Training- “Fit for Purpose”

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Shetland Islands
Remote and Rural Medicine

20% Scottish population live in remote and rural location

“75 miles or 90 minutes travel from major center”
Stuck in a Box?

190 miles north west to Faroe

190 miles south to Aberdeen

190 miles east to Bergen
Remote and Rural Medicine Challenges

• Narrower specialisation in medicine
• Demise of the general physician
• Drive for centralisation and centers of excellence
• Difficulties with recruitment and retention

“However, the challenges of providing high quality healthcare ...... requires a new breed of generalist specialist ... to provide care across a range of clinical areas”

Professor Neil Douglas
How should we train physicians for remote and rural practice?

- Broad based training
- Training fit for purpose rather than stereotypical
- Multi-skilled and adaptable
- Customised training

- General (Internal) Medicine with an interest in remote and rural practice.

*Scottish medical Journal, 2004*
Remote and Rural Medicine

• 2 years as SHO Aberdeen

• 4 years CCST General (internal) Medicine
  Major component- acute medicine

  Infectious disease
  Chest medicine
  Cardiology
  Renal

  ITU
  Diabetes and Endocrinology
  Care of the Elderly
  Time in rural hospitals

Visiting medical service to Orkney General Medical Clinics
Methods and training adaptation

• **Trainee 1**
  Acute/General medicine (Aberdeen) – Shetland.

• **Trainees 2 and 3**
  Acute medicine (Inverness) – Elgin/Kirkcaldy.

• **Trainees 4 and 5**
  Acute medicine (Aberdeen/Inverness) – NHS Highland and Lancashire.
Shetland

3 physicians
3 surgeons
1 staff grade surgeon
3 anesthetists
1 community psychiatrist
GPs in 11 practices

1 FY1
2 FY2
2 Core medical trainees
5 GP trainees
Last Tuesday in January
Shetland ponies
Fair Isle knitting
Up Helly Aa and Vikings
No trees
Cold and windy
Sea birds
Fishing
Life as a Remote and Rural Doctor

1 in 3 on call with prospective cover
Low volume high demand work
Hands on work
No middle grade staff in medicine
Truly unselected medicine
Front line management of paediatric
Front line management of acute mental health
Challenges facing remote and rural medicine

• Recruitment and retention of staff
• Attracting junior doctors to post
• Professional isolation
• Professional development
• Need for better established clinical network with tertiary centers
Why “we” think work, life and training in Shetland is good

Thank you