

T&O Training Post Summary

Trust

North Cumbria University Hospitals

Trainer name(s)

Ashraf Naguib

Job Summary

This post offers very good experience in foot and ankle surgery. It is suitable for a junior registrar as there is plenty of opportunity to see a large variety of foot and ankle problems in the clinic and gain skills in history taking, clinical examination and planning investigations and treatment. Mr. Naguib has a wealth of experience and is very keen to discuss cases in clinic or interesting cases from his collection. It is easy to attain the indicative first ray procedures to a minimum of level 3 as additionally there is a locum foot and ankle consultant and an experienced associate specialist, with whom you will be in contact with in the multi-disciplinary clinics. Mr Naguib performs ankle arthroscopy and ankle replacement and there is opportunity to gain skills in these.

You will get two Trauma weeks every twelve weeks. The department receives many and variable trauma cases so you will get to do sufficient numbers of hips fracture, ankle fractures and intra-medullary nailing in additions to specialist foot and ankle trauma. On call has been changed to shift system and runs in a cycle of 10 weeks with 7 nights and 8 zero days. Daily trauma meetings are formal and educational.

Overall, the department is very friendly. There is a monthly journal club and audit meeting and usually ample time to undertake research and audit. Junior doctors and medical students are plentiful if you have interest in teaching.

Weekly timetable

	Mon	Tues	Wed	Thurs	Fri
am	Free	Daycase/Free (alt)	Theatre/clinic (alt)	clinic	Theatre*
pm	Regional teaching	Daycase/Free (alt)	Theatre/clinic (alt)	clinic	Theatre*

* The Friday theatre is not always available and may become a regular feature in the near future