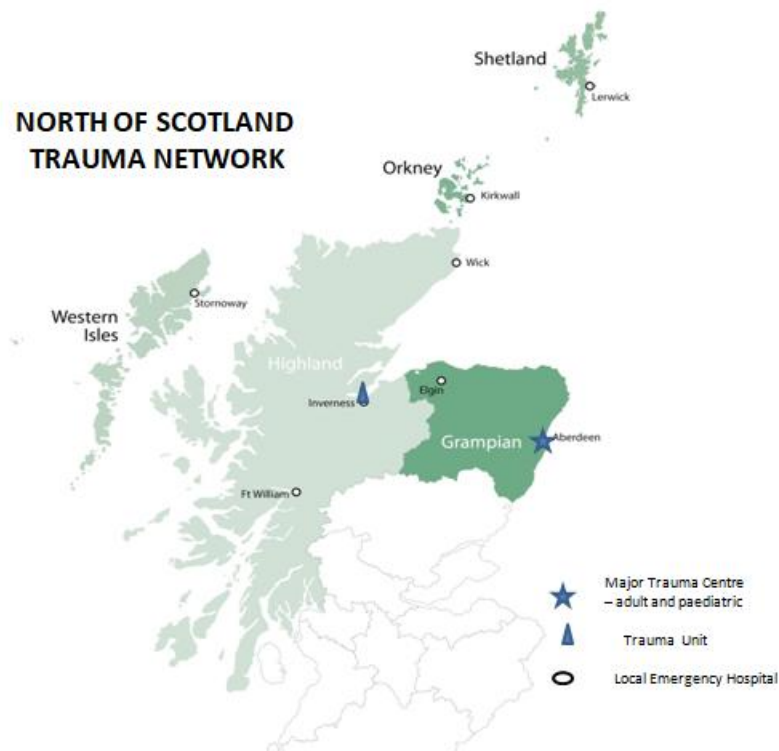




## A Guide to Rural Emergency Practitioner Shadowing

### Royal Aberdeen Children's Hospital & Paediatric Major Trauma Centre



**Background:**

The North of Scotland Trauma Network is a complex web of systems and clinical environments, covering a vast geographical area. Within the network we have a variety of different units across the North of Scotland, each with their own unique geographical challenges, internal systems and a wide range of staffing models. As part of building relationships across this vast network, there are several outreach and education programmes taking place within clinicians own clinical environment – these are invaluable and the epitome of the network.

To allow further experience within the Major Trauma Centre, Royal Aberdeen Children's Hospital (RACH) offers rural practitioners and Rural Emergency Physicians the opportunity to come to Aberdeen and gain clinical exposure and training opportunities within the MTC.

It is recognised that each practitioner wishing to attend will have a different background and areas they would wish to experience and explore. With that in mind, rather than having a prescribed shadowing week, we aim to offer each clinician a unique experience targeting their personal objectives. The following guide will ensure that a tailored programme can be created for each visiting clinician.

Please feel free to get in touch if you wish to explore the opportunity or have any questions:

**Current Co-ordinator / Contact:**

Dr Gareth Patton

Consultant in (Paediatric) Emergency Medicine

Royal Aberdeen Children's Hospital & Aberdeen Royal Infirmary

[gareth.patton@nhs.scot](mailto:gareth.patton@nhs.scot)

## Timeline:

Ensuring a good experience can be facilitated for each visitor is key but arranging this can take time! A rough guide / timeline is set out below:

### Planning:

As early as possible, but certainly **more than 8 weeks** prior to attending, the visiting clinician should make contact with the co-ordinator to confirm attendance dates.

This will allow advance planning, ensure that there is availability for a shadowing week and allow time for appropriate HR processes to be completed.

### Tailoring:

Once a date has been confirmed, the visiting clinician should have a chat with the co-ordinator to explore what they wish to achieve during the visit and allow the local team to identify opportunities that may be available.

### Template:

The co-ordinator will liaise with local services & specialists to create a unique template for each clinician (see Appendix 1). The aim is to have this finalised and circulated to all involved (including hosts), **2 weeks** before the clinician attends.

### Feedback:

Following each attendance, feedback regarding the experience will be greatly received. This can include organisation, information, experience and anything else that you may feel would be of benefit to further visitors.

**Planning:**

Availability of shadowing weeks will be dependent on demand and balanced with local service and training delivery. When making contact, where possible, please have a few dates in mind for us to explore.

In order to allow a 'hands on' experience, all staff attending will also need to obtain an honorary contract with NHS Grampian. At the point of initial contact, details for the HR team who co-ordinate such contracts will be shared.

**Tailoring:**

In advance of the initial tailoring discussion, the visiting clinician should consider what they wish to achieve during the week and generate a 'wish list'. During the subsequent discussion, we can discuss how we may achieve each of these, noting we can potentially arrange opportunities across the range of specialities and services within the RACH (and on occasions the ARI) site.

**Template:**

You will see from Appendix 1 that there is flexibility around the timetable with am, pm and evening sessions available. This will allow a 'round the clock' experience and out of hours exposure. However, it is not expected that we will fill every session! Having some time to meet with colleagues, explore teaching sessions / opportunities etc or 'network' with others are also invaluable and encouraged.

**Feedback:**

Please give us feedback – both positive and constructive. It is the only way we can optimise this programme for all clinicians to get the best out of the experience!

## Coming to Aberdeen

Aberdeen has good transport links to all regions in the NoS Network by rail, bus, sea and air.

The Foresterhill site is central and within easy reach of the city centre. There are some hotels very close to the site (as below) but staying in other parts of the city is made easy by the frequent bus services around the city. Bus timetables can be found on the First Bus website / App.

### Nearby Hotels:

#### **Premier Inn – Aberdeen Anderson Drive**

**[www.premierinn.com](http://www.premierinn.com)**

Good budget hotel with onsite Toby restaurant and bar. Large car park and very easy 10 minute walk to the Foresterhill site.

#### **Atholl Hotel – Kings Gate**

**[atholl-aberdeen.co.uk](http://atholl-aberdeen.co.uk)**

Medium sized, independent hotel within easy walking distance of Foresterhill and the city centre. Frequently used for those attending courses in Aberdeen. Renowned for it's food!

There are several other hotels nearby depending on budget. Malmaison, The Chester and the Dutch Mill are all on the edge of the city centre and a 20 minute walk.

# Appendix 1

## Week Template

RACH MTC Shadowing Week

Week Beginning \_\_\_\_\_

	Monday ____	Tuesday ____	Wednesday ____	Thursday ____	Friday ____
AM					
Link Person					
PM					
Link Person					
Even					
Link Person					