

Job Description from a FY2 Trainee's Point of View.

Emergency Medicine

Overall this is a great job. Of course it has its down sides such as the rota, being under constant pressure, the rota, facing the gauntlet of referrals and did I mention the rota. However, there's a great team spirit in the department, nearly everybody is friendly and approachable and you will learn loads

The Rota

As an FY2 you are considered to be an SHO on par with ST/GP trainees. You are on the same rota as all the other SHOs. The rota is difficult and widely regarded as the toughest, most anti-social in the hospital.

You will normally work 10 hour shifts in four possible shift patterns and one 11 hour shift pattern:

1. 8am-6pm
2. 12pm-10pm
3. 6pm-3am
4. 10pm-8am
5. Occasionally you will be scheduled to work 6pm-5am on a Friday and Saturday

Teaching

- There is scheduled teaching every Thursday between 3-5pm. It is generally very good and extremely useful for working in the Emergency Department.
- You are expected to attend teaching whenever you are working. If you are working the 6pm-3am shift, you are expected to come in early for teaching. You are not expected to attend if you are on the night shift or a day-off.
- You do not attend Wednesday half-day teaching or F1/F2 teaching in the hospital as you will be working.

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Study Leave

- There is study leave allocated within the rota. Whenever you see this time indicated in the rota, let the COD (Consultant of the Day) know you are due study leave. If the department is not over-run, then you should be allowed to take some personal study time.
- This is not the same as taking study leave for a course such as ATLS for example. You will be allocated that above and beyond this study leave. Get your requests in early so that Dr. Flavin can allocate this time for you.

Leave

- Get your requests in early.
- You will be allowed 3 weeks leave in total during your 6 month rotation.
- Due to the way the rota works – these 3 weeks will be allocated in x2 two week blocks. This sounds odd as it looks like you have 4 weeks holiday! Infact, you will have to work the fourth week although you can chose which week it is within your allocated blocks of leave.
- If you work any bank holidays, you will be allowed to take this time back in this 4th week.

Top tips

- As an FY2, you will be most comfortable in Majors i.e. dealing with chest pain, abdo pain etc. However, I would advise you to challenge yourself and volunteer to be Resus SHO or do some Minors/Paediatrics.
- Ask to pull limbs, relocate shoulders, suture etc. Nurses often do some of these procedures and means you don't get the experience.
- The nurses in A&E are often senior and know what they are talking about. If they tell you someone is unwell, listen to them.
- You have about 3 chances to get it right with the nurses, get them on you side and they are great fun to work with. Mess up and they will be on your back all the time.
- Keep calm. You will be hassled continually about the 4 hour target. "What's the plan and have you referred?" Best advice is to speak to a senior early about your plan so you don't waste time with unnecessary tests and you know if this patient is likely to be admitted or go home.
- Don't give up on life outside of ED. Keep up with everyday stuff like seeing friends and exercising even if all you feel like doing is sleeping.