

## F1 SURVIVAL GUIDE

<b>Specialty</b>	Endocrine and diabetes
<b>Location/s</b>	Jade ward - Blue zone, level 1
<b>Team</b>	2-3 F1s 2 SHOs 3 regs 5 consultants Consultant led WR from 9-12. Junior divide patients up and do the jobs for their patients. Family visits from 2-4 where they usually ask for updates.

<b>Different Roles / Type of uniform</b>	Doctors – own clothes/scrubs Nurses – blue scrub tops CSWs – grey Ward clerks – own clothes Ward manager – navy scrubs Patient flow co-ordinator – navy with red lapels Pharmacists – green PTOT – white Housekeeping – light green scrubs
<b>In charge / How to identify</b>	Ward manager is usually in navy (Rina), otherwise NIC depends on who is available. Usually Michael, Feba or Ada
<b>Key Contacts</b>	We've currently got a temporary service manager that will change in the next few months. Person in charge on the ward is <a href="mailto:Rina.Macanlalay@nhs.net">Rina.Macanlalay@nhs.net</a> . Otherwise the NIC of the day.
<b>Computer Systems</b> - Across the Trust / General	<b>EPR</b> – Patient records, prescribing medications, EDNs, referrals, etc. <b>iLab</b> – Results for bloods, cultures (urine, blood, sputum, stool), swabs (MRSA, COVID) etc. <b>DartOCM</b> – To order investigations – scans, bloods, cultures, swabs etc. CT scans and MRIs are vetted by the on-call radiologist. <b>PACS</b> – to see radiology scans/reports <b>SOLUS</b> – to see cardiology reports for investigations/respiratory reports <b>ENDOWEB</b> – Endoscopy reports
<b>Computer Systems</b> - Specific to department	N/A
<b>Induction</b>	Done by consultants in first week which goes through routine knowledge of how the ward works.
<b>Board rounds</b>	10:30 and 13:30
<b>Departmental Teaching</b>	<b>Journal Club</b> - Wednesday 12pm (free lunch!) <b>Departmental Teaching</b> - Tuesday 12pm, before F1 teaching

<p><b>Shift patterns</b></p> <ul style="list-style-type: none"> <li>- Rota</li> <li>- Breaks</li> </ul>	<p>Shift patterns: Ward cover 5 days a week, with 1 day of on-call per week. If working the weekend, you get the Wednesday before off and the Monday after off. Make sure to take a break during your shift!</p> <p>Types of shifts:</p> <ul style="list-style-type: none"> <li>- <b>Ward cover normal day:</b> 8.30am - 4.30pm. (aim to leave on time!). Board round starts at 9am and the team goes through the entire patient list with the head nurse, PT/OT, dieticians, and IDT. In the afternoon, we update the nurse in charge to update patient plans on the board. Throughout the day, you handle jobs that come up from the ward rounds, take bloods (make sure to order them for phlebotomy collection the day before), update NOK, complete EDNs, manage sick patients, etc.</li> <li>- <b>On-call ward cover:</b> 9am – 9.30pm: Pick up bleep from switchboard (either 498/499). Attend cardiac arrest huddle on SDEC at 9am and then head to the ward for your day-to-day job. Around 4-5pm you will receive handovers from doctors in the zone you're covering for any outstanding jobs for the night. At 9pm, head up to the Hasbury room in theatres for night handover (Red zone, level 3).</li> <li>- <b>Take:</b> 9am – 9.30pm: Attend board round from 9am. At 5pm, log on to the 'take' system (under clinical IT systems) and pick up patients to see on the take list. At 9pm, head up to the Hasbury room in theatres for night handover (Red zone, level 3).</li> </ul>
<p><b>The typical day / What to expect</b></p>	<p>WR from 9am, board round at 10:30, complete WR or divide patients and start doing jobs, inreach is between 11-1 so finish any important calls in that time, relatives visit at around 2pm so you may have to do some NOK updates, order bloods for the next day, home at 4:30!</p>
<p><b>Referrals</b></p>	<p><b>Endoscopy forms:</b> Forms are found in the drawers behind the main desk. Completed forms need to be dropped off at Endoscopy reception (Green zone, Level 1)</p> <p><b>VBG/ABG:</b> Closest machines are either at SDEC (Blue zone, Level 2) or ICU (Purple Zone, Level 3)</p> <p><b>Specialty referrals:</b> In-reach services are available from 11am-1pm for any cardiology queries. Other specialty bleeps are available on induction.</p>
<p><b>Audits</b></p>	<p>There are opportunities for journal clubs presentations. Speak to your consultant if you are interested in doing an Audit during your time on the ward. They will be more than happy to help.</p>

<b>Useful Resources</b>	<p>There are lots of useful apps which will be very helpful in all rotations of FY1 and beyond.</p> <ul style="list-style-type: none"> <li>- Greenbook: Reference tool for Medway staff filled with algorithms and useful management plans - BNF</li> <li>- Induction: Useful store of extensions/bleeps for most teams around the hospital</li> <li>- Microguide: Great app with guidelines for antibiotic prescribing</li> <li>- MDCalc</li> <li>- Uptodate</li> <li>- Medscape</li> <li>- Patientinfo.uk</li> </ul>
<b>Top Tips</b>	<p>Top Tips:</p> <ol style="list-style-type: none"> <li>1. Don't be afraid to ask for assistance – everyone is willing to help and understands that you're new and that you need to learn. The senior doctors are very friendly and easily contactable throughout the day.</li> <li>2. Document any updates about your patients so the information is easily accessible to other members of the team or doctors who cover your patients when you're off.</li> <li>3. Take your PDP time to work on your portfolio on days when the ward is well staffed.</li> <li>4. Support your other colleagues if you think they need help with their jobs list.</li> <li>5. Take any opportunities you can to learn new skills (and get signed off!) like ultrasound guided cannulas/bloods, ascitic drains, ng tubes, etc.</li> <li>6. Use the mess to hang out and relax (especially when on call).</li> </ol>
<b>Conclusion</b>	It will be fine don't worry! The team is really lovely 😊