

**London West  
Diabetes & Endocrinology Specialist  
Group**

**Specialist Registrar Training  
Rotations**

## **Introduction**

It is the aim of the London West diabetes and endocrinology training scheme to provide a friendly atmosphere in which full support and encouragement is provided by a team of dynamic and involved consultant trainers. We will do our utmost to ensure that the 5 year rotation is an enjoyable experience, and that it will provide a full and balanced training in diabetes and endocrinology.

### **Hospitals and posts**

The London West diabetes and endocrinology training scheme currently comprises 25 clinical posts, including 10 at Teaching Hospitals (Hammersmith 3, St. Mary's 3, Charing Cross 3, Chelsea & Westminster 1), and 18 at other District General Hospitals (Central Middlesex (2), Ealing (2), Barnet General Hospital, Hemel Hempstead, Hillingdon (2), Northwick Park (3), Watford (2), Stevenage, Welwyn and West Middlesex (2)). The teaching hospitals form part of Imperial College School of Medicine, the largest medical school in the country, and one of the most successful university groups in the world. All posts have been approved as educationally sound, and each of them provides excellent specialist experience and teaching in diabetes and endocrinology. Each is also approved as providing training in General Internal Medicine. The diabetes and endocrinology consultants from these hospitals meet regularly to ensure a uniform excellence of education. We are all committed to the success of our Training programmes in diabetes and endocrinology.

The individual rotations will provide a balance of teaching hospital and district general hospital experience. Each hospital included in the scheme is a major centre, with a large diabetes and endocrinology service. Further experience in all aspects of endocrinology is provided within our Teaching hospitals. We have one of the strongest complements of teaching hospitals in the UK, led by Imperial College Healthcare NHS Trust (Hammersmith, Mary's and Charing Cross) where there are internationally famous departments of diabetes, endocrinology and metabolic medicine. These centres offer a full range of endocrinological experience and educational opportunities, and unique research opportunities. Hammersmith and Charing Cross Hospitals provide special experience and training in all aspects of clinical endocrinology, including endocrine tumours, molecular endocrinology, calcium and bone disorders, in addition to clinical training in diabetic obstetric and endocrine medicine at Queen Charlottes hospital and diabetic renal medicine at the new North London renal and Transplantation Centre. Charing Cross is also the regional neurosciences centre, with a large amount of pituitary surgery, and hence provides good experience in the endocrine management of such patients. St Mary's Hospital and the Chelsea and Westminster Hospital provide special experience in lipids, metabolic medicine, pituitary disorders, reproductive endocrinology and calcium and bone disorders.

### **Overview of rotational schemes**

The core training curriculum for training in diabetes and endocrinology specifies that each Trainee needs a balance of District General and Teaching Hospital experience, to obtain the combined CCST in Diabetes & Endocrinology and General (Internal) Medicine, and that, where possible, the first year of all rotations shall be within a DGH. All our posts are approved for training in both D & E and G (I) M. There are 10 Teaching hospital posts and 18 DGH posts. These comprise: (see next page)

### **Teaching Hospitals**

Hammersmith Hospital 3 posts  
Charing Cross Hospital 3 posts  
St Mary's Hospital 3 posts  
Chelsea & Westminster 1 post

### **District General Hospitals**

Central Middlesex (2)  
Ealing (2)  
Edgware/Barnet  
Hemel Hempstead  
Hillingdon (2)  
Northwick Park (3)  
The Lister, Stevenage  
Watford (2)  
Welwyn Garden City (2)  
West Middlesex (2)

### **Individual rotations**

Each trainee's rotation will standardly comprise two or three years in district general hospitals, two years in teaching hospitals, and hopefully 1 or more years' research. The first year of a rotation will ideally be within a DGH, as laid down by the regulations. The actual choice of posts to form each trainee's rotation will be agreed individually, taking into account individual preferences, based for example on where they are living, and their educational needs. We have found that both trainees and trainers prefer this more flexible approach to rigid 5 year rotations. We will strive to ensure that all trainees will receive a broad, balanced and comprehensive education over their 5 years, with ample experience in general and specialist endocrinology and diabetes, as well as general medicine. Those trainees undertaking at least one year's research can count 1 year towards their CCST, and thus will require only 4 years' clinical posts.

### **Current vacancies**

Examples of the rotation can be seen on <http://meeran.info>

At present, appointments are made through the national scheme to start in August 2010. There may also be LATs available.

### **Research**

This rotation offers outstanding research opportunities. It is our aim to help all candidates who wish to obtain a higher degree (MD or PhD) to achieve this. In the last four years, 15 registrars have successfully obtained an MRC or Wellcome three-year research training fellowship, and in all cases this has led to a successful higher degree. Our internationally renowned institution (Imperial College School of Medicine), and the active and successful research teams at both Hammersmith and St Mary's will assist any applicant to obtain a fellowship. The high quality of laboratory facilities available, advanced research techniques and our outstanding track record make this rotation an ideal place to obtain research training in a supportive and enjoyable environment.

In addition, we have opportunities for academically minded candidates to apply for academic NTN's, which will give them some time of protected time in the lab in order to apply for further funding to obtain a higher degree during their SpR training. Particulars of the academic post (NTN(A)) are given below:

**Academic Clinical Fellows: Department of Investigative Medicine, Imperial College London. (NTN (A)'s) will interview on 17 December 2009 for August 2010.**

**Closing date : 4<sup>th</sup> Dec 2009.**

Academic Clinical Fellows are Specialist Registrar level training posts which allow the successful candidate to spend 75% of their time in clinical training and 25% of their time undertaking research in the Department of Metabolic Medicine at Imperial College Medical School.

The Department of Investigative Medicine has an outstanding record for translational research. For example, our group has conducted the first human infusions of a number of novel peptides in man which have been done by Clinical Training Fellows (including ghrelin (Wren et al. JCEM 2001), peptide YY (PYY) (Batterham et al. Nature 2002), oxyntomodulin (Cohen et al. JCEM 2003), kisspeptin (Dhillon et al. JCEM 2005 & 2007). The department is well-equipped and consists of a team of clinical academics and basic scientists with a wide variety of scientific expertise, including molecular biology, imaging, animal physiology, peptide chemistry, neurophysiology and cell biology, who work very closely together. The Department's rating in the most recent HEFCE Research Assessment Exercise was 5\*. The Unit is funded by numerous grants including programme grants from the Medical Research Council (MRC) and the Wellcome Trust. The Department has a very good record of training Clinical Fellows; in the last 5 years the Department has trained 12 Wellcome Trust and MRC Clinical Training Fellows), who have subsequently achieved excellent senior positions, and currently there are 5 Wellcome Trust and MRC Clinical Training Fellows in the laboratory.

Research will be supervised by Professor SR Bloom (s.bloom@imperial.ac.uk) and Dr. W. Dhillon (w.dhillon@imperial.ac.uk). There are a wide range of projects which the ACF will be able to choose from ranging from basic science projects through to clinical translational research to investigate the action of novel hormones. Our basic science research investigates novel factors which regulate appetite and endocrine function. We use cutting edge molecular biology techniques including BAC transgenesis and viral gene transfer in order to increase or decrease specific gene function. Our clinical research investigates 'first into man' studies of novel peptides which affect appetite and endocrine function. During the 3 month research placement, there will be no or minimal clinical duties allowing the Academic Clinical Fellow to conduct high quality research and apply for a Clinical Training Fellowship during the second year of this programme. The training given during this Academic fellowship programme will be specifically tailored to support doctors entering research for the first time and is flexible and trainee-centred. Details of the North West London SpR rotation in diabetes and endocrinology can be seen on <http://meeran.info>, where a prospectus can be downloaded.

## **Appraisal and assessment**

Regular appraisal and assessment is an important component of all posts. This is a two-way process, both to ascertain that satisfactory progress is made by the Trainee and to ensure that each post provides good educational experience, and is an enjoyable experience! We will strive to ensure that no post is unduly arduous, and that any local problems are resolved satisfactorily. We are absolutely committed to the welfare of our Trainees.

## **Structured training programme**

The structured training programme consists of monthly meetings under the direction of Professor Karim Meeran and Professor Stephen Bloom (Hammersmith Hospital), and Dr. Keith Steer (Northwick Park). These are proving to be extremely popular, and have an important social as well educational role, enabling all the Trainees in London West to stay in close contact with each other. In addition, all posts provide regular time-protected sessions for education internally. Details of the programme are always available on the internet: <http://meeran.info>

## **Summary**

Our training programme scheme offers an excellent balance of prestigious teaching hospitals and good district general hospitals, all of which offer first-rate experience and training in general medicine, diabetes and endocrinology. In addition, we have a committed group of consultants at all the hospitals who will strive to ensure that the content of each post, and the design of each individual's training rotation, is optimized. We are determined to make the North West Thames Diabetes and Endocrinology Training Scheme a resounding success, and would encourage talented colleagues wishing to pursue a career in diabetes & endocrinology to join us! We look forward to meeting you.

**Dr Keith Steer**                      Northwick Park Hospital  
Chairman London West Diabetes & Endocrinology Specialist Group  
01895 279265

**Dr Rowan Hillson**                Hillingdon Hospital  
01895 279265

**Dr Stephen Robinson**        St Mary's Hospital  
020 7886 6037

**Professor Stephen Bloom,**      Hammersmith Hospital  
Training Programme Director  
020 8383 3242

**Professor Karim Meeran**        Charing Cross Hospital  
Training Programme Director  
020 8846 1065  
k.meeran@imperial.ac.uk

**LONDON WEST DIABETES & ENDOCRINOLOGY TRAINING PROGRAMME**

**HOSPITAL**            **Barnet General**

**CONSULTANT(S)**    **Drs Mark Cohen and Dr J R Katz**

**GENERAL MEDICINE DUTIES**

Acute take rota            1 : 5

Approximate number of medical beds    20

Approximate number of emergency admissions per 24 hours    25

Composition of the intaking team:    SHOs 2    Hps 1

**CLINICS PER WEEK**    Total clinic sessions (half-days) per week

Diabetes    2            Endocrine    1            General medicine    1            Others    1

**DIABETES EXPERIENCE:**

2 busy diabetic clinics

**ENDOCRINE EXPERIENCE:**

2 OP clinics and any in-patient referrals and outpatient antenatal medical clinic

**INTERNAL TEACHING PROGRAMME:**

In service

**RESEARCH OPPORTUNITIES**

Available

**SPECIFIC ATTRACTIONS OF THE POST**

New DGH.    Good diabetes / endocrine / antenatal medicine experience

**CONTACT NUMBERS:** Consultant(s).....020 8216 5479

Current postholder: Dr. Agha Jaffar

Medical Staffing Department:.....4865

## **LONDON WEST DIABETES & ENDOCRINOLOGY TRAINING PROGRAMME**

**HOSPITAL:** Central Middlesex Hospital

**CONSULTANTS:** Dr Daniel Darko , Dr Devasenan Devendra & Dr Wing-May Kong

### **GENERAL MEDICINE DUTIES**

Acute take rota: 1:4 (Non selective) for firm and 1 : 8 Partial shift rota for SpRs

Approximate number of emergency admissions per 24 hours: 15-20

Composition of the team: 1 SHO , 1 House Physician

**CLINICS PER WEEK** Total clinic sessions (half-days) per week 4

Diabetes 1 Endocrinology 1 Weight management of obese Diabetics 1 Joint Renal/Diabetic 1  
General Medicine 1 Paediatric Diabetes (alternate weeks)

### **DIABETES EXPERIENCE:**

Excellent opportunities in all aspects of diabetes management in a multi-ethnic population  
Opportunities for specific training in ante-natal management, paediatric diabetes,  
and diabetic ophthalmology (including slit lamp examination) in regular joint clinics

### **ENDOCRINE EXPERIENCE:**

Weekly general endocrine clinic including thyroid, pituitary and reproductive endocrinology  
Opportunity for training in radio-active iodine treatment for thyrotoxicosis

### **INTERNAL TEACHING PROGRAMME:**

Hospital staff rounds; Morning report meetings (emergency medicine review);  
Post-clinic endocrinology review meetings; Multi-disciplinary diabetes unit meetings (all weekly).

### **RESEARCH OPPORTUNITIES**

Potential for clinical audit & research projects in diabetes, particularly in Indo-Asian community

### **SPECIFIC ATTRACTIONS OF THE POST**

Excellent general internal medicine, diabetes and endocrinology experience in a friendly DGH.  
Well developed multi-disciplinary team and diabetes centre.

**CONTACT NUMBERS:** Consultants: 020 8453 2401

Current postholder: 020 8453 2000 ((bleep 240 or bleep 831))

Medical Staffing: 020 8453 2482

## **LONDON WEST DIABETES & ENDOCRINOLOGY TRAINING PROGRAMME**

**HOSPITAL:** Charing Cross

**CONSULTANT(S)** Prof K Meeran, Dr. E Hatfield, Dr A Dornhorst, Prof SR Bloom, Dr. A. Goldstone, Dr. W. Dhillon, Dr. N. Martin, Dr. T Tan.

### **GENERAL MEDICINE DUTIES**

Acute take rota 4 weeks GIM and 10 weeks pure endocrinology and diabetes

Approximate number of medical beds 10

All posts count for GIM. The posts are rotational with 10 weeks specialist endocrinology and diabetes and 4 weeks of GIM (1 week nights, 1 week off, 1 week days, 1 week mixed on average). SPRs cover specialist endocrinology on both the Hammersmith and Charing Cross sites to maximise exposure of all SPRs to the neuroendocrine tumour and pituitary clinics.

**CLINICS PER WEEK** Total clinic sessions (half-days) per week

Diabetes 1                      Endocrine 2 - 3                      General medicine 1

### **DIABETES EXPERIENCE:**

Looks after a large Type 1 diabetic population with two dedicated Type 1 diabetic clinics a month and one insulin pump clinic a month. Highly integrated Type 2 diabetic service with primary care. Excellent teaching in diabetic vascular and foot care.

### **ENDOCRINE EXPERIENCE:**

Excellent, providing experience of the workup and perioperative management of pituitary tumours, including Cushings disease, macroprolactinomas, large chromophobe adenomas. Charing Cross is the Regional Neurosciences centre, with its own pituitary surgeon.

### **INTERNAL TEACHING PROGRAMME:**

Friday case presentations, staff round (weekly), diabetic foot MDT and regular endocrine teaching rounds and many other seminars

### **RESEARCH OPPORTUNITIES**

Because the post has close liaison with pituitary surgery, postholders may be able to set up research involving pituitary disease.

### **SPECIFIC ATTRACTIONS OF THE POST**

Excellent experience of general and pituitary endocrinology. The Hammersmith and Charing Cross posts are unique in that they have 10 weeks out of every 14 with specialist endocrine and diabetes only.

**CONTACT NUMBERS:** Consultant (Karim Meeran) 020 8846 1065

Current postholders 0181 383 1000 bleep 1064 or 1061  
Medical Staffing Department 020 8846 7400

## **LONDON WEST DIABETES & ENDOCRINOLOGY TRAINING PROGRAMME**

**HOSPITAL** Chelsea & Westminster Hospital

**CONSULTANT(S)** Dr M D Feher, Dr K P Shotliff, Dr A Wren, Dr. D Morganstein  
Dr. N Bridges (Paediatric Endocrinology) , Dr G Ball (Chemical Pathology)

### **GENERAL MEDICINE DUTIES**

Acute take rota 1 : 15

Approximate number of medical beds (total) 150

Approximate number of emergency admissions per 24 hours 15 - 25

Composition of the intaking team: Hospital at night 2xFY1, 1xFY2 /SHO-CMT1, 1xSpR  
Day time on call – AMU team 2xSpR, 2xFY2/SHO-CMT1, 2xFY1

**CLINICS PER WEEK** Total clinic sessions (half-days) per week.

Diabetes 1 Endocrine 2 General medicine / lipids / Obesity 1

Other options available: Antenatal diabetes / paediatric diabetes / paediatric endocrinology (Nicola Bridges) / diabetic nephropathy and hypertension / diabetic retinal screening clinic / Familial Lipid Clinic / Gynae-endocrine clinic / HIV-Viral Diabetes Clinic / Cystic Fibrosis Diabetes Clinic / Refsums Clinics / Insulin Pump Clinic.

### **DIABETES EXPERIENCE:**

Excellent general and sub-speciality inpatient and outpatient diabetes exposure with good multidisciplinary support within a dedicated diabetes centre. Unique HIV-Diabetes clinics and Cystic Fibrosis Diabetes Clinic linked with Brompton Hospital. A dedicated Diabetic Retinopathy Clinic with Mr. Nigel Davies allows good experience in diabetic retinopathy management. Links with the Royal Brompton Hospital and the Royal Marsden Hospital gives good sub-speciality experience. In house CGMS / Continuous Glucose Monitoring equipment and 24 hour BP monitoring and MDT meeting to review results allows for experience with these modalities of care.

### **ENDOCRINE EXPERIENCE:**

Excellent general and sub-speciality endocrine exposure with dedicated endocrine surgeon on site and combined surgery / medical clinics. Full day ward endocrine testing facilities. Good metabolic medicine exposure with secondary and tertiary referral lipid OP clinic experience , & unique Refsums Clinic. Links with the Royal Brompton Hospital and the Royal Marsden Hospital gives good sub-speciality experience. Availability of Paediatric endocrinology exposure with Dr Bridges.

### **INTERNAL TEACHING PROGRAMME:**

Twice weekly departmental meetings & clinic teaching in all out patient specialities.

Separate weekly Diabetes MDT and Endocrine Results MDTs allow for case based discussion and education in all aspects of diabetes and endocrinology with community, chemical pathology, surgical and paediatric colleagues. A separate X-ray meeting also follows an MDT model with our radiology and endocrine surgical colleagues.

Hospital medical grand round meeting weekly.

Opportunity to participate in undergraduate and postgraduate multidisciplinary teaching.

**RESEARCH OPPORTUNITIES**

Laboratory & clinical research with Clinical Pharmacology Trials Unit support

**SPECIFIC ATTRACTIONS OF THE POST**

Excellent experience with enthusiastic team approach. Offering a wide range of practical and clinical research experiences.

**CONTACT NUMBERS:** Consultant(s) 020 8746 8134, 02087462730, 02082375294

Current postholder 020 8746 8134 bleep 0155

Medical Staffing Department 020 8746 8000 x 7919

## LONDON WEST DIABETES & ENDOCRINOLOGY TRAINING PROGRAMME

**HOSPITAL** Ealing Hospital

**CONSULTANT(S)** Dr Richard Bell, Dr Kevin Baynes, Dr Mary Cummins (Paediatrics)

### **GENERAL MEDICINE DUTIES**

Acute take rota 1 : 5

Approximate number of medical beds 25

Approximate number of emergency admissions per 24 hours 15-20

Composition of the intaking team: F2/ST1/ST2 2 F1 2

**CLINICS PER WEEK** Total clinic sessions (half-days) per week 3

Diabetes 1-2 Endocrinology & General medicine 1-2 Others

### **DIABETES EXPERIENCE:**

Wide experience in all aspects of diabetes care. Opportunity to attend specialist clinics in paediatrics, young adults, foot clinic, antenatal & ophthalmology.

### **ENDOCRINE EXPERIENCE:**

Good experience in DGH endocrinology practice.

### **INTERNAL TEACHING PROGRAMME:**

Weekly departmental meeting. Post-clinic endocrine case discussion. Hospital grand rounds.

### **RESEARCH OPPORTUNITIES**

Active research programme on diabetes in the Asian community in Southall.

### **SPECIFIC ATTRACTIONS OF THE POST**

Wide experience in general medicine, diabetes & endocrinology, in an exceptionally friendly hospital. Workload kept to manageable proportions!

**CONTACT NUMBERS:** Consultant(s) 020 8967 5384 (direct line), secretaries 020 8967 5489 or 5383

Current postholders 020 8967 5000 bleep 002 or 287

Medical Staffing Department 020 8967 5616

## **NORTH WEST THAMES DIABETES & ENDOCRINOLOGY TRAINING PROGRAM**

**HOSPITAL** Hammersmith Hospital

**CONSULTANT(S)** Prof SR Bloom, Prof. K Meeran, Dr JF Todd, Dr A Dornhorst, Prof G Williams, Dr D Bassett, Prof T Aitman, Dr. Dr. A. Goldstone, Dr. W. Dhillon, Dr. E. Hatfield, Dr. N. Martin

### **GENERAL MEDICINE DUTIES**

Acute take rota 4 weeks GIM and 10 weeks pure endocrinology and diabetes

Approximate number of medical beds 14

All posts count for GIM. The posts are rotational with 10 weeks specialist endocrinology and diabetes and 4 weeks of GIM (1 week nights, 1 week off, 1 week days, 1 week mixed on average). SPRs cover specialist endocrinology on both the Hammersmith and Charing Cross sites to maximise exposure of all SPRs to the neuroendocrine tumour and pituitary clinics.

**CLINICS PER WEEK** Total clinic sessions (half-days) per week.

Diabetes 1                      Endocrine 3                      General medicine 1                      Others 1

### **DIABETES EXPERIENCE:**

Weekly diabetic out patients clinic that sees a variety of complex diabetic problems. The diabetic service works closely with the renal and transplant service to look after the largest diabetic renal population in Europe. The diabetic ante-natal clinic at Queen Charlotte's Hospital provides excellent training in all aspects of diabetic obstetric medicine. Provides a highly integrated Type 2 diabetic service with our diabetic primary care health care team. .

### **ENDOCRINE EXPERIENCE:**

Excellent, providing experience of the management of tertiary referrals including Cushings syndrome, pituitary tumours, carcinoid syndrome, gut hormone tumours, hepatic embolisation, localisation of gut hormone tumours as well as thyroid disease etc.

### **INTERNAL TEACHING PROGRAMME:**

Morning report (weekly), staff round (weekly), regular endocrine teaching and many other seminars

### **RESEARCH OPPORTUNITIES**

This post can be excellent preparation for MRC or Wellcome grant applications. Once a project is underway, most registrars are able to continue with this for the rest of their time here. The large number of previous registrars who are currently grantees in research confirms that this clinical registrar slot is ideal for academic endocrinologists.

### **SPECIFIC ATTRACTIONS OF THE POST**

First-rate learning environment and training in academic endocrinology. Ten weeks out of every 14 are dedicated to specialist diabetes and endocrinology.

**CONTACT NUMBERS:** Consultant(s) 020 8383 3242

Current postholder 020 8383 1000 bleep 9049/9050 / 9051

Medical Staffing Department 020 8383 3309

## **NORTH WEST THAMES DIABETES & ENDOCRINOLOGY TRAINING PROGRAM**

**HOSPITAL Hemel Hempstead & St Albans**

**Part of West Herts Hospitals Trust which also includes Watford General Hospital**

**CONSULTANT(S) Dr C Johnston, Dr C Kong**

### **GENERAL MEDICINE DUTIES**

Acute take rota 1 : 10

Approximate number of medical beds 15-25

Approximate number of emergency admissions per 24 hours 15-20

Composition of the intaking team: SHOs 2 HPs 2

From March 2009 all acute medicine will be located on a new Acute Admissions Unit at Watford General. This will be the largest AAU in Western Europe and actively supported by the consultants including 3 new acute physicians. Will provide excellent training in acute medicine. There will be a speciality team on-call daily giving excellent training in acute diabetes and endocrinology. The SPR will rotate with 2 others maintaining training in out-patient clinics

**CLINICS PER WEEK** Total clinic sessions (half-days) per week. Subject to gm rota....

Diabetes 2 Endocrine/General medicine 2 Others: Antenatal/Paed/Impotence (optional)

### **DIABETES EXPERIENCE:**

Clinical experience in all aspects of diabetes, with specialist foot, antenatal & paediatric clinics

### **ENDOCRINE EXPERIENCE:**

General DGH endocrinology covering all aspects including pituitary disorders

### **INTERNAL TEACHING PROGRAMME:**

Post clinic review - after all clinics. 3 lunchtime meetings per week

### **RESEARCH OPPORTUNITIES**

Time is limited, but involvement is encouraged. Department is involved in various studies. Previous post-holders have presented papers at the Diabetes UK,, BES, RSM and regional meetings.

### **SPECIFIC ATTRACTIONS OF THE POST**

Excellent basic training in GIM, diabetes & endocrinology

**CONTACT NUMBERS:** Consultant 01442 287083

Current postholder - 01442 213141 bleep 015

Medical Staffing Department 01442 287000

## LONDON WEST DIABETES & ENDOCRINOLOGY TRAINING PROGRAMME

HOSPITAL The Hillingdon Hospital

CONSULTANT(S) Dr Rowan Hillson, Mark Edwards, R. Baburaj, and Dai Thomas

### GENERAL MEDICINE DUTIES

Acute take rota 1 : 11 (ie 1 night in 11 and 1 day in 11, 13 hr shifts)

Approximate number of medical beds on Firm 20

Approximate number of emergency admissions per 24 hours 20 (15% from Heathrow airport)

Composition of the intaking team per 24 hrs: 2 SpRs, 4 on-call + 1 MAU SHO, HPs 1 or 2

CLINICS PER WEEK Total clinic sessions (half-days) per week

Diabetes (Complex, antenatal, paed/young) 2 Endocrine 1 General Medicine / lipid 1.

### DIABETES EXPERIENCE:

Wide experience in all aspects of diabetes care, in a motivated multidisciplinary team. Clinics for children, teenagers, pre-pregnant and antenatal, complex, annual review, wound care and GIM IP care - ITU, maternity, surgical wards, CCU, stroke unit etc.

### ENDOCRINE EXPERIENCE:

General endocrine experience in thyroid, adrenal, pituitary, ovarian, lipids etc.  
Supervision of inpatients & endocrine function tests.

### INTERNAL TEACHING PROGRAMME:

Teaching sessions with consultants, OP review, weekly morning report, weekly grand round, journal club, weekly tutorials (all juniors), X-ray meetings. MRCP PACES exam centre.

### RESEARCH OPPORTUNITIES

Research encouraged. Room available. Studies currently being undertaken.

### SPECIFIC ATTRACTIONS OF THE POST

Purpose built diabetes & endocrine unit, with comprehensive District Diabetes Centre.  
Large multi-disciplinary Diabetes Team. Very friendly hospital attracting high quality SHOs.

CONTACT NUMBERS: Consultant(s) 01895 279265  
Current postholder 01895 238282 bleep 810  
Medical Staffing Department 01895 279830 or 279834

## **LONDON WEST DIABETES & ENDOCRINOLOGY TRAINING PROGRAMME**

**HOSPITAL** Northwick Park

**CONSULTANT(S)** Dr K Steer, Dr. Mushtaqur Rahman and Dr A Qureshi

### **GENERAL MEDICINE DUTIES**

Acute take rota 1 : 12 (with internal cover approximately 1:10)

Approximate number of medical beds 200 (home ward currently 15 beds)

Approximate number of emergency admissions per 24 hours 34

Composition of the in-taking team working on Medical Assessment Unit: SpR's 2 (1 on nights) SHOs 5 (1 on nights) Hps 1 plus team of clinical nurses specialists.

**CLINICS PER WEEK** Total clinic sessions (half-days) per week 4

Diabetes 6 (Pregnancy, Type 1, Type 2, New Patient, Adolescent, Wound care and Podiatry) Endocrine 1 (plus radioactive iodine session twice per month) General medicine & lipids 1

### **DIABETES EXPERIENCE:**

Excellent experience in all aspects of diabetes care.

Joint paediatric, obstetric & foot clinics with weekly meeting with Moorfields Eye Hospital discussing abnormal community retinopathy screening .

### **ENDOCRINE EXPERIENCE:**

Large endocrine clinics. Paediatric Endocrinology Clinic (lead consultant Dr Ahmed Masoud). Radio active iodine service

### **INTERNAL TEACHING PROGRAMME:**

Regular grand rounds, weekly endocrine (inclu Clinical Biochemists) radiology and joint meetings with Moorfields Ophthalmologists.

### **RESEARCH OPPORTUNITIES**

Well supported and encouraged. Projects tailored to individual needs or to link in with established projects.

### **SPECIFIC ATTRACTIONS OF THE POST**

Good general training excellent team working.

**CONTACT NUMBERS:** Consultant(s) 020 8869 2623 (secretary) or e-mail ([keith.steer@nwlh.nhs.uk](mailto:keith.steer@nwlh.nhs.uk); [asjid.queshi@nwlh.nhs.uk](mailto:asjid.queshi@nwlh.nhs.uk) )

## **LONDON WEST DIABETES & ENDOCRINOLOGY TRAINING PROGRAMME**

**HOSPITAL** St Mary's Hospital

**CONSULTANT(S)** Dr RS Elkeles, Prof DG Johnston, Dr S Robinson, Dr J Valabhji, Dr J Cox, Dr. David Gable.

### **GENERAL MEDICINE DUTIES**

Acute take rota 1 : 5 (shared between the 3 SpR post-holders)

Approximate number of medical beds 85 (total)

Approximate number of emergency admissions per 24 hours 18-24

Composition of the intaking team: SpR 1 SHOs 2 Hps 3

**CLINICS PER WEEK** Total clinic sessions (half-days) depend where the registrar is placed on the rota between, diabetes ~5, endocrinology ~5 and general medicine ~2-3. The registrar focuses on one each of these for 5 weeks each only doing on call whilst doing GIM.

### **DIABETES EXPERIENCE:**

Excellent general and specialised diabetes experience. There are general T1 and T2 diabetes clinics, with additional clinics in multidisciplinary foot care, young persons', renal and paediatric diabetes. There is a weekly diabetes and endocrine complications of pregnancy clinic. There is a diabetes ward round.

### **ENDOCRINE EXPERIENCE:**

There is excellent experience in general and specialised endocrinology. Registrars would gain experience in pituitary, thyroid (with an thyroid multidisciplinary team), adrenal & bone disease. St Mary's works with National Hospital for neurological disease, therefore registrars gain experience all aspects of pituitary disease. There is a monthly gynaecological endocrine clinic. There is a weekly metabolic bone disease clinic.

### **INTERNAL TEACHING PROGRAMME:**

There are weekly meetings to discuss the management of endocrine and diabetes problems. There is a weekly journal club and weekly research seminar during term times.

### **RESEARCH OPPORTUNITIES**

There is an extensive research program in clinical endocrinology, diabetes and metabolic disorders; Professor Johnston is the national diabetes network co-ordinator. Present programs include the growth hormone replacement in adults (metabolic effects and novel replacement methods), the molecular and metabolic pathogenesis of type 2 diabetes mellitus (this encompasses several research programs in the aetiology of T2DM, including the NASH spectrum and ABCA1 and glucose metabolism) and the mechanisms of atherogenesis in T1DM.

### **SPECIFIC ATTRACTIONS OF THE POST**

Busy active unit providing wide experience & opportunities for clinical and metabolic research.

**CONTACT NUMBERS:** Consultant(s) 020 7886-(RSE) 6037, DGJ 1209, SR 1678, JV 6876, JC 5055

Current postholders' bleeps 1622, 1605, 1088

Medical Staffing Department 1954

## **LONDON WEST DIABETES & ENDOCRINOLOGY TRAINING PROGRAMME**

**HOSPITAL** Watford General Hospital (West Herts Hospitals NHS Trust)

**CONSULTANT(S)** Dr Michael R Clements, Dr Arla J Ogilvie & Dr Julia Ostberg

### **GENERAL MEDICINE DUTIES**

Acute take rota 1 : 10  
Approximate number of regular inpatient medical beds 15  
Approximate number of emergency admissions per 24 hours 25

Composition of the medical in-taking team in 24 hrs:

**Day** SpR, 2xF2s (9-9), 1x F2 (11-11), 1xF1 (9-9), 1xRAU Staff Grade (9-5)

**Night** SpR (9-9), 1x F2 (9-9), 1x F1 (9-9).

**CLINICS PER WEEK** : Total clinic sessions (half-days) per week

Diabetes 1 Endocrine 1 General medicine 0.5

Others: 0.5 Antenatal, young adult diabetes, community diabetes, paediatric transition diabetes clinic

### **DIABETES EXPERIENCE:**

New patient clinic, follow up clinic, combined antenatal clinic.

Opportunities for extra experience in Paediatric/ young adults /ophthalmology /footcare/ renal clinics

### **ENDOCRINE EXPERIENCE:**

Full range of general endocrinology, with opportunities for additional experience in calcium disorders, metabolic bone disease inc osteoporosis, pregnancy and reproductive endocrinology, paediatrics and infertility clinics. Supervision of dynamic endocrine tests.

### **INTERNAL TEACHING PROGRAMME:**

New state-of-the-art PGMC.

Twice weekly lunchtime lectures, weekly grand round.

Two-hourly internal teaching programme in endocrinology Thursday afternoons.

Generous study leave allowance, fully funded. Unique opportunities for undergraduate and postgraduate teaching experience (UCL, Imperial & International) and involvement with hosting PACES.

Also host centre for the RCP Regional Update in Medicine

### **RESEARCH OPPORTUNITIES**

Opportunities for individual research programmes & involvement in clinical trials in diabetes & North London Clinic Studies Centre. Encouraged to undertake audit project.

### **SPECIFIC ATTRACTIONS OF THE POST**

Own fully furnished office with IT support in Watford Diabetes Centre. Well-staffed with 5 diabetes specialist nurses and endocrine specialist nurse. Friendly supportive team environment with cresh. A wide range of diabetic, endocrine and general medical experience with close consultant supervision in a large metropolitan hospital, with good communications and rapid access to central London. 2 SpRs rotate on and off wards offering ample time to pursue teaching, audit and specialty clinics

**NB.** From 11 March 2009 Watford General will be opening the largest Acute Admissions Unit in the UK. Acute medical services at Hemel Hempstead Hospital & St Albans City Hospital will be centralising on the Watford site

CONTACT NUMBERS: Consultant Dr M R Clements 01923 217696  
Dr AJ Ogilvie 01923 217287  
Dr J Ostberg 01923 244366

## **LONDON WEST DIABETES & ENDOCRINOLOGY TRAINING PROGRAMME**

**HOSPITAL** Welwyn Garden City (QE II Hospital)

**CONSULTANT(S)** Dr P H Winocour.

### **GENERAL MEDICINE DUTIES**

Acute take rota Full shift system, with a week of nights 1:8

Approximate number of medical beds 20

Approximate number of emergency admissions per 24 hours 15

Composition of the intaking team: SpR 1 : SHOs 2 : PRHO 1

**CLINICS PER WEEK** Total clinic sessions (half-days) per week

Diabetes 1 Endocrine / General medicine 1 Sub-Speciality Clinic (see below)

### **DIABETES EXPERIENCE:**

New & follow-up diabetic clinics. When off the wards there is an additional experience in fortnightly antenatal diabetes, monthly joint eye clinics and monthly adolescent diabetic clinics.

### **ENDOCRINE EXPERIENCE:**

Thyroid, pituitary, metabolic bone, reproductive, hyperlipidaemia experience.

### **INTERNAL TEACHING PROGRAMME:**

Weekly grand round. Fortnightly diabetes / endocrinology meeting ~ ranging from journal clubs to case discussions and lectures on a range of topics in diabetes and endocrinology.

### **RESEARCH OPPORTUNITIES**

Registrars are encouraged to pursue a project (audit or research) during their attachment with a view to presentation and / or publication of findings.

### **SPECIFIC ATTRACTIONS OF THE POST**

Two registrars (one from Eastern Deanery) rotate on and off the wards. The registrar off the wards has the opportunity to attend sub-speciality clinics. There is one session per week (on and off the wards) dedicated to research / audit.

**CONTACT NUMBERS:** Consultants 01707 365093 (PW);  
Current postholders ( 01707 328111 bleep 0620 / 0672)  
Medical staffing: 01438 781565

## **LONDON WEST DIABETES & ENDOCRINOLOGY TRAINING PROGRAMME**

**HOSPITAL** West Middlesex Hospital

**CONSULTANT(S)** Dr Rashmi Kaushal and Dr. Khalid Ahmad

**OTHER MEMBERS** 2 SPRs, 2 SHOs, 2 PRHOs.  
2 DSN, 2 secretaries.

### **GENERAL MEDICINE DUTIES**

Acute take rota: 1 : 8 Full Shift.

Approximate number of medical beds: 20-30 (in total for the 2 Endocrine firms)

Approximate number of emergency admissions per 24 hours: 25

Composition of the in taking team: 2 SPR 2 SHO 2 PRHOs

**CLINICS PER WEEK** Total clinic sessions (half-days) per week: 3-4

Diabetes: 2 Endocrine: 1

General medicine/antenatal endocrine clinic: 1 **OR** Diabetes specialist Clinic (Adolescent/Foot): 1

### **DIABETES EXPERIENCE:**

1 diabetic new patient clinic per week. 1 diabetic follow-up clinic per week.

1 antenatal diabetes/endocrine clinic per week. 1 Diabetic Foot Clinic per week.

Monthly joint Adolescent Diabetic clinic.

The specialist registrar sees diabetes ward referrals as appropriate supported by the Diabetes Nurse Specialist.

### **ENDOCRINE EXPERIENCE:**

1 Endocrine new and follow-up clinic per week.

A 5 bedded medical day unit is used for performing dynamic endocrine tests. The registrar plays a central role in coordinating these investigations supported by his/her SHO and PRHO.

The specialist registrar sees Endocrine ward referrals as appropriate.

### **INTERNAL TEACHING PROGRAMME:**

Physicians meeting weekly (Tuesday).

X-ray meeting weekly (Monday).

Diabetes/Endocrine unit meeting weekly (Thursday).

### **RESEARCH OPPORTUNITIES**

Candidates are strongly encouraged to undertake a project (study/Audit) with the aim of presenting and publishing their work. There is plenty of clinical material available for a successful outcome. It is possible to dedicate a half-day session per week for research activity.

### **SPECIFIC ATTRACTIONS OF THE POST**

Good training in general medicine, diabetes and endocrinology.

Exposure to a vast range of Diabetes and Endocrine pathology.

Friendly hospital in a new modern building.

### **CONTACT NUMBERS:**

Consultants and Current post holder via secretaries: 020 8321 6971/ 020 8321 6538.

Medical Staffing Department: 020 8565 5470.

## **LONDON WEST DIABETES & ENDOCRINOLOGY TRAINING PROGRAMME**

**HOSPITAL** Stevenage (Lister Hospital)

**CONSULTANT(S)** Dr FJL Kaplan, Dr LJ Borthwick, Dr. B Zalin.

### **GENERAL MEDICINE DUTIES**

Acute take rota Full shift system, with a week of nights 1:8

Approximate number of medical beds 20-25

Approximate number of emergency admissions per 24 hours 20-30

Composition of the intaking team: SpR 2: SHOs 2: PRHO 2

**CLINICS PER WEEK** Total clinic sessions (half-days) per week

Diabetes 1 Endocrine / General medicine 1 Sub-Speciality Clinic (see below)

### **DIABETES EXPERIENCE:**

New & follow-up diabetes clinics. There is additional experience in fortnightly antenatal diabetes, fortnightly joint eye clinics and monthly adolescent diabetic clinics. Diabetes experience in renal unit available, as is Community diabetes.

### **ENDOCRINE EXPERIENCE:**

Thyroid, pituitary, metabolic bone, reproductive, dyslipidaemia, paediatric endocrine, antenatal endocrine experience.

### **INTERNAL TEACHING PROGRAMME:**

Weekly grand round. Fortnightly diabetes / endocrinology meeting ~ ranging from journal clubs to case discussions and lectures on a range of topics in diabetes and endocrinology. At Lister we have now set up quarterly Endo X-ray meetings (cross site with QE2) as well as a morning report every Wednesday morning.

### **RESEARCH OPPORTUNITIES**

Registrars are encouraged to pursue a project (audit or research) during their attachment with a view to presentation and / or publication of findings.

### **SPECIFIC ATTRACTIONS OF THE POST**

The opportunity to attend sub-speciality clinics; close links with obstetric, ophthalmology, renal, paediatric and community diabetes teams. There is one session per week dedicated to research / audit.

**CONTACT NUMBERS:** Consultants 01438 314333 x4828 (FK); x4090 (LJB),  
Medical staffing: 01438 781565