



Visiting Professional Programme: Obstetric Medicine

Introduction

The Guy's and St Thomas' NHS Foundation Trust Obstetric Medicine Visiting Professional Programme is designed to provide international visiting professionals with the opportunity to experience and learn from our highly acclaimed obstetric medicine services. The programme offers exclusive insight into our obstetric medicine within maternity services and the various clinics and pre-pregnancy counselling involved in the department.

Our Visiting Professional Programme is a unique development experience that allows visitors to work and observe alongside our renowned faculty with some of the most experienced physicians in obstetric medicine. We are dedicated to broadening international professionals' clinical expertise and enabling them to learn new skills that can be transferred back to their work place.

Who should attend?

This programme is intended for non U.K. obstetricians (observerships only), physicians and anaesthetists.

Visitors have the choice of applying for a practical attachment or observership programme. Those wishing to apply for a practical attachment must have GMC registration. You can apply for GMC registration directly through the main GMC website (www.gmc-uk.org), alternatively The Royal College of Physicians run a medical training initiative, which facilitates GMC registration and provides sponsorship for a Tier 5 visa. You can find out more about their Medical Training Initiative by visiting their website (www.rcplondon.ac.uk/education-practice/advice/medical-training-initiative).

Duration

Our placements for Obstetric Medicine will normally run between six months and twelve months. However, the programme's duration can potentially be tailored to the specific learning requirements of those visiting the Trust.

Format

The obstetric medicine programme is delivered within the hospital work place and it has been designed by our expert clinical leads to educate visitors in a range of complex cases through exposure to clinics, ward rounds and internal education activities such as research meetings. A typical weekly schedule includes ward rounds, cardiac clinic, obstetric medical research clinic, renal pre-pregnancy counselling (ppc) clinic and diabetic/hypertension clinics, plus five hours of education and training.

The programme allows visitors to be fully integrated within the day to day service of our teams. We will also align visitors with supervisors from within the clinical team who will provide one to one support and ensure that all of the learning and development needs and expectations are met.

Please note:

As a general rule only two observers will be allowed within a clinic at one time, with current UK trainees taking priority.

Overall Aims

The programme is aimed at those who wish to extend their expertise in obstetric medicine, and who wish to gain an understanding of the management of medical problems in pregnancy in the UK.

The programme aims to include:

- Direct experience and exposure of ward rounds and clinics including obstetric medicine, cardiac obstetric clinic, obstetric medical research clinic, renal pre-pregnancy counselling (ppc) clinic and diabetic/hypertension clinics, and visitors' access will vary depending on the duration of their programme
- Involvement with our leading obstetric medicine research programme and clinical research meetings
- Opportunities to attend and contribute in our multidisciplinary postgrad meetings
- Regular clinical educational meetings
- The chance to undertake hands on clinical practice. Please note that this is dependent on programme duration and previous experience (not for observers).

Sample weekly timetable

Monday	Tuesday	Wednesday	Thursday	Friday
Labour ward handover	Labour ward handover	Morning report	Labour ward handover	Labour ward handover
Ward round	Ward round	Ward round / Renal ppc (pre-pregnancy counselling) clinic (monthly)	Teaching	Obstetric Medical Research clinic
Cardiac obstetric clinic	Obstetric Medical clinic	Grand round	Audit	MFM round teaching
Obstetric Medical clinic		Diabetic / hypertension clinics (alternate weeks)		Multidisciplinary postgrad meetings

Obstetrics Services

Maternity

The maternity unit at Guy's and St Thomas' is one of the busiest in London delivering 6500 babies annually and offers a wide range of choices and services in hospital, community and home settings.

During pregnancy we provide antenatal care at St Thomas' and at clinics local to our patients. At these antenatal visits our patients will have blood tests, measurements and scans to make sure that mother and baby are well.

We also provide specialist care for babies who need it and for women with conditions that make their pregnancy more problematic. We are proud to have an expert staff and a wide range of specialist teams - meaning that we can provide care that other hospitals may not be able to offer.

Newborn babies will be cared for by a team of midwives, support workers and doctors who will help with parenting and feeding. Whether patients have their baby at home or in one of our birth centres, we will give them and their baby the best possible start.

Birthing choices available to our patients

- birth at home (a home birth)
- birth in the Home from Home Birth Centre, our midwifery-led unit
- birth in the Hospital Birth Centre, our labour ward, which is staffed by obstetricians, midwives and specialists including anaesthetists.

Obstetric Medicine Services

The obstetric medicine service at Guy's and St Thomas' is one of only 4 such units in the UK. The service has an international reputation and receives referrals from all over the UK. The successful candidate would work with the obstetric medicine consultants Professor Catherine Nelson-Piercy, Dr Anita Banerjee, and Professor Catherine Williamson who work as part of several multidisciplinary teams with the consultant obstetricians and maternal fetal medicine specialists and specialist midwives caring for women with medical problems in pregnancy. There are three general obstetric medicine clinics per week as well as specialist cardiac obstetric and renal obstetric clinics. The Clinical Fellow would gain experience of both the in-patient and out-patient management of women with acute and chronic medical disease in pregnancy. They would be involved in the care of women admitted to the 3-bedded obstetric high dependency unit and would take referrals of medical problems from the obstetric day assessment unit. The obstetric medicine service sees 650 new patients and 750 follow up patients annually. In addition there is a weekly joint obstetric cardiology clinic and a monthly pre pregnancy clinic and a monthly specialized pre pregnancy clinic for women with renal disease.

The obstetric unit has a very high risk and complex case load drawn from the local population of Lambeth and Southwark as well as accepting referrals for complex maternity problems from South East England and further afield.

Faculty

Catherine Nelson-Piercy

Professor of obstetric medicine and consultant obstetric physician

Professor Catherine Nelson-Piercy trained as a physician, specialising in obstetric medicine. She specialises in the care of women with medical problems in pregnancy. She offers pre-pregnancy counselling for women with pre-existing medical problems and those with problems in previous pregnancies. Catherine runs special joint clinics for women with renal disease, cardiac and rheumatic disorders, hypertension and epilepsy in pregnancy.

She is the immediate past president of the International Society of Obstetric Medicine, editor in chief of the journal 'Obstetric Medicine: the medicine of pregnancy' and has over 200 publications. She has been one of the central assessors for the confidential enquiry into maternal deaths in the UK since 2005 and is a trustee for the charity APEC- Action on Pre-eclampsia. Professor Catherine Nelson-Piercy has also authored the very successful 'Handbook of Obstetric Medicine - now in its 5th edition.

Anita Banerjee

Consultant obstetric physician

Anita Banerjee is a full time clinician and is also active in obstetric medicine clinical research. Her role at Guy's and St Thomas' Hospital, London is Obstetric Physician, Endocrinologist, Diabetes Mellitus and General Physician and she is also the integrated antenatal and postnatal lead for Women's Health at St Thomas' Hospital. Nationally, she is recognised as an obstetric physician and after the launch of MBRRACE in December 2014 was invited by the President of the Royal College of Physicians, Scotland to join a team to draw up initiatives to enhance maternal health care in Scotland. Later collaborating with the Royal College of Physicians and Surgeons in Glasgow and RCOG Anita has helped to produce several resources to support staff working with pregnant women who become ill with non-pregnancy related illness; the 3 Ps in a POD and animation working to spread the message for preventing maternal death and sharing the learning.

Anita is also involved as an active member of the London Strategic Clinical network and is on the maternal and morbidity expert panel and more recently was invited to join the national expert panel as an assessor for MBRRACE. With her physician role she leads as the maternal health expert for the Society of Acute Medicine (SAM) forging links within and without one's own professional group through SAM and maternity. Anita also continues to build strong links and integrate with different bodies such as APEC, OAA, RCP and London Acute Kidney Injury Network with regards to education and guidelines. Anita's research strength is clinical research. She believes research is an integral part of her work and currently recruits for clinical trials at St Thomas' including the PANDA study.

Cath Williamson

Professor of Women's Health and academic obstetric physician

Catherine Williamson took up the role of Professor of Women's Health at King's College London in 2013. Between 2007 and 2013, she was Professor of Obstetric Medicine at Imperial College. She is a leading clinical researcher in maternal medicine in the UK and internationally. Her principal research focus is on the maternal and fetal aetiology and outcomes of a common liver disease of pregnant women, intrahepatic cholestasis of pregnancy (ICP). She is part of the UK team running a clinical trial to find the best treatments. She also runs a research programme investigating gestational signals that influence alterations in lipids, glucose and bile acids in pregnancy. The group also focusses on the influence of intrauterine environment on the subsequent health of the offspring. Catherine uses a large database to study the outcome of tumours of endocrine glands in pregnant women in the UK, with the aim of improving treatment for affected mothers and their unborn babies. She also works on prediction of diseases in pregnant women. Catherine is an assessor of maternal deaths in the UK. Professor Williamson receives referrals to the specialist obstetric medicine clinic at St Thomas' Hospital from colleagues in the UK and internationally and regularly speaks about medical disorders of pregnancy at international courses and conferences.

Fees

A course fee per week will be applied. This excludes accommodation and travelling expenses. Participants will be provided with a certificate at the end of their attachment.

Registration and enquiries

To register for the Visiting Professional Programme – Obstetric Medicine please complete the application form at www.guysandstthomasevents.co.uk and return to:

Education and Events

Guy's and St Thomas' NHS Foundation Trust
vpp@gstt.nhs.uk

Telephone: + 44 (0)20 7188 7188 extension 55865

Feedback from past attendees

I found my attachment very helpful in understanding more about obstetric medicine. It was a very good opportunity to attend obstetric medicine clinics, preconception counselling clinics (including cardiology and renal) with the team and to get the chance to join the ward rounds. Attending the clinics gave me the chance to see different types of cases including rare cases and to learn the approach in getting to the diagnosis. I also learnt the importance of team work and how to liaise with other specialties to provide the best quality of care to pregnant women with medical disorders. It was a very interesting rotation and I have enjoyed the learning experience since I started.

Obstetrics and gynaecology trainee from Oman; 4 month observership

As a clinical observer in obstetric medicine I had the opportunity of witnessing the management of a wide variety of complex maternal medicine patients. The high standard of clinical care and unique expertise of the obstetricians and obstetric physicians has inspired me. I aim to use my experience to help improve maternal care in my home country.

Trainee physician from Portugal; 6 month observership

Guy's and St Thomas' NHS Foundation Trust

Guy's and St Thomas' NHS Foundation Trust is one of the largest Foundation Trusts in the UK. It consists of St Thomas' Hospital, Evelina London Children's Hospital and Guy's Hospital.

The Trust provides a full range of hospital services, as well as specialist services including cancer, cardiothoracic, women and children's services, kidney care and orthopaedics. Guy's is a major centre for cancer and renal services with the UK's largest kidney donor programme, and is also a leading centre for genetics, stem cell and allergy research and cleft lip and palate. St Thomas' is a leading centre for the treatment of cardiovascular disease, stroke, HIV and dermatology.

The Trust has one of the largest critical care units in the UK and one of the busiest A&E departments in London.

It has an annual turnover of £1.2 billion and employs 13,500 staff.

Last year, the Trust handled over 2 million patient contacts, including:

- 1.07m outpatients
- 85,000 inpatients
- 88,000 day case patients
- 192,000 accident and emergency attendances
- 859,000 in community services
- 6,847 babies delivered

The Trust has 665 beds at St Thomas', 288 at Guy's, 144 at the Evelina London Children's Hospital and 64 in the community.

NHS statistics show that our patient survival rates are nearly 25 per cent better than the national average. This is one of the lowest standardised mortality rates in the NHS and provides an important indication of the quality of care provided by our clinical staff.

In 2013, the Dr Foster Hospital Guide awarded us Trust of the Year for safe care.

Care Quality Commission (CQC) rating

Guy's and St Thomas' achieved a 'Good' overall rating by the Care Quality Commission (CQC) with several services rated 'Outstanding'.

CQC inspectors visited the Trust's hospital and community services from 7-10 September 2015 with further unannounced visits taking place later the same month.

In its report, the CQC praises staff who its inspectors found to be 'highly committed to the Trust and delivering high quality patient care'.



Guy's and St Thomas' NHS Foundation Trust values

Our values help us to define and develop our culture – what we do and how we do it.

Making people aware of the Trust values, making them part of our culture and demonstrating them through the organisation helps us develop a shared way of acting.

Our values are a key part of everything that we do as an organisation, from being included in staff job descriptions and in our publications, through to our work on leadership development and performance management. Our five values are listed below:

1. Put patients first
2. Take pride in what we do
3. Respect others
4. Strive to be the best
5. Act with Integrity

Every day we aim to provide the most exceptional care to our patients from dedicated staff who follow our five values. Take a look at our video at <http://gti/services/organisational-devt/values-behaviours/our-values.aspx> to see what our values mean to them.



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