

GENERAL INTENSIVE CARE

Who will I work with?

You'll be the only FY1 on the GICU but you'll have a team which consists of 1-3 FY2s, lots of SHOs in both ACCS and CMT, and SpRs from both Anaesthetics and Emergency Medicine backgrounds. It's a full shift rota and on days there are usually two SpRs, 3-6 SHOs and you on, along with two consultants. Each patient has their own nurse (who are absolute experts!) and you'll also have specialist physios and a consultant pharmacist.

What are the hours like?

Handover in the morning is 8am and you finish at 5pm if on a short day and 9pm if on a long day/weekend. You don't work nights. You generally finish on time as you hand over to the next team on and get away. If you're working long days you'll usually get a day or two off in that week.

What might a typical day involve?

On arrival at 8am, you'll hand over from the night team with the consultants who will often make suggestions about what they want done. Then you go to the ward and review 2-3 patients in detail before consultant-led round at 11am. You can also, if you have time, do any jobs which need to happen urgently and arrange X-Rays which will be done on the unit before the round.

Consultant rounds are 11-1pm and you'll see all the patients in the unit. You'll present the patients you've seen and your management plan/goals for the day and the consultant will add anything you've missed!

After lunch you'll come back and do any jobs from the morning for your patients, and help with other sick patients on the unit. You may need to book scans, or discuss the patient with a specialist team for advice. You may get the chance to do procedures on your patients such as inserting lines or tapping ascites, with SpR supervision. If there are new patients, you can volunteer to clerk them in and form in initial management plan in conjunction with the SpR/consultant.

Job Description from a FY1 Trainee's Point of View.

What teaching/learning opportunities are there?

Every ward round is a teaching session and there's also lots of SpRs around on the unit who will teach you if you ask!

Formal ITU teaching happens on Thursdays for 2 hours in the afternoon which is a mix of consultant presentations and juniors presenting cases – you can volunteer for a slot.

You are also encouraged to get to Foundation teaching where possible although the timing of the ward rounds can make that difficult for the lunchtime teaching if they overrun.