



GALENICALS

The University of Bristol's Medical Students' Society

Third Year Academy Guide



CONGRATULATIONS!! Pre-clinical years are **OVER**– no more pyjamas, thinking pink or geeking out– you're in your **SCRUBS** for this years bar crawl!

This guide has been made for you from the experience of your peers in each Academy. We hope it helps answer some of those all important questions (where's the nearest pub? Which Doc should I latch onto? etc) that only us students can answer.

Third year is different. Most people love it because you're finally on the wards, doing what you came to uni to do. For others, its pretty scary having to spend so much time with patients. (especially if you start with psychiatry) All we can say is, enjoy it– fourth year is tough. Third year takes time to adjust to, but make the most out of it and have a fantastic year!

All the best,
Galenicals

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**"He'll need some blood thinner immediately,
but go grab me a sandwich first."**

North Bristol (Frenchay and Southmead)

'As Bristol placements these hospitals are great. Teaching is very good, though the hospital feels a little more rushed than others. There are more dramatic cases though– which always adds points!'

Psychiatry:

For this placement students are either based at Callington Road (usually need a car to get to) or the psychiatric units at Southmead (based next to the maternity units...). The junior doctors are all exceptional and all willing to give extra teaching sessions if you ask, which is fantastic just before the exam, which is actually quite difficult! The junior doctors room in Southmead is the place to go to get to know them (and grab free lunches by the drug reps on Tuesdays!)

Make sure you try to go to various wards to see different cases—its easy to think you have to stay on the ward your consultant is attached to, but this will make it duller for you! Clerking patients is not a requirement, though it really helps you develop your history taking skills! Prepare yourself for 6 cups of tea a day on this placement– it's amazing how much more people tell you with a cuppa in hand!

Sian Williams is an old age consultant and one you should try to find– loves to teach (she gave us our own hallucination session) and is one of the happiest consultants around!

MDEMO:

I've been told this is a great place for MDEMO with lots of clinics and surgeries taking place throughout the week. Orthopods like you to know a little bit about the surgeries before you attend– they ask lots of questions during it!

Medicine Surgery A & B

You'll meet many a legendary consultant in these topics who just exude enthusiasm for their specialities. A&E weeks are over in Frenchay where you will do some of your emergency on take sessions– it's a bigger hospital so if you hang around on a Friday evening, you're sure to get some good cases. A good hospital for clerking too as the turnover is quite quick.

GETTING THERE:

SOUTHMEAD: Cycling takes about 20mins– simply go all the way up Gloucester Road (for about 17mins) and take a left just after a set of lights onto Dorian Road. Follow this and it leads into the hospital.

FRENCHAY: By car: Frenchay Hospital is situated just off the M32 motorway. Leave the M32 at Junction 1 (signposted Kingswood and Downend) and at the roundabout off the slip road turn left, following signs to Frenchay Hospital (B4058) and Kingswood. At the first set of lights take the right filter lane. Proceed along Frenchay Park road. The main entrance to the hospital is half a mile along this road on the left hand side.

Parking: On your first day you will need to arrive a bit earlier to get car park passes– provided by the hospital free of charge.

Cycling: There are on site showers and bike racks provided at both sites.

Common rooms: the biggest and best is in Southmead with a small kitchen, TV, lockers, pool table and a computer room. Perfect if you're doing psychiatry where you perfect your tea making skill

North Somerset Academy (Weston General Hospital)

Also known as Weston-Super-Fun and Weston-Super-Nightmare, I think its quite clear that you either love it or hate it.

The hospital itself is really small– only 320 beds, 60 consultants and 14 wards. This makes A&E weeks a little quieter than that at the BRI. However– they do have a bike race once a year which brings in many a casualty!

Med & Surgery A (TUBES) known to be the weakest of the four at Weston but still good, as very few wards and not a great deal of patients, so you need to seek out the patients that are there. However, there are lots of timetabled tutorials on useful and essential subjects, which will make it more worthwhile.

Med & Surgery B (AERN) excellent, one of the best out of all the academies. Lots of patients and staff, and a lot of experiences to gain, so you will need to organise yourself well. As with TUBES, lots of timetabled tutorials on key topics, and ward teaching.

Psychiatry has own separate ward on site with lots of patients, and generally a good block in Weston. Staff are good and lots of teaching is timetabled, many staff will give you extra teaching if wanted too. This block has the most free time so it's good to be close enough to Bristol to come back and forth.

MDEMO excellent block, one of the best in the academies. Lots of activities and clinics to attend, with special teaching clinics timetabled especially for students and lots of surgery too. Teaching is brilliant and lots of it! A&E is fantastic here too, as you have a whole weeks run of A&E to spend as much time as you want there. Need to be organised though as it's a busy block!

GETTING THERE:

Weston General Hospital, Doctors Residences, Uphill Road South, Uphill, BS23 4TQ

Best to go by car, usually along the M5 via Avonmouth– takes about 45 mins in the morning.

Buses aren't particularly great– usually take a lot of time.

Train– good option, especially if you have a bike. Costs £3.70 return. Short cycle (half hour walk) from station to hospital. Cycling: Is possible, only done once by a student, in a moment of fresh madness.

WHO TO KNOW AT WESTON

Dr David Paterson Dean at Weston and pathologist. Very approachable about any problems with the course or your time at Weston.

Miss Bee Martin Med & Surgery unit tutor is very useful to get on with, as she has big input with the med school and will get you involved with anything and everything if she knows you're keen.

Dr Will Tillet and Dr Green: rheumatologists and legends, definitely good to know if you want any extra teaching in MDEMO or ideas for eSSC projects.

Lisette Lock administrator for TUBES, AERN and MDEMO, very approachable and lovely, works in the offices of the academy. She'll sort out timetabling issues, problems with tutorials and all assessments.

ACCOMMODATION

30second walk to academy (which includes library and computer facilities, and where most of your tutorials will be based). Hospital is 1 min walk from accommodation. This means you can wake up at 9.28 for a 9.30 start... luxury.

Accommodation itself is good. Only £20 deposit needed. Split into flats of 6 rooms with communal kitchen, lounge and 2 bathrooms. Normally live with firm which can be brilliant (or not depending on how well you get on with them!). Good size rooms including wash basin. All crockery/pans etc are provided, as are towels and bedding. May need to bring extra duvet as they are tiny! Free washing machines and dryers.

Make sure to make friends with your flats cleaner– they're a fantastic team and clean your flat daily! Who wouldn't want to keep on the good side of them?!

Parking spaces are onsite, free and readily available, no passes needed. Library open 24 hours with printing and speedy internet.

FACILITIES AND LOCAL AREA

Gym on site in the hospital building (physio gym). Speak to Jason to get the code.

The beach is 15 min walk, good for running or afternoon off, but watch out for mud!

Radio Sunshine– A great opportunity to get to know patients on the wards, and gain radio experience, whilst serving the community. Volunteers are always needed.

Lots of fish and chip shops, a few Chinese takeaways. Local shop is Tesco Extra about 1 mile walk, big Asda and Morrisons about 2miles but better to drive.

2 local pubs\; the Ship and the Anchor, about 5 mins walk from accommodation. Pub quiz on Thursday evenings at the Ship. Apparently, there are 2 local nightclubs, a cage fighting club and a strip bar in town, but never ventured that far . . .

Useful number: Swithchboard: 01934 636363

BATH

Bath is the closest academy to Bristol and has a fantastic reputation for being a well run and friendly hospital.

The majority of people drive to Bath, as it's only about 12 miles from Bristol. The quickest way is to get onto the A4 from the centre and follow the signs to the Royal United Hospital (RUH). Off peak it's about 30minutes but during rush hour you need to allow at least an hour if not a little more. An alternative route is the A431, which takes about 45 minutes whatever time of day you go.

Trains from Temple Meads are pretty regular and only take about 15 minutes. From the station in Bath it's about a 15-minute cycle- its downhill on the way to the RUH.

Accommodation

After difficulties in previous years, every student at Bath academy now has a room available to stay in. They are on the hospital site so you can roll out of bed 5 minutes before ward rounds and still be on time. The blocks are very similar to basic halls of residence standard- bed, desk, sink, and wardrobe. They are arranged into flats of 4-6 sharing a bathroom and kitchen and each block has a lounge with a TV and table.

The blocks have junior doctors, visiting staff and nurses in them so there is a mix although we get put together for the most part.

They give you linen and blankets (not towels), it might be worth bringing your duvet, as you need about 15 blankets to keep warm in the winter. There's always plenty of hot water and the showers are generally good.

Kitchen

The kitchens are generally quite good, they have most things you'd need- they all have fridge, freezer, oven with hob and microwave. Cutlery and crockery are supplied but its not the best- you may find you have 8 spoons and no knives! It may be worth bringing a sharp knife and a saucepan...

Library & Computers

There is 24hour access to the Education Centre with your swipe card that has lots of computers and a pretty well stocked library.

Social Club

Bath is pretty well served with its own social club open all day everyday. They have a TV, bar, 'gym' (more like home gym- its ok but don't expect the works), skittles, squash and tennis courts, pool table and a swimming pool in winter months. You can go as a guest but it's about £3 to join after which you get 50p off everything you book like squash courts. Swimming is £10 per month, its outdoors but its warm.

A pint of fosters is about £1.80 if I remember right so its pretty cheap and

100m from your bed and the education centre.

The payday party at the end of the month is held there and its worth going once you've gotten to know your SHO's

Parking

Mo Jacobs does have parking permits but that just gives you access to the grass behind the barrier instead of in front of it. Parking is tough on site but there is usually somewhere to park at the back behind Hillview Lodge or the primary school.

Nearest Supermarket

Somerfield is really close, walking out of the main entrance or behind the residences turn left and cross the road walk past the Weston café and it is on your left. It's a pretty basic supermarket but it does the job when you've forgotten to bring any food. A more substantial Sainsburys is a 5-minute drive away.

Nearest Pub

Both pretty old man pubs but if the social club is getting unexciting then either side of Somerfield is a pub. The one on the right has a beer garden but is a bit more expensive. They do a pretty good curry night though.

Bath centre

It's about 30 minutes walk to the centre but buses run every 10 minutes in the daytime from the hospital main entrance. Cabs home are about £6. There are lots of places to go for a drink; Bath is tiny so you can stumble from one to another easily. Places worth trying include: sub13, adventure café, haha bar, the assembly. All the usual high street shops are there; I wouldn't drive to shops as parking is a nightmare and its 2 mins on the bus.

MUST KNOW!

.Mo Jacobs is an institution, everyone loves her. It may not get there quickly but you'll always get it in the end. Again, any problems and she will do whatever she can to help out. They're a genuinely nice bunch of people in the Dean's office.

Taunton

Getting to Taunton:

Most people drive to Taunton – it's straight up the M5. Generally it's best to leave about an hour to get there, longer if you're leaving in the morning as the traffic in Taunton can be terrible. For a 9am start, its best to leave Bristol at about 7.45am to be suree you get there on time.

There is also a train station right in the middle of Taunton- there is a regular service between Bristol and Taunton.

Accommodation:

All 3rd and 4th years are placed at Cannonsgrove Halls of Residence. These halls are for students at a local college but there is only one building there just for medical students. All the rooms have a bed, desk, shelves and a bedside table AND are en-suite. You're provided with NHS bedding (duvet, pillow, sheets etc) but you may well want to bring your own (starched sheets aren't really the range at the moment). They also provide you with towels, but most people end up using these to soak up the floods from the showers that happen everytime you wash! The rooms are pretty similar to Durdham Hall...

Facilities:

The Halls have a small sports hall and a bar area- generally it's OK to use them. There is also a sports field and outdoor BBQ in case the weathers nice.

Kitchen stuff:

Each firm shares a kitchen which all have an oven, hobs, microwave, kettle, fridge/freezer combo. Most stuff like plates, cutlery and pans are provided...though tin openers and bottle openers are often nowhere to be seen.

TV:

There's a TV in the hall...but that's it.

Parking: We don't have permits for parking in the allocated spaces so you have to park at the back of the halls. As you drive into the halls, just keep following the road round until you find the back car park. There are also bike racks available right outside of the building for you to park your bikes.

Nearest supermarket:

Most people tend to go to Tesco as it's really near the hospital – you can't miss it!

Otherwise, if you need bits and pieces, you can always go to the Trull shop which is on the left on the way back to the halls (on Honiton Road- the long road that takes you back to halls)...they sell really nice home made cakes in there!

Nearest pub:

There is a bar in the halls, which has a TV and pool table. Other than that, there's a really good pub called the Corwn Inn- a 5 minute walk from halls. Turn left out of the halls and walk down the road...it's on your left.

Getting to Musgrove Hospital:

Walking... requires energy and enthusiasm. Cycling- best option as there are no hills.

Bus- Takes about 15mins and costs £2 return...not really worth it.

Driving- nightmare. Try to avoid it at all costs.

The teaching:

Be friendly to the admin staff- they are brilliant and extremely helpful! Taunton teaches MDEMO, Psych and TUBES so there will be large groups of students around for you to socialise with. Clinical teaching is by nature pretty hit and miss but Taunton is generally well thought of for its teaching staff!

Taunton itself:

The halls are located just under three miles outside of Taunton...so if you want to get into town it's best to cycle, drive or take a bus. There are loads of great shops- including Debenhams and all the usual high street stuff. There's a farmers market on Thursday afternoons (last time we checked anyway) where you can find loads of yummy local products. In terms of eating out, there is Pizza Express, which is always good, and a Wetherspoons. We found other options to be pretty pricy! The Old Library is pretty nice too.. If you fancy a big 'un, the biggest club in Taunton is called Shout! (on east Street). Remedies, close to Shout! Is also fun. The nearest cinema is the Odeon, near the M5 junction 25.

Yeovil

Getting to Yeovil:

Yeovil is tricky to get to without a car; in fact, it's quite tricky with a car! The most direct route is the A37 – this is mostly a single carriageway road and a result if you get stuck behind a lorry or tractor you're stuck there for some time! The record to be is 2 ½ hours to get there... if you really fancy trying. Takes about an hour and half normally.

Accommodation:

This is under review- generally 3rd years and 4th years stay in a house about 5 minutes walk from the hospital. It's quite basic with shared bathrooms/toilets and kitchens. You might want to bring your own bedding and a LAN cable for internet (the network in the house isn't wireless) apart from that, most things are catered for or can be borrowed from one of the permanent tenants.

Facilities:

There is a communal TV room at the house but not a lot else to keep you entertained – you should probably bring a book, a big book.

Parking:

Again, this is shared with the permanent tenants, there are generally enough spaces and the parking is relatively safe. Don't bother trying to park at the

hospital site- it's a tiny place and probably a lot of consultants don't even have a space!

The best option is to walk from the house to the hospital (effort, I know) as it only takes 5 minutes. Its best to avoid walking alone in the dark too and from the hospital.

Nearest Supermarket:

Further up the road from the houses is a large ASDA and in the centre of Yeovil about 5 minutes drive from the hospital is a massive Tesco whose car park has a much larger area than the hospital!

Nearest pub:

The most lively places are in the centre; we were warned to be careful out of the town as apparently it can get a bit rough....not sure how far they have ventured out of their town though, as it was the calmest place I'd seen for a while!

The Hospital and Teaching:

In third year only AERN is taught in Yeovil so you're going to need to get on with your firm pretty well. The hospital is small and a lot of complicated and interesting stuff gets sent to the larger Taunton hospital. Teaching was more variable than Taunton and you really have to push for it – it's a good idea to get an idea of what you need to know from anything on Blackboard and really pester people for teaching.

Yeovil itself:

Yeovil is a small country town, a million miles away from Bristol. It's highly likely that you will want come back to Bristol as often as possible to keep yourself entertained – just remember if you've got 9am start to leave really really early to make it on time!

GLOUCESTER

'epicentre of the universe'

GETTING THERE

Most people drive to Gloucester or get lifts, and it is relatively simple to get to via the motorway. It takes approximately 40 minutes but rush hour is horrendous and it can take up to an hour and a half to get there in the morning or back into Bristol on Friday evening. **DO NOT PURCHASE A PARKING PERMIT** it's a shocking waste of money as the car park is a twenty minute walk away at the Oxstall's campus (Gloucester uni). Apparently planning permission for Ermin halls was only obtained on the basis that the students could not park on the roads, so this actually means that legally Bristol medical students cannot use road parking anywhere in Gloucester, a very logical notion. Just park a few roads away and avoid parking directly outside as the residents opposite can get a bit grumpy. Never disclose your licence plate number to anyone, even the friendly caretaker!

There is a really good train service that runs from Bristol Temple Meads, with between 1-3 trains leaving each hour. The train station is a 20 minute walk from the halls, but taxis are available.

The coordinator at Gloucester will issue you with a temporary bus pass, so you can travel for free by bus to any teaching you may have in Cheltenham. It can take about an hour to get there though, which isn't so nice.

ERMIN HALL

This accommodation is some of the best the medschool provide! The rooms are modern, clean and well decked out with bed, bedside cupboard, large desk, book shelf, lamp, gas heater and small wardrobe. Internet is available in every room, and connecting cable is provided. Bathrooms are nice en suites with good showers. Standard bedding is provided but you might want to bring your own, especially in winter as the duvets are only mildly thicker than the sheets. For every 8 to 10 people there is a communal kitchen which contains one large fridge and freezer, table and chairs, hob and ready allocated food cupboards. The kitchens are the only common space which is a bit of a shame, but some people do put TVs etc in them to make them a bit more cosy.

What you need to bring • Sheets, duvet cover • All cutlery, plates, cups etc • Loo roll

Beware! Ermin hall has two disabled rooms which are comparatively enormous! However for some unknown reason these do not have bins or a mirror and the shower is reminiscent of being weeded on by a small bird.

Also! Get used to taking your door off its lock when you are in the halls, or keep your keys with you at all times. If you get locked out at night, it's a mile walk to get the master key from security and you have to return it straight away- not nice!

GLOUCESTER HOSPITAL

The hospital is a 15 minute walk away and is genuinely a fantastic hospital to be placed in. At first it seems like complete maze so leave yourself plenty of time to get around, especially at the start. The staff are friendly and really eager to teach too- so make the most of it! Clinical skills on the top floor of the tower is a space just for medstudents and is well worth the use. Fosters (or Fosteros) is a brilliant cafeteria where all the students, staff and patients go. The food is cheap (flash your NHS badge for discounts) and cheerful but the coffee tastes like rat urine, so go the WRVS in the brand spanking new outpatients department for some corporate costa goodness.

Be warned! Students often have to go to Cheltenham for clinics etc especially if doing TUBES (cardiac catheterisation) and Psych.

NEAREST SUPERMARKET – there are large ASDAs and Tescos nearby, and also a small co-op just 2 minutes up the road for bits and bobs.

GLOUCESTER

The town itself is only a 1 minute walk up the road though not necessarily somewhere you'd like to walk on your own in the dark if you get my drift. The shopping is horrific, although there is a good Primark. Hop on the bus to the lovely Cheltenham for better shops but be warned that it is a rather expensive town.

The nearest pub is just across the road from the co-op but extortionately priced. The landlady will open the pool room for the students only so it's worth the visit. There is an interesting Weatherspoons in town opposite Debenhams where you can drink next to King Kong. Literally, the building used to be an old cinema and for whatever reason there is a giant gorilla left there. If you're looking to paint the town red and stay out till the wee hours you can have a chavtastic time in liquid. Otherwise for a really good night take the bus to Cheltenham at the end of Denmark road, where there are great bars and clubs aplenty. Psych students be prepared to bump into your in leave psych patients!

Cinema, there is an Odeon by the docks, www.odeon.co.uk. For an evening of culture there are also lots of amdram plays going on in Cheltenham which are well worth a visit.

Many people also join the local gyms as something to do and most sign up to the GL1 leisure centre. It's a modern looking sports complex which has pretty much everything: swimming pool, tennis courts, aerobics classes, weights- its great! You also get a small discount if you show your NHS badge. It's a 15 minute walk from halls and you can check out their website here:

<http://www.gloucester.gov.uk/g11>

DEVIZES

Devizes is NOT as awful as it sounds. It is a small psychiatric hospital with two wards. The hospital is a mile outside of the Devizes centre. There is NO train station in Devizes, (though there is one in Chippenham which is a 25 minute drive) so driving is your best bet. It takes about an hour and a half to get there in good traffic!

If you don't have a car though- no problem: taxis which are FREE OF CHARGE can be booked at the hospital reception, to pick you up from the house you stay in to take you wherever you need for the day! If you do have a car- petrol is reimbursed for any travel you have to do around Devizes. No outpatient clinics take place at the hospital so lots of your time will be spent outside the hospital, so make the most of the free services!

Accommodation:

Accommodation is provided in the form of two houses next door to each other which each sleep three. There will be a maximum of six lucky people being sent to Devizes for each unit. If you are less than six, you could end up having the rooms filled by SHOs...

Each house has a living room with a 25inch TV (with the licence paid for already), 3 sofas (one each!), a dining room and a well stocked kitchen. Everything is provided, right down to washing up liquid. There's also free washing machines in each house and a lovely cleaner that visits every couple of weeks.

The only downside to the house is that the phone signal is pretty bad and half your phone calls will cut out. Only certain areas of the houses managed to get signal (you'll work them out) and there is no internet in the house.

One thing that is fantastic is that you can use the address of the accommodation to apply for the free tickets to Radio 1's One Big Weekend event in the summer as the houses fall into the catchment area!

The Hospital and Teaching

The hospital consists of two wards. Each student is assigned an individual consultant and an SHO. You attend their weekly ward round in the hospital and go to their outpatient clinics. There is NO canteen in the hospital, so you either have to go into town for food or pop back to the house (only 5 minutes away).

There is a library in Devizes with a good range of psychiatry books and journals. The librarian who works in the mornings is really helpful and an excellent point of contact for the psych SSC's. There are 3 computers with internet in the library, but the library closes at 5pm! After that you have to get a key from one of the wards to use the Doctors' Mess.

Devizes itself:

Devizes centre is about a 15minute walk from the houses. There's a Morrisons and Sainsburys in town that can be found easily. There are loads of pubs in Devizes although they are all 'very local' with either youngsters who are underage or old men. All the pubs are easy to find as Devizes isn't big at all. Lots of them have Karaoke nights (beware!) and one even has a dance floor that stays open until 2 AM (shock shock horror!).

Have fun- I did!

