A Career in Gastroenterology in the West Midlands
What is Gastroenterology?

Challenging patients?

Blood and guts?
Gastroenterologists

- Highly skilled with > 9 years post graduate training
- Doctors who investigate, diagnose, treat and prevent all gastrointestinal (stomach and intestines) and hepatological (liver, gallbladder, biliary tree and pancreas) diseases
- One of the largest medical specialties
- Mixture of acute and chronic disease management
- Patient age varies from teens to 100+
- Very practical specialty with both diagnostic and therapeutic endoscopy
Gastroenterologists

- Rapidly evolving specialty with multiple subspecialties
- Involved with teaching and education of medical and non medical professionals
- Opportunity to become involved with management and development of services
- Need:
  - Empathy
  - Hard work
  - Motivation
  - Technical ability
  - Excellent communication skills
  - Team working ability
Subspecialties

- Hepatology
- Pancreaticobiliary diseases
- Inflammatory bowel disease
- Functional bowel disease
- Tropical diseases
- Gastrointestinal cancer and its prevention
- Endoscopic surveillance
- Upper GI disease

- Small bowel disease
- Pancreatic disease
- Transplantation
- Medico legal issues in medicine
- Clinical pharmacology
- Inherited cancer syndromes
- Clinical nutrition and artificial feeding
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30am</td>
<td>Departmental Gastro meeting</td>
</tr>
<tr>
<td>9:00am</td>
<td>Ward round of GI and general medical patients</td>
</tr>
<tr>
<td>12:00pm</td>
<td>Multidisciplinary team meeting for cancer referrals</td>
</tr>
<tr>
<td>1:00pm</td>
<td>Review GP referrals, catch up with admin work</td>
</tr>
<tr>
<td>1:30pm</td>
<td>Endoscopy list or Clinic with mixture of new and follow up patients</td>
</tr>
<tr>
<td>5:00pm</td>
<td>On call for GI bleeding or General medicine</td>
</tr>
</tbody>
</table>
Procedures

• Upper GI endoscopy – diagnostic and therapeutic (stents, dilatations, bleeds etc)
• ERCP and endoscopic ultrasound
• Colonoscopy/sigmoidoscopy – diagnostic and therapeutic (stents, dilatations, polypectomy)
• Enteroscopy
• Capsule endoscopy
• Insertion of feeding tubes (PEG, NJ, PEJ)
• Paracentesis
• Surveillance endoscopy (bowel cancer screening etc)
Equipment we use
Advantages & Disadvantages

- Acute specialty
- Practical
- Rewarding
- Challenging
- Varied
- Good job prospects
- Opportunity for research
- Availability of multiple subspecialties

- Long hours
- Out of hours on call
- Competitive medical specialty
Career Pathway

- Foundation training post graduation (2 years)
- Core medical training or acute care common stem acute medicine (2-3 years)
  - Interview for CMT or ACCS-AM
  - Need to gain MRCP for ongoing application to specialty training
- Specialty training (5 years with potential to go out of program) to gain CCT – Certificate of completion of training
  - Competitive interview for ST3 places
  - Duel CCT in general internal medicine (GIM)
  - Subspecialty accreditation in Hepatology requires 2 years of liver medicine
  - Specialty Certificate Examination to be taken from ST5 onwards
Personal Qualities

- Sound knowledge base in general medicine
- Interest and enthusiasm for digestive illnesses
- Ability to be flexible and respond to changing situations
- Empathy and excellent communication skills
- Technical ability and good hand-eye coordination
- Team player
- Hard working and self motivated
Personal Qualities

Click link to view personal specification
Recruitment to ST3

• Online national application

• Through the Joint Royal College of Physicians Training board
  ○ JRCPTB

• Lead recruiter Scotland Deanery

• Two rounds of recruitment for commencement of posts in September and March
## Competition Ratios

<table>
<thead>
<tr>
<th>Gastroenterology</th>
<th>Applications</th>
<th>NTN Posts</th>
<th>LAT Posts</th>
<th>Total Posts</th>
<th>Competition</th>
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<tbody>
<tr>
<td>2016 R1</td>
<td>234</td>
<td>92</td>
<td>0</td>
<td>92</td>
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<tr>
<td>2015 R1</td>
<td>239</td>
<td>94</td>
<td>39</td>
<td>133</td>
<td>1.8</td>
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<tr>
<td>2014 R1</td>
<td>233</td>
<td>98</td>
<td>58</td>
<td>156</td>
<td>1.5</td>
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</table>
Commitment to Specialty

- Must be able to demonstrate commitment to Gastro
- For example
  - Tasters
  - Regional conferences Midland Gastroenterological Society
  - RCP career day
  - Audit
  - Research / publication / posters
  - Teaching
  - Taster membership at the British Society of Gastroenterology
  - BSG Taster Course
Why the West Midlands?

- [Gastro West Midlands Webpage](#)
- Training in the West Midlands involves hospitals in and around Birmingham and the counties of Worcestershire, Warwickshire, Staffordshire, Shropshire and Herefordshire.
- The West Midlands is lucky as it is home to a large liver transplant centre and therefore most trainees gain experience in a tertiary centre for their liver experience.
- Most trainees spend a year at the liver unit and this involves specialist liver on calls
- There are currently 46 training posts in the West Midlands.
- The region is large but trainees are asked for their top 3 preference of where they would like to work and why and the majority of individuals are placed in their first or second choice.
Where to go for more information…

- NHS health careers
- JRCPTB specialty page and curriculum
- ST3 Recruitment
- RCP (London), Specialty spotlight
- British Society of Gastroenterology
- Health Education England, West Midlands
- Top Tips For Learning about Endoscopy
- Joint Advisory Group on GI endoscopy