

Welcome to East Kent (EKHUF)



Three main hospitals



WILLIAM HARVEY HOSPITAL (WHH)

QUEEN ELIZABETH THE QUEEN
MOTHER HOSPITAL (QEQM)

KENT AND CANTERBURY HOSPITAL (KCH)

Other sites in the trust:

Buckland Hospital

Royal Victoria Hospital

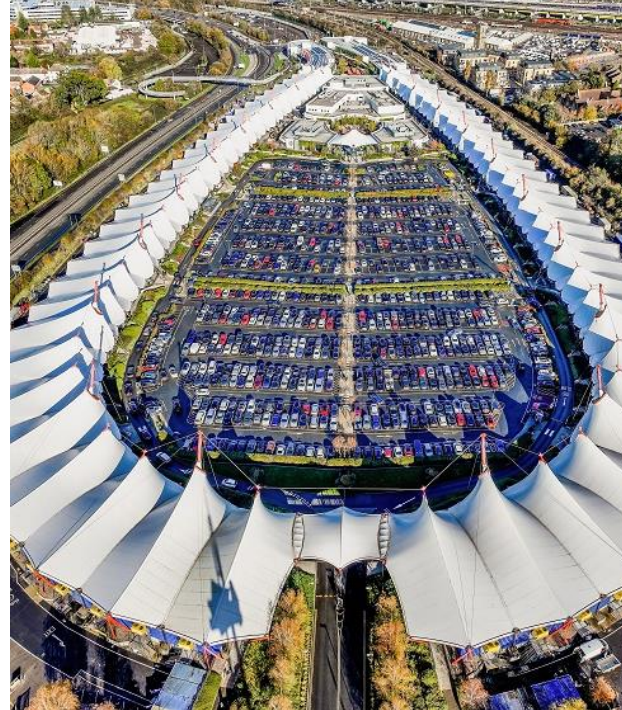
Estuary View (Urgent Treatment Centre/UTC)

700,000 PEOPLE IN AREA

Parking and Accommodation

- All major hospital has hospital accommodation available for≈ £15
- **Parking is available onsite at all 3 sites with a monthly charge of £31 if you are staying in accommodation.**
- [Home](#)





Things to do in East Kent

- Lots of activities
- Both indoor and outdoor
- 34 minute train from London Kings cross (some people commute)



Getting around: Transport links and Hooper bus

- **HOPPER BUS** - The Health Hopper Bus is a free service for staff who need to travel between the different sites for work purposes. For more details and times please visit -
- **Outside of the hospitals**
 - High speed rail network into London and internationally
 - Good motorway links (M2 and M20)
 - Easy access to airports (LHR and LGW)



ROTA AND LEAVE

An overview of rota, annual leave, self development days.

ROTA

- F1s do not work night shifts at EKHUFT
- Medical rota- hot and cold on calls
- Surgical rota

ANNUAL LEAVE

- 9 days every rotation
- If working bank holiday- lieu day off

SELF DEVELOPMENT DAYS

- 2 hours per week or 1 day per month
- Some co-ordinators pre-allocate these and others you can pick

OPPORTUNITIES AT EKHUFT

QIP/AUDIT

- Medilead
- Enhance project
- Audit opportunities

F3 YEAR

- Trust grade jobs
- Teaching fellow

OTHER

- Foundation representatives
- Teaching
- TTFY1
- Organisational skills

The Mess

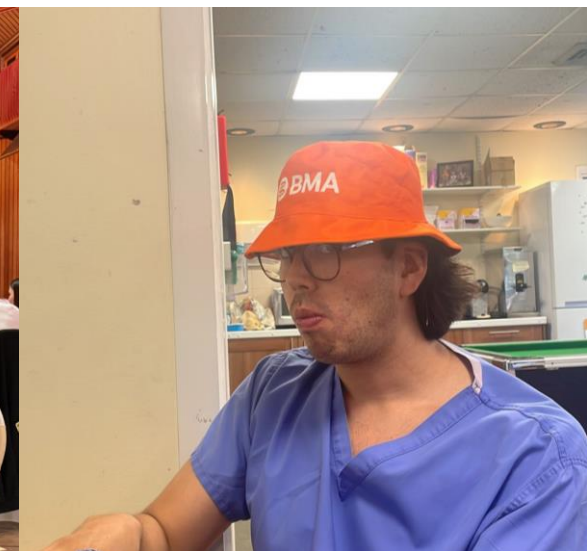
The Space

- Full size pool table – recently re-felted
- Sleeping pods
- Sofas and tables for breaks and socialising
- Flat screen TV and a Nintendo Wii
- Fridge, cupboards and coffee machine (fully stocked)

Events

- Xmas Ball – held at the beautiful Canterbury Cathedral
- Curry nights
- Pub nights
- Laser tag
- Friday food

Committee – led by 3-4 presidents per sites

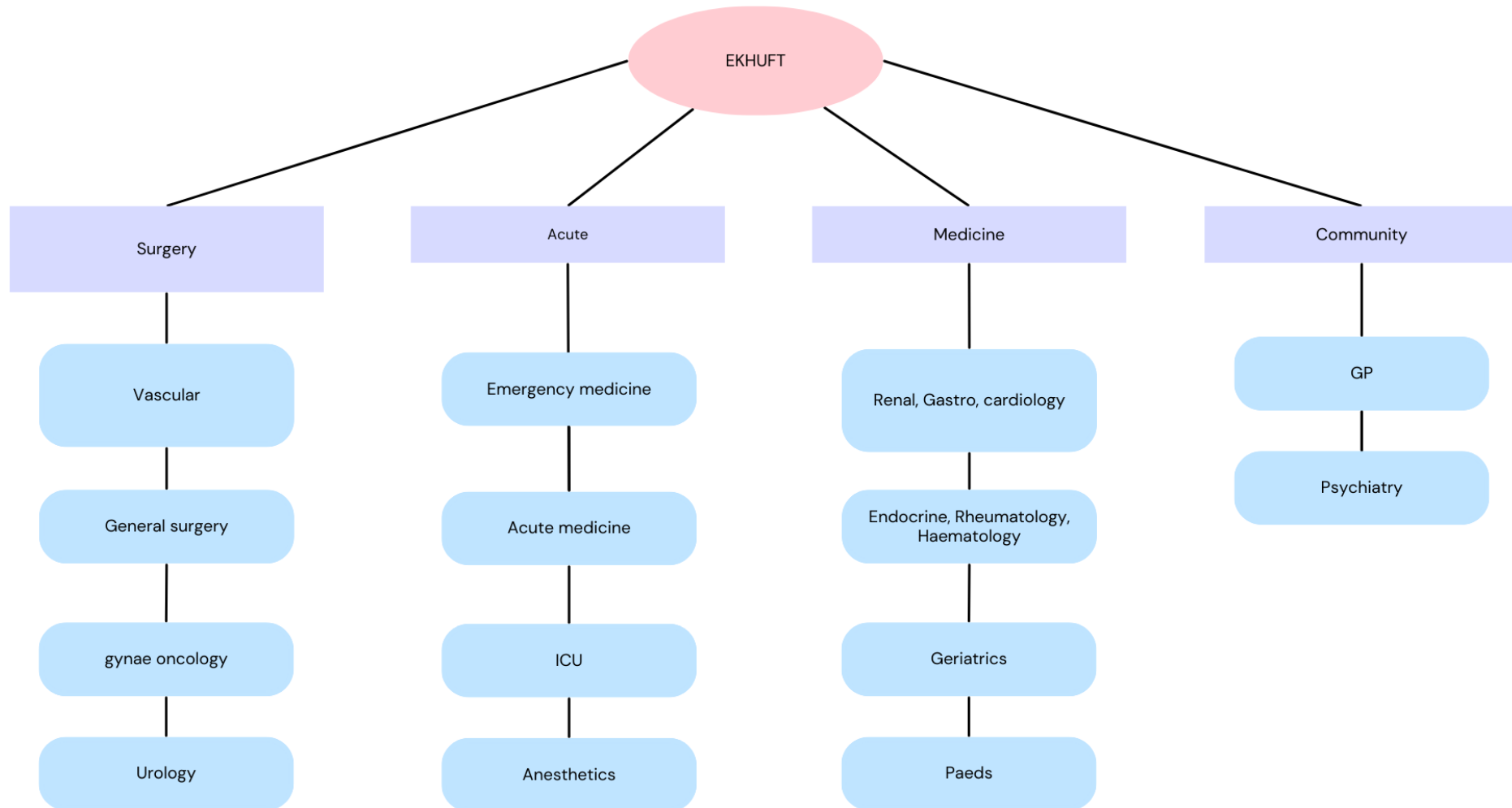


Wellbeing support and initiatives

At East Kent Hospitals, we offer a variety of staff benefits, support and initiatives;

- Vivup Benefits
- Travel offers
- Onsite Facilities
- Recognition of long service
- Work Life Balance
- Health an wellbeing
- Onsite Counselling Team

What rotations are available



Induction

- 5 full days
- 2 full days shadowing
- First on call training
- Meeting with FTPDs and current junior doctors
- Hospital Life support training
- Full day of learning clinical skills
- Mess - Social activities

Induction for F1 doctor normally starts 1 week before the main August intake.



Teaching others

- Most departments offer opportunities for peer teaching
- Four medical schools send students to EKHUFT – KCL, St George's (London and Granada) and KMMS
 - Supported opportunities to participate and even set up teaching for students
 - FY1s opportunities to have a final year student attached to them (paid)



East Kent Hospitals Trust wide ENHANCE Foundation Teaching Programme

- Trust wide full day teaching session with compulsory attendance to get you off the wards.
- Enhance integrated teaching programme for easy completion of Enhance programme
- The day is full of fantastic interactive lectures from our consultants and multidisciplinary teams .
- Plus Mess events post training



Simulation courses on offer

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 also run a FROST Course - Foundation Realistic On Call Simulation Training to assist with being on-call for all F1s.

Simulation offer a rolling programme of teaching skills such as;

- Venepuncture & Blood Cultures
- Male & Female Catheterisation
- Arterial Blood Gas Sampling & Interpretation
- Cannulation & Ultrasound Guidance (FULL)
- Blood Transfusions & Infusions



- Please visit our Website for more Information

<https://www.ekhuft.nhs.uk/health-professionals/services/simulation-services/>



Health Education Awards

Awards nights celebrating trainees and trainers across the trust.

Giving awards for best trainees across various categories such as F1 and F2's (looks fantastic on portfolios)



Don't just take our word for it.

Quotes from foundation doctors

"The working culture is very supportive of attending teaching, making it easy to meet portfolio requirements."

"The monthly teaching is excellent – and super social, which is fun!"



"Living by the sea and going to the free community sauna after work is the actual dream! Honestly, I couldn't recommend foundation in Margate enough"

"One of the best things about the foundation programme in East Kent is the teaching. There are so many opportunities to attend formal teaching, all of which are high quality"

Welcome and
congratulations on
becoming a doctor

