

Ideas for ST1/2 Out of Hours Experience in Portsmouth

PLEASE NOTE THAT BELOW CONTACT DETAILS AND AVAILABILITY MAY BE SUBJECT CHANGE

1. South Coast Ambulance Service

- a. SCAS Introduction session - Deanery organised introduction session – covers 4 hours and gives you all the numbers to contact people. Need to complete observer application form before can do shifts with SCAS.
- b. SCAS Ambulance shift - this can take time to arrange – start early. Ambulance shifts are 12 hours and it can be impractical to be dropped back mid-shift – plan for this.
- c. SCAS – 999 & 111 EOC - South Central Ambulance Service (Hampshire) / Emergency Operations Centre (Southern House, Otterbourne)
- d. SCAS “Safe space” -11.00pm to 3am on Fridays and Saturdays, Paramedics based at Hippodrome House on Guildhall Walk, Portsmouth

2. Alcohol intervention team

- a. Best via the hospital team who are very accommodating to have GP trainees sit in with them on Saturday and Sunday clinic
- b. Bleep alcohol team via QA switchboard (02392286000)

3. Palliative care

- a. Rowans generally won't allow GP trainees to do OOH there but Jubilee house and the Macmillan nurses are accommodating
 - i. Jubilee house: 02392 324034
 - ii. Macmillan nurses: 02392 386257

4. Minor injuries unit

- a. Various units including the St Marys ISTC CareUK unit or Gosport minor injuries
- b. Contact them via their switchboards and find out who lead nurse/ ENP is – often changes hence no contact details on here
- c. Can do weekends or late evenings
- d. Welcoming, friendly team, really useful to see how walk in centres work.

5. Crisis Resolution / Home treatment team, The Orchard Centre, St James' Hospital

- a. Telephone 0300 123 3924

b. Many assessments take place “in hours”. Evenings can be quiet but are still useful e.g. to look at GP referrals to the crisis team.

5. COAST

a. Paediatric outreach team

b. Telephone 07990 805317

c. An excellent option for those with no specific paediatric experience

6. PRRT (Portsmouth rehab and re-enablement team)

a. Admission avoidance team of DN, community matron, OT and physio and work with social services

b. Telephone 03003002012

7. Modern matron / District Nurse

a. Speak to your trainer and contact local team members in your area

b. Excellent for making links with community nursing teams and understanding their skills and roles

8. Adult social care

a. Will vary depending on what area you work in

b. Portsmouth: 02392606080

c. Hospital Team: Duty (OOHs) team based at QAH: 02392 286000 ext. 3767

d. The hospital team covers all out of hours social work. This is mostly related to hospital discharges – which are hugely community related. They occasionally become involved with safeguarding in the community.

9. Eye casualty

a. Run a clinic on Saturdays

b. Phone QAH and ask to be put through or contact ophthalmology department directly

c. Very happy to have GP sit in on clinics

10. Community midwives

a. Speak to midwife attached to your surgery and see if can shadow one on the weekends

11. Police car shift

a. Trainees have organised through Waterlooville police station previously

Ideas for ST1/2 Out of Hours Experience on Isle of Wight

POLICE Friday and Saturday night would be the best as you will get to see more interesting cases You will also get the chance to ride in the car patrol Newport Police
Richard.hindle@hampshire.pnn.police.uk

AMBULANCE Going around with paramedics in the ambulance See what equipment is available in the ambulance Ambulance headquarters simon.cornes@iow.nhs.uk
ian.yeo@iow.nhs.uk

111 SERVICE

THE HUB Get to know how the service works and who are they Arrange through ambulance services - Clinical advisor, Dispatcher, District nurse, Crisis team, etc. You can listen to the calls coming through and see how the calls are 'triaged'

DISTRICT NURSES Home visits and helping around with dressings, catheters, etc.
newportdistrictnurses@iow.nhs.uk ryde.communitynurses@nhs.net
sandown.communitynurses@nhs.net

CRISIS RESOLUTION AND HOME TREATMENT TEAM (CRHT) Going around home visit and reviewing mental health patients in the community Mark South Clinical lead CRHT
mark.south@iow.nhs.uk

EARL MOUNTBATTEN HOSPICE / MACMILLAN NURSE Just telephone Earl Mountbatten Hospice and asked to speak to the community team. You can shadow a nurse specialist or another team of nurses that do more of the setting up syringe drivers, giving meds, changing catheters etc. Dr David Isaac David.Isaac@gp-j84011.nhs.uk Tel: 529511