP/002	BIP Caerdydd a'r Fro
FP/003	BIP Bae Abertawe

Bydd y Meddyg Sylfaen yn ymgymryd â phrosiect dan oruchwyliaeth un o'r Goruchwylwyr Clinigol o'r lleoliadau 4 mis a dylai gysylltu cyn dechrau ar y Rhaglen Sylfaen i gydlyn prosiect addas. Mae rhagor o fanylion ar gael tua diwedd y ddogfen hon.

F2 Agos at SFPs Dysgu Cyfoedion

FP/005	BIP Aneurin Bevan
FP/009, FP/055 & FP/078	BIP Cwm Taf Morgannwg
FP/042	BIP Caerdydd a'r Fro

Bydd y Meddyg Sylfaen yn ymwneud ag addysgu ffurfiol ac anffurfiol yn y lleoliad clinigol, gyda dysgwyr israddedig, ôl-raddedig ac aml-broffesiynol. Maent hefyd yn cael eu gwahodd i fynychu cwrs "Sgiliau Addysgu i Feddygon" a ddarperir gan Fwrdd Iechyd Prifysgol Cwm Taf Morgannwg. Mae hwn yn gwrs ymarferol deuddydd sy'n cael ei gefnogi ymhellach gan fentor ymroddedig trwy gydol y flwyddyn ac ar ôl cwblhau portffolio MedEd gall arwain at aelodaeth o Academi'r Addysgwyr Meddygol.

F1 Research and/or Teaching SFPs

FP/001 & FP/002	Cardiff & Vale UHB
FP/003	Swansea Bay UHB

The Foundation Doctor will undertake a project under the supervision one of the Clinical Supervisors from the 4-month placements and should make contact prior to starting the Foundation Programme to coordinate a suitable project. Further details are available towards the end of this document.

F2 Near Peer Teaching SFPs

FP/005	Aneurin Bevan UHB
FP/009, FP/055 & FP/078	Cwm Taf Morgannwg UHB
FP/042	Cardiff & Vale UHB

The Foundation Doctor will be involved in formal and informal teaching in the clinical setting, with undergraduate, postgraduate, and multi-professional learners. They are also invited to attend a "Teaching Skills for Doctors" course provided by Cwm Taf Morgannwg University Health Board. This is a two-day practical course that is further supported by a dedicated mentor throughout the year and following completion of a MedEd portfolio can lead to membership of the Academy of Medical Educators.

F2 Prosiect Ymchwil SFP

FP/007	BIP Bae Abertawe
FP/010 A FP/095	BIP Cwm Taf Morgannwg
FP/038 A FP/051	BIP Caerdydd a'r Fro

Yn y misoedd cyn dechrau eu blwyddyn F2, bydd y Meddyg Sylfaen yn cael detholiad o brosiectau ymchwil addas o bob rhan o Gymru i wneud cais iddynt. Mae rhai prosiectau yn gofyn am bresenoldeb personol, gellir cyflawni rhai o bell, ac mae rhai yn hybrid o'r ddau. Mae croeso i'r Meddyg Sylfaen ddewis prosiect y tu allan i'w ranbarth neu Fwrdd Iechyd, yn amodol ar eu gallu i deithio (lle bo angen).

Mae'r prosiectau a gynigir yn amrywio o flwyddyn i flwyddyn, ond yn flaenorol mae dros 80 o brosiectau wedi'u darparu ac mae pob Meddyg Sylfaen wedi gallu ymgymryd â'u dewis cyntaf o brosiect. Cydlynir y dyraniad i brosiectau gan Gyfarwyddwr Rhaglen Hyfforddiant Academaidd AaGIC, Dr Kathryn Peall.

Sylwch nad yw safle'r prosiect yn ffurfio safle sylfaen at ddibenion y polisi adleoli. Mae Meddygon Sylfaen yn gymwys i hawlio costau teithio o'u safle sylfaen i safle'r prosiect o'u cyllideb absenoldeb astudio.

F2 Cymhwyster Ôl-raddedig SFP

FP/004, FP/030, FP/071, FP/088 & FP/138	BIP Betsi Cadwaladr
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Mae gan y Meddyg Sylfaen y cyfle i ymgymryd â chymhwyster ôl-raddedig a ariennir yn llawn ochr yn ochr ag unrhyw weithgaredd addysgu neu ymchwil cysylltiedig.

F2 Research Project SFP

FP/007	Swansea Bay UHB
FP/010 & FP/095	Cwm Taf Morgannwg UHB
FP/038 & FP/051	Cardiff & Vale UHB

In the months prior to starting their F2 year, the Foundation Doctor will be provided with a selection of suitable research projects from across Wales to apply to. Some projects require in person attendance, some can be undertaken remotely, and some are a hybrid of the two. The Foundation Doctor is welcome to select a project outside of their region or Health Board, subject to their ability to travel (where required).

The projects offered vary from year to year, however previously over 80 projects have been provided, and all Foundation Doctors have been able to undertake their first choice of project. Allocation to projects is coordinated by the HEIW Academic Training Programme Director, Dr Kathryn Peall.

Please note that the project site does not constitute a base site for the purposes of the relocation policy. Foundation Doctors are eligible to claim travel expenses from their base site to the project site from their study leave budget.

F2 Postgraduate Qualification SFP

FP/004, FP/030, FP/071, FP/088 & FP/138	Betsi Cadwaladr UHB
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The Foundation Doctor has the opportunity to undertake a fully funded postgraduate qualification alongside any associated teaching or research activity.

F2 SFP “Profiad Arbennig”

FP/031 A FP/087	BIP Betsi Cadwaladr
FP/089	BIP Hywel Dda

Mae'r Meddyg Sylfaen yn gysylltiedig â sefydliad allanol i ymgymryd ag addysg feddygol neu ymchwil glinigol.

Er y gwneir pob ymdrech i sicrhau bod y wybodaeth yn cael ei rhestru'n gywir, sylwer bod pob swydd yn agored i newid, o bosibl ar fyr rybudd, ac yn unol ag anghenion y Byrddau Iechyd ac Ysgol Sylfaen Cymru. Bydd unrhyw newidiadau i swyddi neu gylchdroadau yn bodloni gofynion clinigol ac addysgol Rhaglen Sylfaen y DU a byddwn yn ymdrechu i hysbysu unrhyw bartïon yr effeithir arnynt cyn gynted â phosibl.

F2 “Special Experience” SFP

FP/031 & FP/087	Betsi Cadwaladr UHB
FP/089	Hywel Dda UHB

The Foundation Doctor is linked to an outside organisation to undertake medical education or clinical research.

Although every effort is made to ensure information is listed correctly, please note that all posts are subject to change, possibly at short notice, and according to the needs of the Health Boards and the Wales Foundation School. Any changes to posts or rotations will meet the clinical and educational requirements of the UK Foundation Programme and we will endeavour to notify any affected parties as soon as possible.

F1 Ymchwil a/neu Addysgu SFPs F1 Research and/or Teaching SFPs

FP/001	
BIP Caerdydd a'r Fro – YMCHWIL neu ADDYSGU	Cardiff & Vale UHB – RESEARCH or TEACHING
Amser academiaidd penodedig o 1 diwrnod yr wythnos i ddilyn diddordeb ymchwil neu ddysgu. Gallwn gynnig cyfleoedd Archwilio a Gwellu Gwasanaeth ym mhob un o'r arbenigeddau. Anogir y Meddyg Sylfaen i gwrdd â'i oruchwyliwr cyn cychwyn yn y swydd i sefydlu ei gynllun hyfforddi SFP unigol; • Mae gan yr ICU adran ymchwil weithredol gyda nyrsys ymchwil ar alwad. • Mae'r gwasanaeth pediatrig yn cysylltu â'r Uned Ymchwil Plant ac Oedolion Ifanc. • Lleolir Cardiolog mewn canolfan drydyddol gyda chyfleoedd ymchwil a QI. Gellir trefnu mynediad i hyfforddiant GCP (Arfer Clinigol Da). Gellir cael hyfforddiant lefel Arian IQT trwy weithio gyda'ch Goruchwyliwr Addysgol i gychwyn neu gyfrannu at weithgaredd QI o fewn y gyfarwyddiaeth. Gellir dilyn cymwysterau Addysg Feddygol, gydag amser penodedig yn cael ei gefnogi gan yr adrannau (<i>nid oes cymorth ariannol ar gael</i>).	Dedicated academic time of 1 day per week to pursue a research or teaching interest. We are able to offer Audit and Service Improvement opportunities in all of the specialties. The Foundation Doctor is encouraged to meet their supervisor prior to commencing the post to establish their individual SFP training plan; - The ICU has an active research department with on-call research nurses. - The paediatric service link in with the Children's and Young Adult's Research Unit. - Cardiology is based in a tertiary centre with research and QI opportunities. Access to GCP (Good Clinical Practice) training can be arranged. IQT Silver level training can be obtained by working with your Educational Supervisor to initiate or contribute to QI activity within the directorate. Medical Education qualifications can be pursued, with dedicated time supported by the departments (<i>no financial support is available</i>).
FP/002	
BIP Caerdydd a'r Fro – YMCHWIL neu ADDYSGU	Cardiff & Vale UHB – RESEARCH or TEACHING
Amser academiaidd penodedig o 1 diwrnod yr wythnos i ddilyn diddordeb ymchwil neu ddysgu. Gallwn gynnig cyfleoedd Archwilio a Gwellu Gwasanaeth ym mhob un o'r arbenigeddau. Anogir y Meddyg Sylfaen i gwrdd â'r goruchwylydd cyn dechrau yn y swydd i sefydlu ei gynlluniau hyfforddi SFP unigol; • Mae gan yr ICU adran ymchwil weithredol gyda nyrsys ymchwil ar alwad. • Mae'r tîm orthogeriatrig yn cynnwys gweithio ochr yn ochr â'r Athro Johansen sy'n arwain y Gronfa Ddata Toresgyrn Clun Genedlaethol. Mae llawer o F1s wedi cyflwyno a chyhoeddi gwaith yn seiliedig ar y gronfa ddata.	Dedicated academic time of 1 day per week to pursue a research or teaching interest. We are able to offer Audit and Service Improvement opportunities in all of the specialties. The Foundation Doctor is encouraged to meet the supervisor prior to commencing the post to establish their individual SFP training plans; - The ICU has an active research department with on-call research nurses. - The orthogeriatric team includes working alongside Prof. Johansen who lead the National Hip Fracture Database. Many F1s have presented and published work based on the database.

Mae'r tîm Adsefydlu Strôc yn cynnwys gweithio ochr yn ochr â Dr Jelley sy'n Arweinydd Arbenigedd Ymchwil Iechyd a Gofal Cymru ar gyfer Ymchwil Heneiddio ac yn Gyfarwyddwr Rhaglen ar gyfer y radd MSc Geriatreg Glinigol, Prifysgol Caerdydd. Gellir trefnu mynediad i hyfforddiant GCP (Arfer Clinigol Da). Gellir cael hyfforddiant lefel Arian IQT trwy weithio gyda'ch Goruchwyliwr Addysgol i gychwyn neu gyfrannu at weithgaredd QI o fewn y gyfarwyddiaeth. Gellir dilyn cymwysterau Addysg Feddygol, gydag amser penodedig yn cael ei gefnogi gan yr adrannau (<i>nid oes cymorth ariannol ar gael</i>).	The Stroke Rehabilitation team includes working alongside Dr Jelley who is the Health and Care Research Wales Specialty Lead for Aging Research and Programme Director for the MSc Clinical Geriatrics, Cardiff University Access to GCP (Good Clinical Practice) training can be arranged. IQT Silver level training can be obtained by working with your Educational Supervisor to initiate or contribute to QI activity within the directorate. Medical Education qualifications can be pursued, with dedicated time supported by the departments (<i>no financial support is available</i>).
FP/003	
BIP Bae Abertawe – YMCHWIL/ADDYSGU	Swansea Bay UHB – RESEARCH/TEACHING
Ochr yn ochr â'r lleoliadau 3x 4 mis penodedig, treulir 1-2 ddiwrnod yr wythnos ar ymchwil/addysgu academiaidd. Bydd cyfleoedd addysgu ar gael yn yr Ysgol Feddygaeth ym Mhrifysgol Abertawe ar y Rhaglen Mynediad i Raddedigion. Gall y Meddyg Sylfaen ddewis pa rai o'r arbenigeddau yr hoffent wneud ymchwil sylfaenol clinigol/labordy/darparu gwasanaeth. Mae hyblygrwydd ac mae meysydd ymchwil cyffredin hefyd ar draws y tri arbenigedd. Bydd cyfleoedd academiaidd yn yr Ysgol Feddygaeth ym Mhrifysgol Abertawe ac Ysbyty Treforys yn cynnwys; - Ymchwil glinigol, sylfaenol neu epidemiolegol yn yr Uned Ymchwil Diabetes - Cymryd rhan mewn treialon clinigol diabetes cam 3 - Cymryd rhan mewn treialon clinigol cenedlaethol/rhyngwladol a phrosiectau ymchwil yn yr Uned <i>Pancreatobiliary</i> - Cymryd rhan mewn prosiectau ymchwil yn y Sefydliad Gwyddor Bywyd ym Mhrifysgol Abertawe. - Cymryd rhan yn y Grŵp Ymchwil Llawfeddygaeth Blastig ac Adluniol mwyaf yn y	Alongside the specified 3x 4-month placements, 1-2 days of the week will be spent in academic research/teaching. Teaching opportunities will be available in the School of Medicine at Swansea University on the Graduate Entry Programme. The Foundation Doctor may choose which of the specialties they would like to pursue basic clinical/laboratory/service delivery-based research. There is flexibility and there are also common research areas across the three specialties. Academic opportunities at the School of Medicine at Swansea University and Morriston Hospital will include; - Clinical, basic or epidemiological based research within the Diabetes Research Unit - Involvement in diabetes phase 3 clinical trials - Involvement in national/international clinical trials and research projects in the Pancreatobiliary Unit - Involvement in research projects at the Institute of Life Science in Swansea University.

DU (www.reconregen.co.uk), sy'n cynnal ymchwil yn y labordy, treialon clinigol, ymchwil seiliedig ar wybodeg iechyd a mesurau canlyniadau a adroddir gan gleifion. f. Cymryd rhan mewn prosiect cyfredol gyda'r Athro Whittaker, er enghraifft; <i>"Mesenchymal Tissue Engineering and 3D Bioprinting"</i> (enillydd Medal Clarke) a <i>"The applications of big data in Plastic Surgery"</i> (cydweithrediad â Sefydliad Farr MRC. g. Opsiwn i ddilyn Tystysgrif/Diploma mewn Addysg Feddygol (hunan-ariannu) Rydym wedi bod yn llwyddiannus yn cefnogi Meddygon Sylfaen Academaidd dros fwy na 10 mlynedd, ac mae ein holl feddygon blaenorol wedi cyhoeddi papurau a nifer wedi cwblhau Tystysgrif/Diploma mewn Addysg Feddygol.	e) Involvement in the largest Plastic & Reconstructive Surgery Research Group in the UK (www.reconregen.co.uk), which undertakes laboratory-based research, clinical trials, health informatics-based research and patient reported outcome measures. f) Involvement in a current project with Professor Whittaker, examples including; <i>"Mesenchymal Tissue Engineering and 3D Bioprinting"</i> (winner of the Clarke Medal) and <i>"The applications of big data in Plastic Surgery"</i> (collaboration with the MRC Farr Institute. g) Option to undertake a Certificate/Diploma in Medical Education (self-funded) We have been successful in supporting Academic Foundation Doctors over more than 10 years, and all our previous doctors have published papers, and a number have completed a Certificate/Diploma in Medical Education.
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F2 Agos at SFPs Dysgu Cyfoedion F2 Near Peer Teaching SFPs

FP/003	
BIP Aneurin Bevan	Aneurin Bevan UHB
Manylion pellach i'w darparu yn fuan.	Further details to be provided shortly.
FP/009 – BIP Cwm Taf Morgannwg (Gorllewin) FP/055 – BIP Cwm Taf Morgannwg (De) FP/078 – BIP Cwm Taf Morgannwg (Gogledd)	FP/009 – Cwm Taf Morgannwg (West) UHB FP/055 – Cwm Taf Morgannwg (South) UHB FP/078 – Cwm Taf Morgannwg (North) UHB
Mae'r cylchdroadau arbenigol hyn yn cynnwys rôl mewn Addysg Feddygol, lle mae deiliaid swyddi yn cymryd rhan yn y rhaglen Addysgu Ger Cyfoedion ym mhob un o'r hybiau lleol. Mae Ysgol Sylfaen Cymru wedi ymuno â'r Ysgol Feddygaeth yng Nghaerdydd i ddatblygu pecyn addysg ffurfiol a bydd y meddyg F2 yn cyflwyno sesiynau addysgu i fyfyrwyr, fel rhan o gydran Gymunedol y cwrs C21 drwy gydol y flwyddyn. Gwahoddir meddygon a ddyrennir i gylchdro Ger Cyfoedion i fynychu cwrs deuddydd 'Sgiliau Addysgu i Feddygon'.	These specialised rotations involve a role in Medical Education, where post holders participate in the Near Peer Teaching programme in each of the local hubs. The Wales Foundation School has joined with the School of Medicine in Cardiff to develop a formal education package and the F2 doctor will deliver teaching sessions for students, as part of the Community component of the C21 course throughout the year. Doctors allocated to a Near Peer rotation will be invited to attend a two day 'Teaching Skills for Doctors' course

FP/042	
BIP Caerdydd a'r Fro	Cardiff & Vale UHB
Mae hyd at 1 diwrnod yr wythnos wedi'i neilltuo ar gyfer addysgu gweithgareddau cysylltiedig trwy gydol y flwyddyn. Mae'r rhain yn cael eu cydlynu'n bennaf trwy'r tîm Addysg Feddygol, a dylai Meddygon Sylfaen gysylltu â'r Adran Addysg Feddygol (Adeilad Cochrane) i gynllunio eu helpen addysgu cyn dechrau blwyddyn F2.	There is up to 1 day a week set aside for teaching related activities throughout the year. These are predominantly co-ordinated through the Medical Education team, and Foundation Doctor's should liaise with the Medical Education Department (Cochrane Building) to plan their teaching element prior to the start of the F2 year.

F2 Prosiectau Ymchwil SFPs F2 Research Project SFPs

FP/007 – BIP Bae Abertawe FP/010 – BIP Cwm Taf Morgannwg (Gorllewin). FP/038 – BIP Caerdydd a'r Fro FP/051 – BIP Caerdydd a'r Fro FP/095 – BIP Cwm Taf Morgannwg (De).	FP/007 – Swansea Bay UHB FP/010 – Cwm Taf Morgannwg (West) UHB FP/038 – Cardiff & Vale UHB FP/051 – Cardiff & Vale UHB FP/095 – Cwm Taf Morgannwg (South) UHB
Mae pob un o'r rhaglenni hyn yn darparu un diwrnod yr wythnos o amser academiaidd yn ystod y flwyddyn F2 i ymgymryd â phrosiect ymchwil. Dewisir y prosiect ymchwil gan Feddygon Sylfaen yn ystod eu blwyddyn F1 o blith detholiad o brosiectau ymchwil lleol a chenedlaethol sydd ar gael i ymuno â nhw yn gorfforol neu'n rhithwir. Bydd Arweinydd Academiaidd Cymru (Dr Kathryn Peall) mewn cysylltiad yn y mis Mawrth cyn y flwyddyn F2 i gydlynu'r dyraniad i brosiectau. Sylwch y gall rhai o'r rhaglenni hyn fod â bandiau is o gymharu â lleoliadau o fewn rhaglenni eraill er mwyn darparu ar gyfer yr elfen SFP. Am wybodaeth fwy penodol, gweler y Llyfrynnau Disgrifiadau Lleoliad rhanbarthol ar ein gwefan.	All of these programmes provide one day per week of academic time during the F2 year to undertake a research project. The research project is selected by Foundation Doctors during their F1 year from a selection of local and national research projects that are available to join physically or virtually. The Academic Lead for Wales (Dr Kathryn Peall) will be in touch in the March prior to the F2 year to coordinate the allocation to projects. Please be aware that some of these programmes can have a lower banding compared to placements within other programmes in order to accommodate the SFP element. For more specific information, please see the regional Placement Descriptions Booklets on our website.

F2 Cymhwyster Ôl-raddedig SFPs F2 Postgraduate Qualification SFPs

FP/004	
BIP Betsi Cadwaladr (Dwyrain)	Betsi Cadwaladr (East) UHB
Rydym wrth ein bodd yn cynnig cyfle unigryw ac uchel ei barch i Feddyg Sylfaen sydd â diddordeb cryf mewn addysg feddygol. Mae'r swydd hon yn cyfuno ymarfer clinigol â phrofiad addysgu ffurfiol a chymhwyster academiaidd wedi'i ariannu'n llawn. Bydd yr ymgeisydd llwyddiannus yn ymgymryd â	We are delighted to offer a unique and highly regarded opportunity for a Foundation Doctor with a strong interest in medical education. This post combines clinical practice with formal teaching experience and a fully funded academic qualification.

Thystysgrif Ôl-raddedig mewn Addysg Feddygol, wedi'i hariannu'n llawn gan Brifysgol Bangor, wrth barhau â hyfforddiant sylfaen. I gefnogi hyn, bydd un diwrnod yr wythnos yn cael ei ddiogelu'n benodol ar gyfer datblygiad addysgol a gweithgareddau addysgu yn y brifysgol. Trosolwg o'r Rôl: • Ymgymryd â PGCert mewn Addysg Feddygol wedi'i hariannu'n llawn ym Mhrifysgol Bangor (Campws Wrecsam) • Cyflwyno a chefnogi addysgu israddedig ar draws ystod o leoliadau • Ennill profiad dan oruchwyliaeth mewn cyflwyno cwricwlwm, asesu a chefnogi dysgwyr • Cymryd rhan mewn ysgolheictod addysgol ac ymarfer myfyriol • Cydbwyso cyfrifoldebau clinigol ag amser academiaidd wedi'i ddiogelu	The successful applicant will undertake a Postgraduate Certificate in Medical Education, fully funded by Bangor University, while continuing their Foundation training. To support this one day per week will be protected specifically for educational development and teaching activities at the university. Role Overview: • Undertake a fully funded PGCert in Medical Education at Bangor University (Wrexham Campus) • Deliver and support undergraduate teaching across a range of settings • Gain supervised experience in curriculum delivery, assessment, and learner support • Participate in educational scholarship and reflective practice • Balance clinical responsibilities with protected academic time
FP/030	
BIP Betsi Cadwaladr (Canolog)	Betsi Cadwaladr (Central) UHB
Bydd dau ddiwrnod gwarchodedig a diffiniedig yr wythnos yn cael eu neilltuo i gyfuniad o ymchwil ac addysgu arbenigol. Anogir y Meddyg Sylfaen i gysylltu â'i oruchwyliwr addysgol F2 cyn dechrau'r flwyddyn F2 i drafod y swydd, yn enwedig yr elfennau ymchwil. Bydd un diwrnod yr wythnos yn cael ei dreulio yn Ysgol Glinigol Gogledd Cymru, a leolir yn Ysbyty Glan Clwyd. Bydd y Meddyg Sylfaen yn cynorthwyo i gyflwyno'r cwricwlwm israddedig ar gyfer myfyrwyr meddygol ym mlynnyddoedd 3, 4 a 5 o Ysgolion Meddygol Caerdydd a Manceinion, gan gefnogi cymrawd dysgu gradd cofrestrydd arbenigol amser llawn a'r tîm israddedig. Bydd hyn yn cynnwys addysgu yn y ward, hyfforddiant efelychu, hwyluso tiwtorialau a datblygu deunyddiau hyfforddi israddedig. Bydd y Meddyg Sylfaen hefyd yn arwain ac yn cyflwyno ein Rhaglen Ehangu Mynediad i Feddygaeth, mewn cydweithrediad â Rhwydwaith Seren Llywodraeth Cymru. Mae'r rhaglen bwysig hon yn cefnogi myfyrwyr o ysgolion gwladol lleol yn eu cais am ysgol feddygol. Mae'r rhaglen yn cynnwys ymarfer cyfweliad, paratoi UCAT, gwaith grŵp bach, traethawd, a phrofiad gwaith yn ystod mis Gorffennaf. Mae hyn yn gofyn am gyflenwi gan o leiaf un o bob tri Meddyg Sylfaen a neilltuwyd i'r rhaglen hon am 16x nos Fercher (5pm –	Two protected and defined days per week will be dedicated to a combination of specialised research and teaching. The Foundation doctor is encouraged to contact their F2 educational supervisor before starting the F2 year to discuss the post, in particular the research elements. One day per week will be spent in the North Wales Clinical School, based in Glan Clwyd Hospital. The Foundation Doctor will assist in delivering the undergraduate curriculum for medical students in years 3, 4 and 5 from Cardiff and Manchester Medical Schools, supporting a full-time specialist registrar grade teaching fellow and the undergraduate team. This will include ward-based teaching, simulation training, facilitation of tutorials and development of undergraduate training materials. The Foundation doctor will also lead and deliver our Widening Access to Medicine Programme, in collaboration with the Welsh Government Seren Network. This important programme supports students from local state schools in their application for medical school. The programme includes interview practice, UCAT preparation, small group work, essay, and work experience during July. This

7.30pm) yn ystod y flwyddyn academiaidd, i'w gydlynw rhwyngddynt eu hunain. Byddant hefyd yn gyfrifol am recriwtio a hyfforddi cyfadran leol i gynorthwyo gyda'r rhaglen (ar ôl hyfforddiant cychwynnol iddynt hwy eu hunain) ac am roi cyhoedduswydd i'r rhaglen i fyfyrwyr meddygol. Cefnogir hyn gan Dr Glen, Dr Menzies a'r Ysgol Glinigol, fodd bynnag mae hwn yn ymrwymiad difrifol. Bydd un diwrnod yr wythnos yn cael ei neilltuo ar gyfer ymchwil - a bydd y maes yn dibynnu ar eich amgylchiadau a'ch diddordebau unigol. Mae enghreifftiau o gyfleoedd ymchwil ac archwilio yn cynnwys: - Integreiddio i'r Uned Treialon Clinigol, Ysbyty Glan Clwyd. - Treialon anfasnachol a masnachol yn digwydd yn Ysbyty Glan Clwyd - Mynediad i gyrsiau hyfforddi GCP - Cefnogaeth gan yr Adran Archwilio Glinigol (NWSSP) I ymgeiswyr sydd â diddordeb ,mae cyfle i ymgymryd â PGCertMedEd	requires cover by at least one out of three Foundation Doctors allocated to this programme for 16x Wednesday evenings (5pm – 7.30pm) during the academic year, to be coordinated between themselves. They will also be responsible for recruiting and training local faculty to assist with the programme (after initial training for themselves) and for publicising the programme to medical students. This is supported by Dr Glen, Dr Menzies and the Clinical School, however this is a serious commitment. One day per week will be devoted to research – the area of which will depend on your individual circumstances and interests. Examples of research and audit opportunities include: - Integration into the Clinical Trials Unit, Glan Clwyd Hospital. - Non-commercial and commercial trials occurring within Glan Clwyd Hospital - Access to GCP training courses - Support from the Clinical Audit department (NWSSP) For interested candidates there is an opportunity to undertake a PGCertMedEd.
FP/071	
BIP Betsi Cadwaladr (Dwyrain)	Betsi Cadwaladr (East) UHB
Mae Cyfleuster Ymchwil Clinigol Gogledd Cymru (NW CRF) yn Wrexham yn cynnig swydd ymchwil academiaidd arloesol, hydredol, dan arweiniad Prof Orod Osanlou. Bydd y Meddyg Sylfaen yn y swydd hon yn derbyn: - Tystysgrif Ôl-raddedig (PGCert) neu MRes wedi'i hariannu'n llawn, yn dibynnu ar ba un sy'n fwyaf addas ar gyfer yr F2 unigol, mewn Ffarmacoleg Glinigol a Therapiwteg Arbrofol. - Cytundeb anrhydeddus gyda Phrifysgol Bangor - Mentora i gael cyllid PhD yn y dyfodol - Cyfle i fod yn ymchwilydd ar gyfer astudiaethau 'Cyntaf mewn Dyn' (First-in-Human) - Cefnogaeth i gyhoeddi eu gwaith	The North Wales Clinical Research Facility (NW CRF) based in Wrexham are offering an innovative, longitudinal academic research post, under the guidance of Prof Orod Osanlou. The Foundation doctor in this post will receive: - Fully funded PG Cert in Biomedical Science at Wrexham University with an option to study the MScRes in Clinical Pharmacology and Experimental Therapeutics at Bangor University. - Honorary contract with Bangor University - Mentoring to obtain future PhD funding - Opportunity to be an investigator for First-in-Human studies - Support to have their work published This post is suitable for those who are interested in a career in research and/or the pharmaceutical industry.



Mae'r swydd hon yn addas ar gyfer y rhai sydd â diddordeb mewn gyrfa mewn ymchwil a/neu'r diwydiant fferyllo.	
FP/088	
BIP Betsi Cadwaladr (Gorllewin)	Betsi Cadwaladr (West) UHB
Mae hwn yn SFP 2 flynedd gydag amser wedi'i roi o ddechrau F1, mewn cydweithrediad â'r Ysgol Seicoleg a Gwyddor Chwaraeon ym Mhrifysgol Bangor [https://www.bangor.ac.uk/spss]. Bydd y Meddyg Sylfaen yn treulio un ddiwrnod yr wythnos trwy gydol y Rhaglen Sylfaen yn yr ysgol/ysbyty, gan weithio dan oruchwyliaeth ymchwilydd o un o ddau sefydliad. Y rhain yw'r Sefydliad Ffisioleg Ddynol Gymhwysol [https://www.bangor.ac.uk/iahp] neu'r Sefydliad Seicoleg Perfformiad Elît [https://ipep.bangor.ac.uk/index.php.cy] (yn dibynnu ar eich maes diddordeb). Mae gan y sefydliadau hyn ddiddordebau ymchwil amrywiol, yn amrywio o bathoffisioleg clefyd cronig i feddygaeth amgylcheddol ac o ddeinameg grŵp i galedwch meddwl. Mae gan y ddau sefydliad hanes rhagorol o ddatblygu ymchwilydd ar ddechrau eu gyrfa a chynhyrchu cyhoeddiadau o ansawdd uchel. Mae sawl adran o Ysbyty Gwynedd (yn fwyaf nodedig Arennol, Meddygaeth Anadlol, gwasanaethau rheoli pwysau, ac Oncoleg) yn cydweithio'n weithredol â'r Brifysgol. Gall y Meddyg Sylfaen ddewis gweithio ar brosiect ymchwil yn unig, heb unrhyw asesiad na chymhwyster ffurfiol. Fel arall, gall y Meddyg Sylfaen ddewis gwblhau cymhwyster ôl-raddedig a bydd y ffioedd yn cael eu talu gan y Bwrdd Iechyd. Yn dibynnu ar faint o fodiwlau byddwch yn eu cwblhau, byddwch yn graddio gyda naill ai MRes mewn Gwyddor Chwaraeon ac Ymarfer Corff (180 credyd gan gynnwys: 40 credyd o hyfforddiant ymchwil, ynghyd ag 20 credyd o fodiwlau a addysgir, ynghyd â Phrosiect Ymchwil 120 credyd) neu Dystysgrif Ôl-raddedig mewn Ymchwil Gwyddor Chwaraeon ac Ymarfer Corff (60 credyd gan gynnwys 40 credyd o hyfforddiant ymchwil, ynghyd ag 20 credyd o fodiwlau a addysgir) [https://www.bangor.ac.uk/courses/postgraduate-research/sport-and-exercise-sciences-mres]. Gallwch ddewis cwblhau'r MRes yn rhan amser dros gyfnod o ddwy flynedd.	This is a 2-year SFP with time given from the start of F1, in collaboration with the School of Psychology and Sport Science at Bangor University [https://www.bangor.ac.uk/spss]. The Foundation doctor will spend one day per week throughout their Foundation training in the school/hospital, working under the supervision of a researcher from one of two institutes: The Institute for Applied Human Physiology [https://www.bangor.ac.uk/iahp] or The Institute for the Psychology of Elite Performance [https://ipep.bangor.ac.uk/index.php.en] (depending on your area of interest). These institutes have diverse research interests, ranging from the pathophysiology of chronic disease to environmental medicine and from group dynamics to mental toughness. Both institutes have an excellent record of developing early career researchers and producing high quality publications. Several departments from Ysbyty Gwynedd (most notably Renal, weight management services, Paediatrics, and Oncology) have active collaborations with the University. The Foundation doctor may choose to work solely on a research project, with no formal assessment or qualification. Alternatively, the Foundation doctor can choose to complete a postgraduate qualification for which the fees will be paid by the Health Board. Depending on how many modules completed, they will graduate with either an MRes in Sport and Exercise Science (180 credits including: 40 credits of research training, plus 20 credits of taught modules, plus a 120 credit Research Project) or a Post Graduate Certificate in Sport and Exercise Science Research (60 credits including 40 credits of research training, plus 20 credits of taught modules) [https://www.bangor.ac.uk/courses/postgraduate-research/sport-and-exercise-sciences-mres]. They can choose to complete the MRes part time over a two-year period.

Dylai'r Meddyg Sylfaen edrych ar bob sefydliad a'i aelodau ymlaen llaw fel y gellir cytuno ar brosiect a goruchwyliwr addas cyn dechrau'r Rhaglen Sylfaen. Gallant ymuno â phrosiect sefydledig neu ddatblygu un gyda'u goruchwyliwr. Bydd y modiwlau a addysgir yn cael eu cyflwyno mewn fformat dysgu cyfunol fel y gallwch gael mynediad at gynnwys y ddarlith yn hyblyg o amgylch eich amserlen glinigol, gyda chymorth wyneb yn wyneb yn cael ei ddarparu yn ystod sesiynau tiwtorial a sesiynau galw heibio. Yn y gwanwyn, bydd y Meddyg Sylfaen yn cael eu hannog i gyflwyno eu gwaith mewn digwyddiadau, fel Gwobr Arloeswyr Ifanc Ysbyty Gwynedd. Efallai y bydd cyfle hefyd i gyflwyno crynodeb mewn cyfarfod cenedlaethol a chael ei gyhoeddi mewn cyfnodolyn a adolygir gan gymheiriaid. <i>Nid yw'r cylchdro yn denu unrhyw lwfans/cyllideb absenoldeb astudio ychwanegol yn ystod y flwyddyn F1.</i>	The Foundation doctor should look at each institute and its members in advance so that a suitable project and supervisor can be agreed before the start of their Foundation Programme. They may join an established project or develop one with their supervisor. The taught modules will be delivered in a blended learning format so you can access the lecture content flexibly around your clinical schedule, with face-to-face support provided during tutorials and drop-in sessions. In the spring, the Foundation doctor will be encouraged to present their work at events, such as the Ysbyty Gwynedd Young Innovators Award. There may also be an opportunity to present an abstract at a national meeting and to be published in a peer reviewed journal. <i>This rotation does not attract any additional study leave allowance/budget during the FY1 other than the FY2 entitlement.</i>
FP/088	
BIP Betsi Cadwaladr (Gorllewin)	Betsi Cadwaladr (West) UHB
Bydd y Meddyg Sylfaen yn cael cyfle i ymgymryd â Thystysgrif Addysg Feddygol i Raddedigion (PGCME) wedi'i hariannu'n llawn. Mae hwn yn gymhwyster gwerthfawr ac yn gam cyntaf rhagorol i yrfa mewn Addysg Feddygol. Disgwylir i'r Meddyg Sylfaen gofrestru gyda phrifysgol allanol addas i wneud y PGCME fel cwrs dysgu o bell. Yn ddelfrydol, dylai gofrestru a gwneud cais cyn iddo ddechrau'r swydd F2. Mae'r meddyg yn cael hanner diwrnod academiaidd yr wythnos yn ychwanegol i'w Amser Addysgol / Hunanddatblygiad (EDT/SDT), yn ystod y flwyddyn F2 i gwblhau'r cwrs. Mae'r amser hyn hefyd yn ei alluogi i gymryd rhan mewn gweithgareddau addysgu amrywiol yn yr ysbyty / ysgol feddygol. Yn ogystal, gall ddefnyddio rhywfaint o'i hawl Absenoldeb Astudio i fynychu elfen wyneb yn wyneb/dysgu o bell y cwrs hwn i gwblhau gwaith aseiniad.	The Foundation doctor will have the opportunity to undertake a fully funded Postgraduate Certificate of Medical Education (PGCME). This is a valuable qualification and excellent first step into a career in Medical Education. The Foundation Doctor is expected to enrol with a suitable external University to undertake the PGCME as a distance learning course. Ideally, they should enrol and apply before they start the F2 post. The doctor gets half an academic day per week on top of their Self Development Time (SDT) during the F2 year to complete the course, and to be involved in various teaching activities within the hospital or medical school. In addition, they can use some of their Study Leave entitlement to attend the face-to-face/distance learning element of this course to complete assignment work.

F2 Profiad Arbennig SFPs F2 Special Experience SFPs

FP/031	
BIP Betsi Cadwaladr (Canolog)	Betsi Cadwaladr (Central) UHB
Mae'r swydd hon yn cynnig cyfleoedd i'r Meddyg Sylfaen gymryd rhan yn y rhaglen Hyfforddiant Efelychu o fewn Ysgol Glinigol Gogledd Cymru, Ysbyty Glan Clwyd. Bydd y Meddyg Sylfaen yn ymwneud â chyflwyno hyfforddiant i fyfyrwyr meddygol, Cymdeithion Meddygol a staff meddygol a nysio eraill.	This post offers opportunities for the Foundation Doctor to become involved in the Simulation Training program within the North Wales Clinical School, Glan Clwyd Hospital. The Foundation Doctor will be involved in the delivery of training to medical students, Physician's Associates and other medical and nursing staff.
FP/087	
BIP Betsi Cadwaladr (Gorllewin)	Betsi Cadwaladr (West) UHB
Thema "Meddygaeth Fynydd" yw'r cylchdro ac mae wedi'i anelu at y rhai sydd â diddordeb mewn meddygaeth anialwch/teithio. Yn ogystal â darparu crynhoad da mewn meddygaeth drws ffrynt, byddai hefyd yn ddeniadol i'r rhai sydd â diddordeb mewn gofal aciwt, Trawma ac Orthopaedeg, a gofal sylfaenol. Bydd yr elfen "profiad arbennig" yn rhychwantu 5 diwrnod fesul lleoliad 4 mis (ar ben yr hawliau SDT ac Absenoldeb Astudio rhagnodedig), a bydd yn cynnwys: - Cwrs meddygaeth alldaith wedi'i ariannu (yn costio tua £1,000). E.e. https://worldextrememedicine.com/extra-medical-courses/expedition-and-wilderness-medicine-course-pyb/ - Cyfleoedd sy'n codi yn ymwneud â'r pwnc hwn. Gall y rhain gynnwys hyfforddi gwirfoddolwyr achub mynydd, ymchwil meddygaeth mynydd a/neu ddigwyddiad feddygaeth uwch.	The rotation is "Mountain Medicine" themed and is aimed at those who have an interest in wilderness/expedition medicine. In addition to providing a good rounding in front door medicine, it would also be attractive to those interested in acute care, Trauma & Orthopaedics, and primary care. The "special experience" element will span 5 days per 4-month placement (on top of the prescribed SDT and Study Leave entitlements), and will involve: - A funded expedition medicine course (costing approximately £1,000). E.g. https://worldextrememedicine.com/extra-medical-courses/expedition-and-wilderness-medicine-course-pyb/ - Opportunities that arise related to this topic. These may include training mountain rescue volunteers, mountain medicine research and/or ultra event medicine.
FP/089	
BIP Hywel Dda (Sir Benfro)	Hywel Dda (Pemb) UHB
Mae Rhaglen Meddygaeth yr Arfordir yn flwyddyn gyffrous sy'n mynd y tu hwnt i gylchdro F2 arferol. Mae'n cynnig y cyfle i ddysgu am feddygaeth cyn-ysbyty a'r heriau penodol a wynebier mewn amgylchedd arfordirol yn ogystal â datblygu sgiliau addysgu a chyflwyno. Bydd y Meddyg Sylfaen yn cael 1 sesiwn yr wythnos wedi'i neilltuo i weithgareddau Meddygaeth Arfordirol trwy gydol y flwyddyn. Mae'r gweithgareddau hyn yn amrywio	The Coastal Medicine Programme is an exciting year that goes above and beyond a normal F2 rotation. It offers the opportunity to learn about prehospital medicine and the specific challenges faced in a coastal environment as well as develop teaching and presentation skills. The Foundation doctor will have 1 session per week dedicated to Coastal Medicine activities throughout the year. These activities range from spending time

o dreulio amser gydag achubwyr bywyd traeth o amgylch unig barc cenedlaethol arfordirol y DU, i addysgu adfywio'r galon a'r ysgyfaint (CPR) a sesiynau trawma i wirfoddolwyr yr RNLI. Maent yn amrywio o deithiau allan ar fadau achub, i redeg efelychiadau amlasiantaethol ar raddfa fawr ar y traeth yn cynnwys anafiadau niferus. Fel rhan o'r rhaglen, mae cyfle hefyd i ddilyn cyrsiau wedi'u halinio gan gynnwys cymorth bywyd trawma uwch (ATLS), BASICS Gofal Argyfwng Cyn Ysbyty, ac Efelychiad Hyfforddi'r Hyfforddwr. Cefnogir y rhaglen gan dîm brwdfrydig o feddygon ymgynghorol aciwt; Dr Adrian Stallwood (Adran Achosion Brys), Dr Mike Bartlett (Haematoleg), a Dr Karen Brown (Meddygaeth Acíwt) yn ogystal â'r adran addysg feddygol. Mae hwn yn gyfle gwych i Feddygon Sylfaen weithio gydag amrywiaeth o weithwyr proffesiynol, datblygu eu portffolio, byw mewn rhan brydferth o Gymru a helpu i lunio'r rhaglen arloesol hon.	with beach lifeguards around the UK's only coastal national park, to teaching CPR and trauma sessions for RNLI volunteers. From trips out on lifeboats, to running large scale on the beach multiagency simulations involving multiple casualties. As part of the programme, there is also the opportunity to undertake aligned courses including ATLS, BASICS Pre-Hospital Emergency Care, and Simulation Train the Trainer. The programme is supported by an enthusiastic team of acute consultants; Dr Adrian Stallwood (ED), Dr Mike Bartlett (Haematology), and Dr Karen Brown (Acute Medicine) as well as the medical education department. This is an amazing opportunity for Foundation Doctors to work with a range of professionals, develop their portfolio, live in a beautiful part of Wales and help to shape this innovative programme.
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