

# Working in East Kent



Dr James Lee (SFP Medical Education)  
Dr Amelia Townsend (FY1)

# Locations

Garden of England

Ashford to London:  
37 minutes.

Beautiful Kent Coast

Hopper bus between  
sites

Good motorway links  
(M2 & M20)



# Life as a Foundation Year 1

## Rota and Work pattern

- F1s do not work night shifts at EKHUFT
- On-call Surgical and Medical Opportunities
- Standard Annual Leave allowance: 9 days per rotation.
- Self-Development Days – Typically scheduled as whole days.



# Life as a Foundation Year 1

## Induction

- Meeting with FTPDs and current resident doctors
- Hospital life support training.
- Full day of learning clinical skills
- **5 full days**
- **2 full days shadowing**
- **First on call training**



# Life as a Foundation Year 1

## Teaching (learning opportunities)

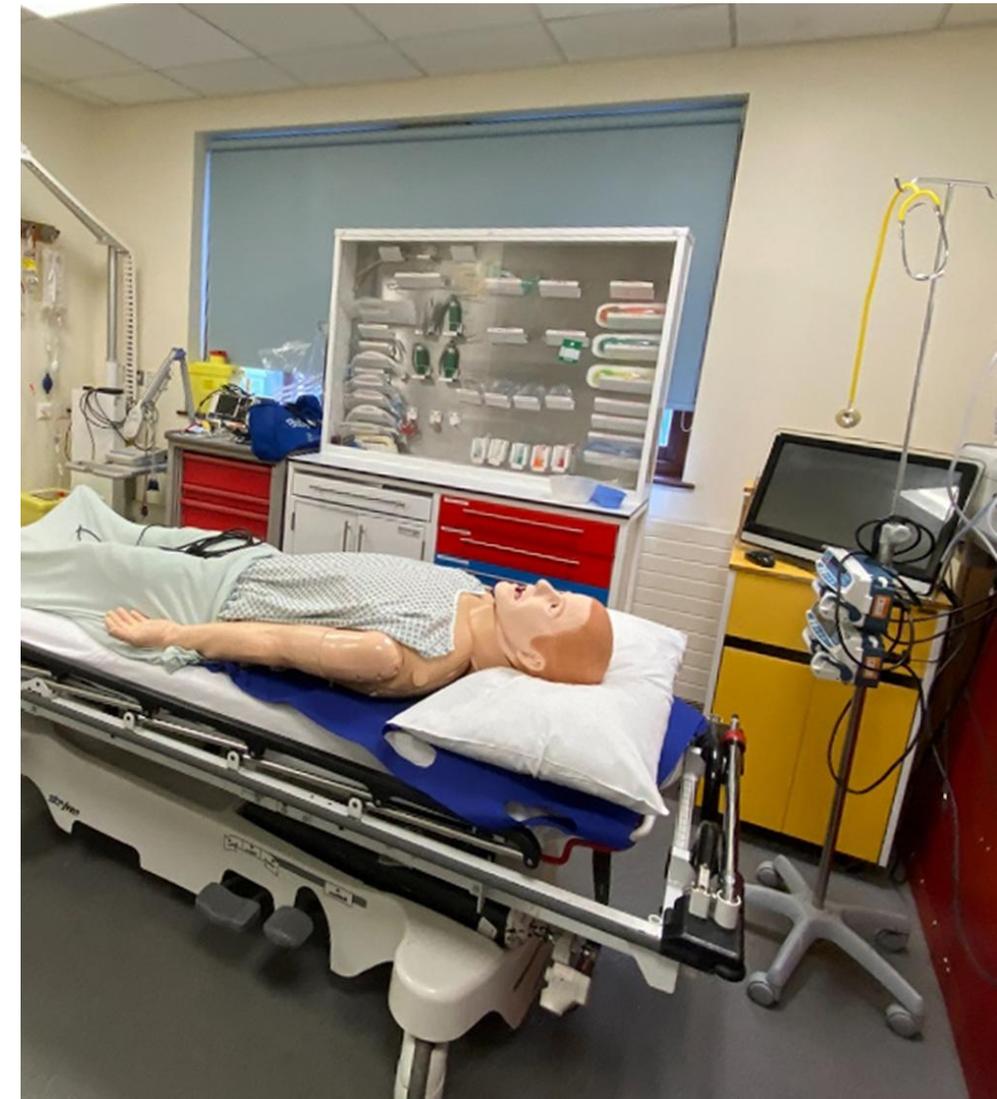
- Trailblazer site for Enhance Foundation Program Curriculum.
- Dedicated protected teaching time: **8 whole days conference style, off site teaching.** (lunch included)
- Excellent teaching with strong focus on sustainable healthcare and career development.
- Regular departmental teaching
- Clinical skills teaching: Chest drains, Ultrasound guided cannulation, lumbar puncture, aseptic tap, nerve blocks.



# Life as a Foundation Year 1

## Teaching (Simulation)

- High-fidelity sim lab.
- Two dedicated sessions per year (FY1 and FY2)
- FROST Course: Foundation Realistic On Call Simulation Training to assist with being on-call for F1
- <https://www.ekhft.nhs.uk/health-professionals/services/simulation-services/>



# Life as a Foundation Year 1

## Teaching (teaching others)

- Three associated medical schools:



# Life as a Foundation Year 1

## Audit/QIP/Research

- Training opportunities: MediLead, A3 Thinking.
- High research output:

**Long-term surgical outcomes for the surgical management of complete intrathoracic stomach (CIS)**

New Article [Publisher preview available](#)

February 2026 · [Surgical Endoscopy](#)

Matthew Oxenham · Shreya Pal · Omkaar Divekar · [...] · Sanjoy Basu

**Artificial Intelligence for radiation dose reduction in computed tomography: a narrative synthesis of clinical evidence from 2020 to 2025**

New Article February 2026 · [Journal of Radiological Protection](#)

Ismail Hakan Isik

**Inpatient diabetes specialist nurses managing newer diabetes technology: confidence, preparedness and training**

New Article [Publisher preview available](#)

February 2026 · [British Journal of Nursing](#)

Tamsin Fletcher-Salt · Beth Kelly · Amanda Williams

# Life as a Foundation Year 1

## Accommodation

- Hospital Accommodation at all major sites.
- Single room in shared flat: £510 - £525.60pcm
- Family flat (3 bed): £870pcm



# Life as a Foundation Year 1

## Wellbeing

- Vivup Benefits
- Travel offers
- Onsite Facilities
- Work Life Balance
- Health and wellbeing
- Onsite Counselling Team



# Life as a Foundation Year 1

## Lifestyle

- Active Mess Culture
- Regular social events: Winter Ball, non-alcohol socials, pizza Fridays.
- Spacious Mess facilities with pool, sleeping pods, television.
- Lots of activities in Kent: Historical sites, Kent Downs, Beautiful Coast.



# See you in July?

Questions:

[James.lee58@nhs.net](mailto:James.lee58@nhs.net) (Current FY2)

Amelia Townsend (Current FY1)

