

Proforma for Schools of Ophthalmology

Information for trainees applying for national recruitment



Name of Deanery:

Health Education England - North East & North Cumbria (HEENE) (formerly Northern Deanery)

Brief Description of Training Programme

Health Education England - North East & North Cumbria (HEENE) delivers Ophthalmology training based on the curriculum set by the Royal College of Ophthalmology and approved by the General Medical Council (GMC). The North East of England and North Cumbria is a wonderful and friendly place to work, live and raise a family. The training programme is comprehensive and of a high standard. Basic ophthalmic and surgical training is provided in the first 2 years and in subsequent years training is provided in all core ophthalmic subspecialties. HEENE is committed to supporting Trainees throughout their time in the region and aims to prepare them to a high standard in preparation to take up Consultant posts.

Number of Trainees: 31 posts

Link to the School of Ophthalmology websites: <http://madeinheene.hee.nhs.uk/ophthalmology> and <http://www.nhsfindyourplace.co.uk/>

Rotation Examples (Flexibly arranged and not binding):

Rotation of 6 monthly attachments to consultant firms

ST1-2 posts are based at

- The Royal Victoria infirmary (RVI) Newcastle,
- Sunderland Eye infirmary (SEI)
- Darlington Memorial hospital and
- Cumberland Infirmary Carlisle (ST2 or above)

ST3-7 core ophthalmic subspecialties rotate through

- RVI,
- SEI and
- The James Cook University Hospital, Middlesbrough.
- Trainees may also arrange senior training posts in Darlington and Carlisle.
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We aim to give trainees experience of both district and larger university hospital environments during their training, whilst covering the full RCOphth curriculum. In the latter stages of the training programme we support trainees if they wish subspecialisation with TSC timetables.

Hospitals on rotation:

Cumberland Infirmary Carlisle - Carlisle
Darlington Memorial hospital - Darlington
Royal Victoria infirmary – Newcastle Upon Tyne
Sunderland Eye infirmary - Sunderland
The James Cook University hospital - Middlesbrough

GMC Survey Results (overall trainee satisfaction and educational supervision):

In the 2019 GMC trainees' survey for England, overall HEE NE was ranked first for 17 of the 18 indicators (except 2nd in local teaching). We rank first in the UK for: Adequate Experience, Clinical Supervision, Clinical Supervision out of hours, Curriculum Coverage, Educational Governance, Educational Supervision, Feedback, Handover, Induction,

Overall Satisfaction, Regional Teaching, Reporting systems, Rota Design, Study Leave, Supportive environment, Teamwork and Work Load.

In Ophthalmology we had positive scores for the majority of indicators, In the period 2012-2017 the region performs well for educational supervision with all units where data exists ranking in the top 15% of units nationally.

Surgical Experience

Simulation Facilities:

The region has the latest technologies and teaching methods to deliver excellent simulation opportunities.

Highlights include:

1. Two Eyesi surgical simulators with both phacoemulsification and vitreoretinal modules.
2. Structured wet lab courses in trabeculectomy, oculoplastic, squint, trauma (hosted in the Newcastle Surgical Training Centre, a state of the art regional surgical simulation centre) and laser course.
3. Access to surgical wetlab facilities in Newcastle, Sunderland and Middlesbrough.
4. Most units have dummy heads and Philips Studio model eyes to allow simulation of various aspects of ocular surgery.
5. Region has a consultant simulation lead.

Average number of Phacos performed by trainees after two years of training: 65

Cataract surgery is initially taught as modular training of the different stages of the operation, and then progresses onto closely supervised surgery.

Emphasis is placed on developing good surgical skills in the early training years.

Trainees have access to one to one video analysis with Head of School to help reflection and development of surgical analysis.

Seniors have opportunities to develop their own supervision skills.

Academia

ACF / ACL Track Records:

The Region has a good track record for regularly recruiting ACF and ACLs in Ophthalmology. We provide a supportive environment for both the academic and clinical sections of the timetable.

The region has encouraged trainees to take OOPr

OOPR Allowances and Stipulation:

HEE NE endeavours to support all NIHR, Wellcome Trust & MRC approved external fellowships & nationally competitive AMRC grants. Other forms of research (e.g. CRN, 'soft' money funded posts and trust funded posts) will also be considered for OOPR.

OOPR will normally be limited to a period of 3 years.

Trainee Research Network links:

In December 2016, we established our very own trainee research network (TRN) in the region, named the North East Trainee Research in Ophthalmology Network (**NETRION**). Our network is very much trainee led. The network is steered by an executive

committee comprising a president, vice president, sub-speciality leads (oculoplastic and Orbits, cornea and refractive surgery, glaucoma, paediatrics and neuro-ophthalmology, medical retina, and surgical retina). Setting up this network has allowed the trainee body to collaborate on a number of projects and increase trainee's research experience in the region. We are currently in the process of creating a website for our network and plan to collaborate with other TRNs in the future.

Trainees have also set up an interview course for those interested in applying at national recruitment.

Research Opportunities:

See Above. RSTA (research, study, teaching and audit) sessions are protected time within the trainees' timetables. Trainees are encouraged to be actively involved in clinical research undertaken in the various Units, including in multi-centred international clinical studies.

Published Papers by Deanery Trainees (over the last 5 Years):

Each year during the ARCP process the trainee's participation in research and publications are reviewed. During a recent survey which was published in Eye:

- The mean number of peer-reviewed publications was 3.8 per trainee.
- 40% of trainees had 4 or more publications.
- The mean number of International/national presentations was 7 per trainee.

National and International meetings where trainees have presented (over the last 3 Years), e.g. RCO Congress, ARVO, AAO, ESCRS, BOPSS, BEAVRS, UKISCRS and BIPOSA

Our trainees have regularly presented at these national and international meetings

Monitoring of Training Quality

What quality monitoring measures are in place for trainees to feedback on the quality of their training?

The School of Ophthalmology in HEE NE is focussed on delivering an exemplary standard of training and places high importance on the feedback given by trainees and trainers. Examples of the feedback includes:

- GMC survey – results discussed within HEE NE and each Training Unit
- HEE NE also carry out an annual trainees' survey
- A rolling programme of pastoral School visits to each of the Training Units is undertaken, including meeting with all the trainees for their feedback. An Action plan is agreed with the Trust's Director of Medical Education and the department to promote high quality training
- A yearly trainees' forum held with the Head of School and the Training Programme Director
- Feedback forms at the end of each clinical attachment regarding clinical and educational supervision
- Electronic feedback questionnaire on every Postgraduate teaching session.
- Face to face discussions with ARCP panel
- Trainees' representative on the School of Ophthalmology Board, with attendance at School Board meetings twice a year.

Exam Pass Rates

2014-2019 – RCOphth exam pass rates (all exams)

HEE North East was ranked first in the country in 2015 and overall between 2014 and 2019 we rank 3/17

In-house training for RCOphth Examinations

The Region is fortunate to have the experience of hosting the FRCOphth part II oral examinations, and various consultants acting as RCOphth examiners.

We have in-house hospital optometrists and orthoptists who help train candidates in the practical skills of refraction and oculomotility assessments.

Experience has encouraged the effectiveness of peer-revision group training, arranged by the trainees themselves. Supported by consultants, help and support is provided for all types of examination,

Regional / Local Teaching Programmes

Description of what the Regional / Local teaching Programmes provide –

The Regional teaching programme has a green flag in the GMC trainees survey

Each Wednesday afternoon is timetabled for the Regional Postgraduate teaching. This is usually held within the Ophthalmic centre at RVI Newcastle but more recently is broadcast live, with interactive communication on a web based platform

The meetings have themed presentations with a mixture of local consultants and guest speakers, as well as trainees' involvement. There is an electronic attendance and feedback scheme to promote high quality teaching.

The PGT is protected time within the weekly timetable. The North of England Ophthalmic Society meetings and various wet-lab courses usually coincide with the PGT sessions so trainees can attend. The region has purchased a web based licence to allow for more interactive sessions with question and on line polling.

Each Training Unit has a regular programme of formal teaching sessions – tailored to their trainees' needs. This can include multidiscipline team teaching; OCT, fluorescein angiography, corneal topography, biometry interruption; practical clinical skills; case based discussions; journal club.

Various of the local Trusts run weekly Postgraduate teaching lectures, covering professional subjects, to which the hospital and local GPs are encouraged to attend.

HEE NE and the Trusts regularly run courses – including the Mental Capacity Act, Resilience, Human factors, consent, duty of candour, child protection, bullying and harassment, BLS, ILS and ALS, training the trainers and management courses.

External Fellowships / TSCs / OOPE

Undertaken by Trainees (over the last 5 Years) -

TSCs undertaken in the region by our trainees include:

- Medical retina,
- Vitreoretinal,
- Oculoplastics,
- Corneal,
- Glaucoma.
- Neuro
- Paeds
- Uveitis is in development.

On successful completion of training our trainees will usually undertake a post-CCT fellowship, often outside the region to gain different perspectives on their subspeciality, before taking up their consultant appointments. OOP (E/C/R) applications are encouraged and supported where appropriate.

Leadership and Management Training Opportunities –

HEENE has supported and funded several leadership courses (trainees were encouraged to apply) in 2020.

Trainees have opportunities to help in college roles for example the OTG role.

Trainees are encouraged to act up in the final years of their training as consultants.

Local and regional management courses are supported and trainees are encouraged to attend, for example training the trainers, dealing with diversity.

Trainee Consultant Appointments (over the last 5 Years)

The region has a very strong track record of appointing local trainees to consultant posts in the region. In one unit, nearly all of the 23 consultants have completed their training locally and in another over 50% were local trainees. The fact that so many do achieve consultant posts in the region is testimony to the high quality of the training units and also the geography of the region itself, both of which provide an attractive environment in which to live and work.