

# Mayo University Hospital

## The Hub and Spoke

Mayo University Hospital (MUH), part of the Saolta group, is a 390 bed General Hospital affiliated with NUIG medical school and GMIT School of Nursing which serves a population of approx. 190,000 people.

MUH is renowned for its friendly atmosphere and good working environment. Our links with NUIG medical school and the on site NUIG Mayo Medical Academy coupled with the presence of undergraduate students ensures an environment in MUH conducive to learning for junior staff.

The successful appointee will join the 2 year BST SHO programme based in MUH. They will rotate in 3 monthly blocks for 2 years in various core Medical rotations, including Respiratory medicine, Cardiology, Gastroenterology, Endocrinology, Medicine of the Elderly, Rehabilitative Medicine, General( Internal) Medicine and Haematology. As part of the 2-year rotation the SHO will also rotate out to UCHG (level 4) hospital for Haematology/Oncology and Roscommon Hospital (level 2) for Medicine of the Elderly rotations. The on-call rota is 1:10 acute unselected take.

All posts are GPT accredited with active teaching/educational programmes. The hospital has enthusiastic specialist nurses in Respiratory, Diabetes, Cardiac and Stroke Rehabilitation. Outreach services from GUH include Rheumatology and Palliative Care.

## Contact Details

The Programme Director is Dr Syed Razi Rizvi (syed.rizvi@hse.ie)

## Training and Educational Opportunities

The Saolta University Healthcare Group hospitals offer a high level of exposure to a wide range of medical specialties supported closely by a committed consultant staff. Mayo & Roscommon hospitals are affiliated teaching hospitals of GUH. MUH has an library with an extensive range of hard copy and online reading and research resources. Seated study and reading areas are available to trainees. Situated on the ground floor it opens weekdays 9.30-7pm (9.30-5pm Monday&Friday)

There is an active teaching programme with regular scheduled teaching during the week which is open to all NCHDs. Among the numerous in-house educational opportunities include educational meetings, formal lectures, bedside teaching to name a few. Emphasis is on an inclusive, comfortable and friendly varied learning environment with input from numerous stakeholders including allied health professionals, nursing staff and other disciplines as follows:

**Acute Medical Protocol Meetings:** Mondays 1-2pm (lunch provided). Location: NCHD room. Chaired by trainers these meetings involve presentations on acute medical emergencies with special emphasis on troubleshooting by discussing scenarios and anecdotes.

**Case Presentations :** Tuesdays 1-2pm. Location: Lecture theatre  
Case and topic discussions The sessions are multidisciplinary and involve case presentations, topic discussions, external speakers, , audit discussions and input from allied health professionals, nursing staff and other disciplines.

**Journal Clubs :** Wednesdays 8.15-9am Location: Lecture theatre  
Weekly journal club presented and discussed by NCHD's. Facilitated by medical consultants.

**BST Teaching:** *Thursdays 8-9am*. Location: Lecture Theatre (video link)  
Weekly morning GUH BST teaching from GUH via videolink.

**Grand rounds:** *4<sup>th</sup> Thursday of the month 1-2pm* (Lunch provided). Location: Lecture Theatre.  
The sessions involve case presentations, topic discussions and clinical audit. Multidisciplinary input including external speakers.

**RCPI masterclass series:** As per RCPI schedule. Location: Lecture theatre (video link)  
Grand Round and RCPI master class series via videolink.

**Membership Teaching :** Dedicated tutorials are provided for MRCPI and MRCP( UK) with trainees having high success rate.

**Simulation Training:** Wednesdays Location: ED resuscitation room.  
Weekly small group simulation training under the guidance of the medical consultants. Medical emergencies covered.

**Sub speciality Teaching:** Speciality specific (detailed outline when commencing rotations)  
Departmental teaching is incorporated into rotations in the form of dedicated weekly teaching (eg Elderly medicine, Respiratory), X-Ray conferences (eg GI, Elderly medicine, Respiratory) and MDTs. Opportunities to learn about specialty specific procedures to interested trainees (eg. spirometry, echocardiography, stress tests, endoscopy etc.)

## **The Local Area**

MUH is based in a town of 14,000 people in Castlebar in the West of Ireland. within easy access to the coast (Westport, Newport, Achill, Ballina). Day trips to Clare Island, Inishturk, Achill or North Mayo are all easy to get to from Castlebar.

## **Sports and outdoor activities**

**Team sports.** Castlebar has many active clubs including soccer, GAA, Rugby, Tennis and Badminton to name a few.

For football enthusiasts McHale Park a 25,000 capacity stadium in Castlebar is home to the Mayo team with a huge loyal following. It is only a short walk from the hospital.

Swimming Pool and Tennis Club located within walking distance.

**Beaches and Watersports.** There are several beaches nearby suitable for snorkelling, surfing, kayaking or paddleboard enthusiasts eg Keem Bay, Keel Beach in Achill, Old Head in Louisburgh and Cross Beach in Belmullet <http://www.wildatlanticway.com/Surf-Mayo>

**Cycling.** The Westport and Castlebar greenways, <http://www.greenway.ie>  
<http://www.westporttourism.com>, allow for safe cycling trips from Westport to Achill with spectacular views along the way. [www.achilltourism.com](http://www.achilltourism.com) .

**Hiking & Hill climbing.** There are numerous hiking and hill walking opportunities also available within easy reach of Castlebar [www.mayowalks.ie](http://www.mayowalks.ie) [www.mayowalks.ie/WalkingTrails](http://www.mayowalks.ie/WalkingTrails)

**Access**

Galway (90 min by car), Sligo (60min by car) and Dublin (3hours by car). There is train links to Dublin and bus links to all major towns, cities and airports. Ireland West Airport is 45 min by car.