
NHS Shetland Remote and Rural Fellowship

February 2017



The view towards Bressay from a GP's room at Lerwick Health Centre
(in winter, it is lovely and calm in summer!)

Introduction

Shetland is an archipelago situated around 100 miles north of the Scottish mainland. Bergen, in Norway, is nearer than Aberdeen, and a nordic influence can still be felt in the isles.

<http://www.shetland.org/about/location>

The islands have a population of around 22,000, mainly living on the largest island, known locally as “the Mainland”. Around 17,000 patients live on the Mainland, around half of them in Shetland’s only town, Lerwick. Lerwick has a remote district general hospital with a complement of four physicians, three surgeons and three anaesthetists, and is a training hospital for GPSTs and Core medical /surgical trainees. There are two psychiatrists in Lerwick, based near the hospital at Lerwick Health Centre. The community psychiatrists provide general psychiatric services and services for dual diagnosis/substance misuse.

Several of our GPs have worked with Promote Shetland to develop short video clips detailing what it is like to live and work in Shetland and you access the clips here:

<http://www.shetland.org/60n/video/1>

<http://www.shetland.org/discover/live-here/health>

Shetland is a great place to live and work, with excellent social and leisure opportunities too. You would first and foremost be part of the GP community in Shetland. This is a great opportunity to develop a special interest in this fascinating and challenging remote and rural location. You will be supported in that by our current GPs with Special Interests (who provide a diverse range of roles, providing services in dermatology, dual diagnosis, sexual health, paediatrics and obstetrics) and also be able to take part in

- Training in anaesthetic skills/advanced life support (adult and paediatric)
- Assisting with video link clinics based at Gilbert Bain Hospital, linking to Aberdeen Royal Infirmary (e.g. neurology clinics)
- Out of Hours GP home visiting service
- Out of Hours walk-in weekend GP clinics
- GPwSI areas, e.g. Paediatrics, Sexual Health, Rheumatology, Obstetrics and Minor surgery
- Remote single handed practice

The Hospital

The Gilbert Bain Hospital has inpatient beds in medicine, surgery and rehabilitation, which are consultant-led. The 5-bed maternity unit is midwife led with GPwSI support for obstetrics and neonatal care.

We have great links with our hospital colleagues too, and as a fellow here you may be able to make the most of those links with the Surgical, medical and anaesthetic colleagues

The choices are up to you.



The Health Centres

The Health Centres range from single handed surgeries on remote islands covering 650 patients (Unst), to a 9,000 patient town training practice with 5 GPs, 5 Advanced Nurse practitioners and up to 4 GP registrars (Lerwick). The other Health Centres lie somewhere in between in terms of size. We have a total of ten health centres throughout Shetland, so there is plenty of variety and scope for you to develop your skills.



Hillswick



Scalloway

The Fellow's role

The fellow's role depends on the successful applicant's own CV and wishes. A quarter of the fellow's time will be spent at the fellow's base practice. Three Health Centres have expressed an interest in being the base practice, and we would encourage the prospective fellow to look into this before interview, but the choice of base practice is entirely down to the fellow – come and meet us and see what suits you best.

<http://www.shb.scot.nhs.uk/community/lerwickhc.asp>

<http://www.scallowayhealthcentre.co.uk>

<http://www.hillswickhealthcentre.co.uk>

The rest of the fellow's clinical time would be divided between any chosen GPwSI work and other primary care duties in other health centres, and would be negotiated by the fellow with primary care management.

You will also be supported by the primary care team, by Lisa, Dylan and Catherine in Lerwick, Susan in Hillswick and by Paul in Scalloway. We would love you to phone for a chat, about what it's like to live and work in Shetland, and what a great opportunity this post gives.

A registrar's view

The article below was written by Lerwick's previous final year GPST in 2016, and gives some insight into practice in Shetland. She was part of NESs Remote and Rural Track training program, which gives registrars the opportunity (via an extra 6-12 months in General Practice compared to other training programs) to gain experience in a varied primary care environment, e.g. GPwSI work and remote island GP work, somewhat akin to the fellow's possible role, in fact. Catherine is now in a permanent post in our largest health centre and she would be more than happy to speak to anyone about living and working in the isles.

<https://www.healthcareers.nhs.uk/explore-roles/general-practice-gp/real-life-story-catherine-brown>

Contacts

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