

## 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.

#### 1. 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.

#### 2. 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.

### 3. 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.*

### 4. 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.

### 5. 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*

## 1. F1 Research and/or Teaching SFPs

### FP/001 – Cardiff & Vale UHB – RESEARCH or TEACHING

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 (*no financial support is available*).

### FP/002 – Cardiff & Vale UHB – RESEARCH or TEACHING

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.
- 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 (*no financial support is available*).

### FP/003 – Swansea Bay UHB – RESEARCH/TEACHING

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;

- a) Clinical, basic or epidemiological based research within the Diabetes Research Unit
- b) Involvement in diabetes phase 3 clinical trials
- c) Involvement in national/international clinical trials and research projects in the Pancreatobiliary Unit
- d) Involvement in research projects at the Institute of Life Science in Swansea University.
- e) Involvement in the largest Plastic & Reconstructive Surgery Research Group in the UK ([www.reconregen.co.uk](http://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; “Mesenchymal Tissue Engineering and 3D Bioprinting” (winner of the Clarke Medal) and “The applications of big data in Plastic Surgery” (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.

## 2. F2 Near Peer Teaching SFPs

FP/005 – Aneurin Bevan UHB

Further details to be provided shortly.

FP/009 – Cwm Taf Morgannwg (West) UHB

FP/055 – Cwm Taf Morgannwg (South) UHB

FP/078 – Cwm Taf Morgannwg (North) UHB

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 – Cardiff & Vale UHB

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.

## 3. F2 Research Project SFPs

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

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.

## 4. F2 Postgraduate Qualification SFPs

### FP/004 – Betsi Cadwaladr (East) UHB

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.

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 PG Cert 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 – Betsi Cadwaladr (Central) UHB

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 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:

- a) Integration into the Clinical Trials Unit, Glan Clwyd Hospital.
- b) Non-commercial and commercial trials occurring within Glan Clwyd Hospital
- c) Access to GCP training courses
- d) Support from the Clinical Audit department (NWSSP)

For interested candidates there is an opportunity to undertake a PGCertMedEd.

### FP/071 – Betsi Cadwaladr (East) UHB

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.

#### FP/087 – Betsi Cadwaladr (West) UHB

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/extreme-medicine-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/088 – Betsi Cadwaladr (West) UHB

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.

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.

*This rotation does not attract any additional study leave allowance/budget during the FY1 other than the FY2 entitlement.*

#### FP/138 – Betsi Cadwaladr (West) UHB

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.

## 5. F2 Special Experience SFPs

#### FP/031 – Betsi Cadwaladr (Central) UHB

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 – Betsi Cadwaladr (West) UHB

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/extreme-medicine-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 – Hywel Dda (Pembs) UHB

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 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.