

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: 4th 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 .

Hiking & Hill climbing . There are numerous hiking and hill walking opportunities also available
within easy reach of Castlebar www.mayowalks.ie 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.

Please see link to interviews from various Department in Mayo University Hospital

<https://vimeo.com/user/4673410/folder/17620765>

Sligo University Hospital

Sligo University Hospital is part of the Saolta group. Rotations include 6 months in Galway University Hospital. We pride ourselves in providing a friendly educational and supportive learning environment with exposure to a vast number of patient conditions and educational opportunities as well as teaching and research opportunities. We also have University of Galway undergraduate 3rd, 4th and final medical students and opportunities to get involved in teaching. It is a friendly place with an active social life in a picturesque seaside town.



Contact Details

The Programme Director is Professor Cathy McHugh - Catherinem.mchugh@hse.ie

Training and Educational Opportunities

Hospital information

Sligo is a 300-bed level 3 hospital with 11 acute on call physicians. It has a catchment area of 100,000 (Sligo, Leitrim, South Donegal, North Roscommon and West Cavan) and is a regional service centre for rheumatology, dermatology, ophthalmology and ENT with a catchment area of 213,000



Specialities

We offer rotations in Cardiology, Respiratory, Gastroenterology, Geriatrics, Rheumatology, Endocrinology/Diabetes, infectious diseases, Nephrology, Neurology, Haematology, Oncology, Emergency Medicine and Acute Assessment Unit and you will rotate through 3 months within a speciality. Optional extras include dermatology, and palliative care.

Education



- **Grand rounds** twice weekly at lunch time with lunch provided.
- **Journal club** Thursday lunch time with lunch provided.
- Online access to Galway University Educational lectures
- Simulation training
- Annual Audit conference
- Annual Research conference
- MRCPI clinical exam bedside teaching daily for 6 weeks preceding each exam diet.

The library facility is state of the art with access to many online resources provides including Clinical Key, Dynamed, BMJ learning and many more. (<http://www.hselibrary.ie>) and the Research and Education Foundation (www.ref.ie) provide research and educational support locally. Bedside teaching, formal lectures, simulation, laboratory teaching, research skills, clinical audit and many more educational opportunities take place on campus. .

Practical Procedure sessions; A hands on practical procedure session takes place every 3 months or so. Central venous cannulation is led by Dr Bredin and Imhoff (Consultant Anaesthetists), and temporary cardiac pacing (Dr Samad) and pleural drain insertion (Dr Finan, Respiratory Consultant) and Lumbar Punctures allow demonstration and hands on practice for all on dedicated mannequins with expert supervision and feedback. There are additional simulation sessions involving resuscitation protocols, cardiac arrhythmias and any combination of clinical settings kindly facilitated by our resuscitation officer



Department of Rheumatology; a multidisciplinary teaching session takes place in the Regional Rheumatology Centre at Our Lady's Hospital, Manorhamilton every Thursday at 1300. A Joint Injection and Joint Examination workshop also takes place in Manorhamilton periodically and is aimed at general practitioners but is open to all.



Department of Diabetes and Endocrinology; A monthly diabetes journal club takes place and involves presentation of recent journal publications or reviews of conference proceedings. It is open to all. The diabetes clinical nurses lead regular ward sessions and clinical teaching sessions for staff nurses and nursing students. Topics include perioperative management of diabetes, management of diabetic ketoacidosis/HHS.

Stroke/Frail Elderly multidisciplinary educational session takes place every Monday at 1445 on Medical 7. All are welcome.

Department of Pathology and Laboratory Medicine

Quarterly lectures take place as part of the LEAP (Laboratory Education and Aptitude Programme) incorporating clinical, histopathological and laboratory science. The following is an outline of educational activities for the Path Department.

Department of Emergency Medicine

Emergency Medicine trainees teaching session is on Wednesdays from 1300 to 1400 in the seminar room in ED. There is a built in Morbidity and Mortality meeting every month as part of this teaching.

Simulation training

The Emergency Medicine department is leading out on Simulation in SUH with a weekly departmental simulation teaching session every Thursday morning at 0800 to 1000. In order to enhance realism it takes place in the Resuscitation room in the Emergency Department. The EM dept also leads out on being "Tech Savvy" and has a twitter feed @sligosim and their own website full of all the activities going on at www.edsligo.ie or tweet at @EMedSligo. The session also involves practical session and topic reviews. Breakfast is provided. Dr Karen Harris (Consultant in Emergency Medicine) and Dr



Sinead Bredin (Consultant Anaesthetist) also do a simulation training session with the Medical department teams in the Acute Assessment Unit every Tuesday from 0800 to 0830. Echocardiogram training session; a hands-on specialised ECHO session takes place in the seminar room in the ED at 1300 to 1330 every Monday. Cardiac technicians and Consultant Cardiologist and his team lead an interactive session and it is open to all.

Resuscitation Training Department

Resuscitation at Sligo University Hospital delivering high quality Adult and Paediatric Resuscitation training in the North West for more than 16 years.

This busy department facilitates the following training courses:

**Basic Life Support for Healthcare providers HeartSaver AED classes
CPR for paediatric patient's parents Advanced Cardiac Life Support
providers course Advanced Trauma Life Support providers course
Advanced Paediatric Life Support course COMPASS training (Early
Warning Score) Sepsis training PEWS Training (Paediatric Early
Warning System)**



In addition to these courses NRP (Neonatal Resuscitation Programmes) and PROMPT courses are also facilitated at the hospital

All formal training is affiliated with National and International Resuscitation Training bodies.

Travel and Accommodation



The N4 Sligo to Dublin is a 2.5 hours drive, there are bus links nationwide and train links to Dublin. An Accommodation list available from HR

The Local Area

World renowned **surfing** venue at Strandhill and Mullaghmore bays, Sea sailing at Rosses Point and Mullaghmore, Extensive scenic views with mountain walks/climbs and lake and sea activities, golf courses, Hawkswell Theatre, cultural hub for poetry and the arts.



Further Information

<https://www2.hse.ie/services/hospitals/sligo-university-hospital/>

<https://ref-sligo.ie/>