



Foundation Training in East Kent



Canterbury
Kent and Canterbury
Hospital



Ashford
William Harvey
Hospital



Margate
Queen Elizabeth the
Queen Mother Hospital

East Kent Hospitals University NHS Foundation Trust

There are obviously many factors to consider when choosing a suitable Foundation programme. Your first two years in Medicine are the most important of your career, so it is imperative you have a good foundation to build from.



All of our F1 trainees attend our induction programme prior to formal commencement of employment in East Kent. The induction includes a variety of practical sessions, taught topics and shadowing of outgoing F1 doctors.



Within the Trust, we currently have 71 F1 and 76 F2 doctors who work across various sites, and for some specialties, in the wider community.

EKHUFT is committed to teaching and we ensure our Foundation doctors are fully supported by peers, Consultants and the Education Centre.

For more information please visit our Medical Education Website on <https://meded.ekhuft.nhs.uk>

The Trust is one of the largest in the country, employing over 8,045 staff with many part-time employees. The Trust serves a population of over 695,000 .

Our mission and vision -Our mission is improving health and wellbeing and our vision is to deliver great healthcare from great people.

Our strategic themes -Our strategic themes are Quality and Safety, Patients, People, Partnerships and Sustainability.

Our Values -Everything we do is underpinned by our values: People feel cared for, safe, respected and confident we are making a difference.

Health Education Awards

We recognise that our transient population of medical students and training doctors do not always receive sufficient recognition for their contribution to the Trust during their placements/posts and so the Medical Education Directorate each years hosts an Oscar-style Health Education Awards Evening. This is an enjoyable evening, which provides us with the opportunity to celebrate professionalism, teaching excellence and leadership with a range of awards. Also an F1/F2 of the year award for each hospital as well as an overall award for Junior Doctor of the Year.

The evening is a lot of fun and the awards, both physical and in certificate form, are great additions to any portfolio/CV.



Teaching Opportunities

All Foundation Doctors are encouraged to teach Medical Students from KMMS, KCL, SGL & SGUSOM.

A programme has been designed to recognise and reward Foundation Doctors who deliver teaching to Medical Students. All Foundation Doctors who teach can receive a certificate signed by the Head of Undergraduate Medical Education.

Transition to F1 team—to help to make the transition to F1 smoother for the undergraduate medical students.

Medilead—a bespoke development opportunity aimed at providing all doctors the experience and knowledge of the diverse range of functions that support the running of a hospital.

Trainees are also eligible for the South Thames Foundation School Contribution to Merit Award.

Simulation

East Kent runs its own simulation training days which are mandatory for F2 doctors, which includes the latest SimMan 3G training model. We offer a simulation experience aimed at further developing management and assessment skills of deteriorating patients as well as introducing non-technical and human factors skills. We have recently introduced the new FROST Course - Foundation Realistic On Call Simulation Training to assist with being on-call for all F1s.

Please visit our Website for more Information
<https://www.ekhft.nhs.uk/health-professionals/services/simulation-services/>



Rotations

Kent and Canterbury Hospital, Canterbury

In Foundation Year 1 at K&CH we offer posts comprising of Renal, Vascular, Urology, Anaesthetics, Stroke Medicine and Psychiatry, some of which are combined with medical posts such as Cardiology, Respiratory, Gastroenterology, Acute Medicine, Emergency Medicine, and Geriatrics at WHH and QEQM.

Foundation Year 2 posts comprise of General Practice, Anaesthetics, Urology, Vascular, Haematology, Stroke Medicine, Renal and Psychiatry.

Queen Elizabeth the Queen Mother Hospital, Margate

In Foundation Year 1 at QEQMH we offer posts comprising of General Surgery, Geriatric Medicine, Acute Medicine, Cardiology, GIM (Diabetes & Endocrinology), Rheumatology, Paediatrics, Respiratory Medicine, Gastroenterology, Psychiatry, Gynae-oncology and Intensive Medical Care.

Foundation Year 2 posts comprising of Emergency Medicine, Obstetrics & Gynaecology, Paediatrics, General Practice, Palliative Medicine, Ambulatory Care, Acute Medicine, Ophthalmology (based at WHH), Geriatric Medicine, Psychiatry and Cardiology.

The William Harvey Hospital, Ashford

In Foundation Year 1 at WHH we offer posts comprising of Gastroenterology, Geriatric Medicine, Cardiology, Acute Medicine, Respiratory Medicine, Surgery, Stroke, Psychiatry, Intensive Medical Care, Paediatrics and Emergency Medicine.

F2 posts comprise of Geriatric Medicine, Acute Medicine, Palliative Medicine, Public Health, Obstetrics and Gynaecology, Cardiology, Respiratory, Stroke, General Practise, General Surgery, Emergency Medicine, Psychiatry, ENT, Gastroenterology and Medical Microbiology.

Kent & Canterbury Hospital

August 2024

Prog.	Rotation 1	Rotation 2	Rotation 3
1	Respiratory (At WHH)	Vascular	Renal Medicine
2	Vascular	General Psychiatry (St Martins)	Gastroenterology (At QEH)
3	Acute Medicine (At QEH)	Anaesthetics	Urology
4	Anaesthetics	Urology	Acute Medicine (At QEH)
5	Acute Medicine (At QEH)	General Psychiatry (Site?)	Vascular
6	General Psychiatry (Community?)	Vascular	Acute Medicine (At QEH)
7	Renal Medicine	Urology	Cardiology (At WHH)
8	Cardiology (At WHH)	Renal Medicine	Urology
9	General Psychiatry (St Martins)	Emergency Medicine (At WHH)	Urology
10	Urology	General Psychiatry (St Martins)	Emergency Medicine (At WHH)
11	Stroke Medicine	Respiratory (At WHH)	Vascular

Foundation Year One Rotations August 2024

Prog.	Rotation 1	Rotation 2	Rotation 3
12	Stroke Medicine	Endocrinology/Diabetes Mellitus (At QEH)	General Psychiatry (Site?)
13	Gastroenterology (At WHH)	Stroke Medicine	General Psychiatry (Site?)
14	General Psychiatry (Site?)	Gastroenterology (At WHH)	Stroke Medicine
15	Vascular	Stroke Medicine	Respiratory Medicine (At QEH)
16	Urology	Acute Medicine (At QEH)	Endocrinology/Diabetes Mellitus (At QEH)
17	Emergency Medicine (At WHH)	Urology	General Psychiatry (St Martins)

Queen Elizabeth the Queen Mother Hospital August 2024

Prog.	Rotation 1	Rotation 2	Rotation 3
1	Gastroenterology	General Surgery	Intensive Medical Care
2	General Surgery	Intensive Medical Care	Gastroenterology
3	Intensive Medical Care	Gastroenterology	General Surgery
4	Rheumatology	General Surgery	Geriatric Medicine
5	General Surgery	Geriatric Medicine	Rheumatology
6	Geriatric Medicine	Rheumatology	General Surgery
7	Geriatric Medicine	General Surgery	Paediatrics
8	General Surgery	Paediatrics	Geriatric Medicine
9	Paediatrics	Geriatric Medicine	General Surgery
10	Endocrinology/ Diabetes Mellitus	General Surgery	Acute Medicine
11	General Surgery	Acute Medicine	Endocrinology/ Diabetes Mellitus

Foundation Year One Rotations for August 2024

Prog.	Rotation 1	Rotation 2	Rotation 3
12	Acute Medicine	Endocrinology/ Diabetes Mellitus	General Surgery
13	Cardiology	General Surgery	Geriatric Medicine
14	General Surgery	Geriatric Medicine	Cardiology
15	Geriatric Medicine	Cardiology	General Surgery
16	Respiratory Medicine	General Surgery	Acute Medicine
17	General Surgery	Acute Medicine	Respiratory Medicine
18	Acute Medicine	Respiratory Medicine	General Surgery
19	Geriatric Medicine	Liaison Psychiatry (MHU)	Gynaecology (Gynaecology)
20	Gynaecology (Gynaecology)	Geriatric Medicine	Liaison Psychiatry (MHU)
21	Liaison Psychiatry (MHU)	Gynaecology (Gynaecology)	Geriatric Medicine
22	Respiratory Medicine	Acute Medicine	Anaesthetics (K&CH)

Queen Elizabeth the Queen Mother Hospital August 2024

Prog.	Rotation 1	Rotation 2	Rotation 3
23	Vascular (At K&CH)	Geriatric Medicine	Respiratory Medicine
24	Urology (At K&CH)	Acute Medicine	Endocrinology/ Diabetes Mellitus
25	General Surgery	Respiratory Medicine	Stroke Medicine (At K&CH)
26	Stroke Medicine (At K&CH)	Endocrinology/Diabetes Mellitus	General Psychiatry (Laurel House)
27	General Psychiatry (Laurel House)	General Surgery	Renal Medicine
28	Endocrinology/Diabetes Mellitus	Renal Medicine	General Psychiatry (Laurel House)

Margate Foundation Year One Rotations for August 2024

Prog.	Rotation 1	Rotation 2	Rotation 3
29	Acute Medicine	General Surgery	Gynaecology (Gynae-Oncology)
30	Gynaecology (Gynae-Oncology)	Acute Medicine	General Surgery
31	General Surgery	Gynaecology (Gynae-Oncology)	Acute Medicine

William Harvey Hospital, Ashford August 2024

Prog.	Rotation 1	Rotation 2	Rotation 3
1	General Surgery	Gastroenterology	Geriatric Medicine HCOOP
2	Geriatric Medicine HCOOP	General Surgery	Gastroenterology
3	Gastroenterology	Geriatric Medicine HCOOP	General Surgery
4	General Surgery	Geriatric Medicine HCOOP	Stroke Medicine (K&CH)
5	Cardiology	General Surgery	Geriatric Medicine HCOOP
6	Geriatric Medicine HCOOP	Cardiology	General Surgery
7	General Surgery	Stroke (At K&CH)	Acute Medicine
8	Acute Medicine	General Surgery	Cardiology
9	Stroke Medicine (K&CH)	Acute Medicine	General Surgery
10	General Surgery	Gastroenterology	General Psychiatry (In Community)
11	Gastroenterology	General Psychiatry (In Community)	General Surgery

Foundation Year One Rotations for August 2024

Prog.	Rotation 1	Rotation 2	Rotation 3
12	General Psychiatry (In Community)	General Surgery	Gastroenterology
13	General Psychiatry (Liaison)	Respiratory Medicine	Intensive Medical Care
14	Respiratory Medicine	Intensive Medical Care	General Psychiatry (Liaison)
15	Intensive Medical Care	General Psychiatry (Liaison)	Respiratory Medicine
16	General Surgery	Acute Medicine	Geriatric Medicine HCOOP
17	Acute Medicine	Geriatric Medicine HCOOP	General Surgery
18	Geriatric Medicine HCOOP	General Surgery	Acute Medicine
19	Geriatric Medicine HCOOP	Paediatrics	General Surgery
20	General Surgery	Geriatric Medicine HCOOP	Paediatrics
21	Paediatrics	General Surgery	Geriatric Medicine HCOOP

William Harvey Hospital, Ashford August 2024

Prog.	Rotation 1	Rotation 2	Rotation 3	
22	Geriatric Medicine (Stroke)	Respiratory Medicine	Vascular (K&CH)	
23	Urology (At K&CH)	Cardiology	Respiratory Medicine	
24	General Psychiatry (At K&CH)	Gastroenterology	Stroke (At K&CH)	
25	Gastroenterology	Stroke (K&CH)	General Psychiatry (K&CH)	

Teaching for Foundation Trainees is currently a hybrid mix of face-to-face and virtual

At QEQM F1s have a face to face session on Mondays - 1-2pm
F2s have face to face sessions on Thursdays from 1pm— 3pm

At WHH F1s have a face to face session on Thursdays—1-2pm.
F2s have teaching days on the last Thursday of each month—
9:15-4pm.

At K&CH F1s & F2s have a face to face teaching day on
Thursdays—1-2pm.

Foundation Year One Rotations for August 2024

Prog.	Rotation 1	Rotation 2	Rotation 3
26	Emergency Medicine	Urology (At K&CH)	General Psychiatry (At K&CH)
27	Emergency Medicine	General Surgery	Geriatric Medicine: POPS (At K&CH)
28	General Surgery	Geriatric Medicine: POPS (K&CH)	Emergency Medicine
29	Geriatric Medicine: POPS (K&CH) - Change colour	Emergency Medicine	General Surgery

Trust wide Foundation Teaching

These are held on Wednesdays from 1-2pm—doctors can either watch from the education centres on each site or virtually.

The recording for this session is sent out each week

Invites to various other teaching sessions are also sent to doctors which include Grand Rounds, Medical Half Days, Geriatric and GIM Tutorials and IMT teaching.



Canterbury

With a cathedral city at its heart, Canterbury's surrounding countryside dips and sweeps through river valleys, woods and hills to the seaside towns of Herne Bay and Whitstable.



*Canterbury
Cathedral*



Marlowe Theatre, Canterbury

Canterbury's timeless appeal may be characterised by its awe-inspiring cathedral and status as a World Heritage Site, but the city remains a modern and vibrant cultural center enlivened by smart restaurants, traditional pubs, nightclubs and live music venues. As well all these there is the Marlowe Theatre and the Gulbenkian Theatre and 2 cinemas having a variety of events

Despite the fact that Canterbury is a relatively small city, there is a good selection of department stores, high-street chains and plenty of other shopping options to be found around the centre. Over the years, Canterbury has invested many millions of pounds to improve its shopping facilities and this is clearly apparent, with the Whitefriars shopping precinct being a testament to this and is especially popular.



Canterbury is only 56 miles from London on the M2/A2 and high-speed trains run regularly between Canterbury West and London St Pancras and take under an hour. Regular trains also run to and from London Victoria, Charing Cross, Waterloo East and London Bridge - **journey time is approximately 90 minutes**. Easy access to Europe via Hi-Speed, Euro-Tunnel and ferries.

For more information on Canterbury visit -
<https://www.canterbury.co.uk/see-and-do/canterbury/>

Margate

The seaside town of Margate has a magnificent coastline that is the envy of other coastal towns across the UK. Famed for its many glorious sandy beaches, these are perfect to try a variety of the water sports on offer.

Margate, Ramsgate and Broadstairs collectively have a beautiful coastline that stretches from Pegwell Bay in the south to Reculver in the north and takes in 15 sandy beaches and bays.



Margate Beach at Sunset and Dreamland amusement park.

The Turner Contemporary is a stunning landmark gallery and is the largest exhibition space in the South East outside of London. The gallery offers sensational views over the North Kent coast, captures the dramatic light effects and offers visitors a unique opportunity to engage with and explore intriguing links between historical and contemporary art through the programme of temporary exhibitions, events and learning opportunities.



Alfresco Dining in Margate

Westwood Cross is an open, pedestrianised shopping centre within walking distance of the acute hospital. As well as many stores and high street shops, there are also a choice of restaurants, a gym, a bingo hall, a cinema and a casino.

Thanet is 75 miles from Central London and 56 miles from the M25/Dartford Crossing. A fast-link dual carriageway connects Thanet with the M2 and the UK motorway network.

Thanet's eight railway stations provide regular passenger services to London's Victoria and Charing Cross stations. On Hi-Speed— **journey time from the new Thanet Parkway Station is 70 minutes; from Margate 100 minutes.**

For more information visit - <https://www.visitthanet.co.uk>

Ashford

Beautiful tranquil countryside, hop gardens, oast houses, apple orchards, picture-postcard villages and historic buildings give this part of Kent its own unique flavour.

In the town of Ashford, home to the biggest hospital in the Trust, you will find the best of a market town together with the vibrancy of an international gateway at Ashford International Station.

McArthur Glen Designer Outlet is a large discount shopping complex that offers designer labels at affordable prices. NHS staff members also get an extra discount as part of the privilege card available at the kiosk in the car park.



Wye, Kent Downs—conservation area and The Eureka leisure park.

There are traditional pubs, bars in and around the town centre; the Blacksmiths Arms Pub is an F1 favourite, along with the newly opened Brewery Curious Brew

Ashford benefits from an unrivalled location in the UK. Sitting on the key transport gateway between continental Europe, London and the rest of the UK, it is perfectly placed to offer a choice of transport links.



The town already enjoys excellent rail, road, air and sea connections, with the **38 minute high speed rail service to London St. Pancras** making a huge impression on Ashford's viability as both a businesses location and commuter base.

For more information visit - <https://www.visitashfordandtenterden.co.uk>

Accommodation in East Kent Hospitals

<https://www.ekhuft.nhs.uk/patients-and-visitors/work-here/living-in-east-kent/accommodation/>

What is provided?

Each single room is fully furnished with a desk, single bed, wardrobe, shelving, side drawers and a desk chair. Each kitchen has a microwave, oven and fridge freezer. Linen is provided in each room, this comprises of sheets, blanket, pillows and towels. Each flat has an iron and ironing board.

Family flats are similarly furnished but have a double bed in the main bedroom, linen is provided and comprises of sheets, blankets, pillows and towels.

Contacts

Kent & Canterbury Hospital

Orchard Residences,
Ethelbert Road,
Canterbury,
CT1 3NQ.

Queen Elizabeth the Queen Mother Hospital

The Nightingales Staff Accommodation,
Ramsgate Road,
Margate,
CT9 4BQ.

William Harvey Hospital

Broomfield Residences,
Ashford ,
TN24 0LY.

To look at more information and the link to the accommodation portal, should you wish to book a room, please go to
<https://www.ekhuft.nhs.uk/careers/living-in-east-kent/>

Kent and Canterbury Hospital - Located just opposite the Outpatients Department at Kent and Canterbury Hospital, Canterbury the Orchard Residences is a purpose built accommodation for hospital staff. Each room is fully furnished with wash hand basins and communal kitchens and bathrooms. There is also a wireless broadband system currently in place, and a staff of cleaners to help keep the communal areas clean and tidy. There is on-site parking for all staff and a CCTV system for added security.

Although only a 15-20 minute walk from the historic town centre of Canterbury, the Orchard Residences still maintain a quiet and friendly atmosphere within a short walk from the main hospital. In the town centre you will find a large selection of restaurants, bars, clubs and the White Friars Mall, providing shoppers with everything they need.

Current Rent for tenants of more than one month stay
(prices correct at time of print)

- Bedsit from £14.85 Per Night
- 3 bedroom flat—No lounge £15.49 Per Night
- Flat Let £17.27 Per Night
- Double Room—No lounge £18.56 Per Night
- Family Flat £24.55 Per Night
- On Call Room N/A



The William Harvey Hospital - The Broomfield Residences is one of the largest accommodation sites in the Trust, capable of housing over 200 residents and families. The accommodation is divided into multiple or family accommodation depending on your requirements and availability. Each single room in a cluster flat is fully furnished with a large shared kitchen, bathroom, toilet and lounge. Wireless Broadband has just been installed and a new laundry facility for your use. A dedicated team of cleaning staff will routinely clean the communal areas and collect rubbish and laundry. Only a few metres walk from the hospital, it eliminates the need for travel with the inherent costs and travel time.

The William Harvey Hospital is located in a quiet area just outside of the Ashford town centre. Approximately a 10 minute drive from the main city centre and two minutes from junction ten, it is situated in central south east Kent making it useful for commuting between London and Canterbury. The Ashford International train station is also just a ten minute drive away, giving residents a quick and easy route to the continent.

Current Rent for tenants of more than one month stay
(prices correct at time of print)

Double Room From £22.36 per night

- Married Room 1 bed From £20.23 per night
- Married Room 2 bed From £22.36 per night
- Married Room 3 bed From £26.37 per night
- 3 Bed shared with lounge From £15.39 per night
- 4 Bed shared with lounge £13.93 per night



Queen Elizabeth The Queen Mother—Located to the right of the main hospital building, the Nightingale Residences are purpose built accommodation blocks provided for the use of hospital staff, medical students, and other key healthcare workers. All single rooms are en-suite with a communal kitchen and lounge in the flat, with all blocks benefitting from card-key access controls and CCTV. While the site is located on the hospitals door step for convenience, it still maintains a quiet and peaceful atmosphere enabling residents to relax without feeling they are at work.

Parking is available in the staff car parks for which a permit is required. Further details can be found at ekh-tr.travelsmart@nhs.net also in the staff zone of the Trust intranet.

**Current rent (per month) for 2021/22 of more than 1 month stay
(prices correct at time of print)**

- Single (En-Suite) from £14.85 Per Night.
- 1 Bed Flat from £21.17 Per Night
- 2 Bed Family Flat from £25.10 Per Night.



FOUNDATION ADMINISTRATORS

Your Foundation Administrators would like to welcome you to
East Kent Hospitals University Foundation Trust
If you have any questions please feel free to contact us:



Amelia Hall

William Harvey Hospital

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Telephone 01233 7238449

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Dawn Warren

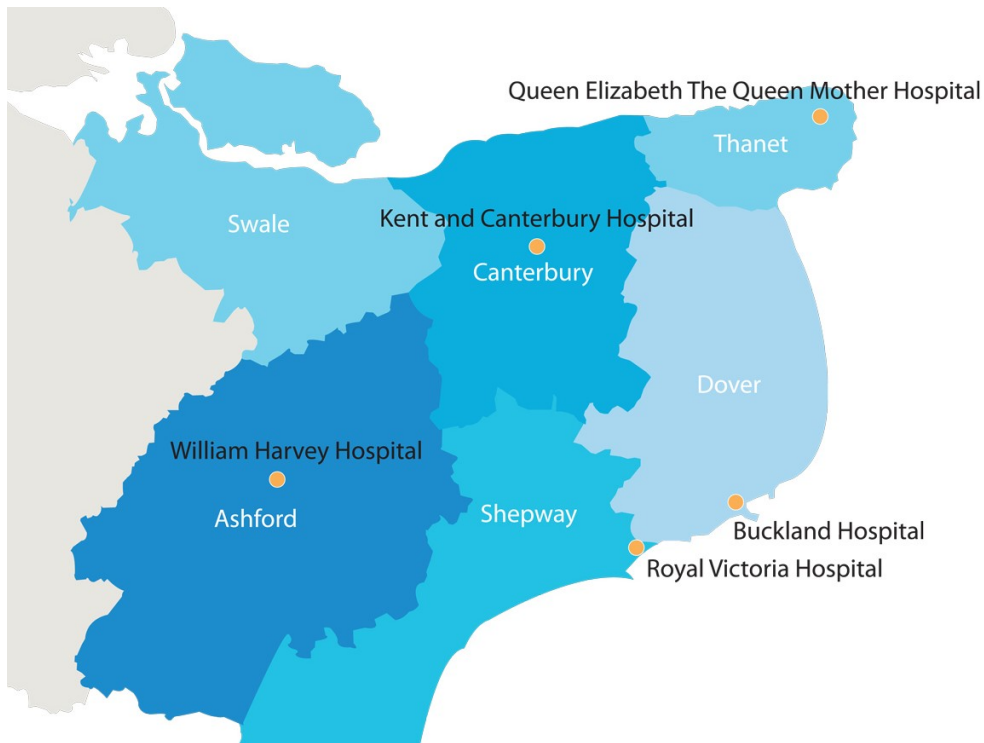
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www.ekhft.nhs.uk

Medical Education Website
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