



Christchurch Hospital Emergency Medicine Training Program



Canterbury

District Health Board

Te Poari Hauora o Waitaha

UNIVERSITY
of
OTAGO



Te Whare Wānanga o Otago

Christchurch Hospital Emergency Medicine Training Program

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CONTENTS

- ❖ Letter from the Directors
- ❖ Why specialize in Emergency Medicine?
- ❖ Career Prospects
- ❖ What does the future hold for Emergency Medicine?
- ❖ Training in Emergency Medicine
- ❖ Overview of the Christchurch Program
- ❖ How is Training organized in the Christchurch program
- ❖ Are there any opportunities for Trainees to do research?
- ❖ What are the consultants like?
- ❖ What about part-time training or breaks in training?
- ❖ Who employs Registrars?
- ❖ Are there any other advantages of training in Christchurch?
- ❖ Who can apply to become a Trainee?
- ❖ How to apply



Christchurch Hospital Emergency Medicine Training Scheme

Dear Doctor
Kia Ora!

So you're thinking of training to be an Emergency Physician in Christchurch, New Zealand?
As Directors of Training of our training program we can assure you that pursuing training here would give you an excellent start to a fascinating and rewarding career in Emergency Medicine

The strengths of the Christchurch program are easy to list:

- Our academic Department of Emergency Medicine is internationally respected for its strong research output and the quality of its teaching.
- Our District Health Board is committed to training and serves a large community.
- The Program has an excellent pass rate for the training examinations.
- The Registrar group is small enough at around 30 to be cohesive and supportive.
- The Team structure of the roster fosters teamwork, support and leadership.
- We are a regional trauma and tertiary referral centre.
- We have rotations available in ICU, Anesthetics, etc
- Christchurch is a modern city with access and living on the water's edge. There are great cultural and sporting opportunities, all embedded in a beautiful environment with very wild, unspoiled mountains, forests and coasts nearby. Tramping, skiing, surfing and mountain biking are just a few of the popular recreational activities on offer.

Four years have passed since two major earthquakes. The infrastructure in Christchurch took a serious hit and the central business district was flattened. More than 80% of the CBD has now been demolished. 2015 heralds the construction of many large buildings and amenities. The hospital stood up well to the quakes (as they were designed to) and we continue to function. Newer parts of the campus have been built to withstand magnitude 8.7 quakes.

Our organization values patient focused and efficient care. The Patient Journey project has been one of our major achievements. As a result there are minimal delays and bed block in our hospitals. You will notice that patients are processed efficiently and there is little duplication compared to other Australasian departments.

Please read through the information in this booklet and consult the relevant websites detailed in it. If there is anything we can do to help, our excellent administration staff and we will be only too pleased to give you advice - email us, phone us or just drop in!

Dr Paul Gee
Dr Sarah Carr
Directors of Training



WHY SPECIALISE IN EMERGENCY MEDICINE?

Emergency Medicine is challenging, fast moving and interesting.

What does an Emergency Physician do?

- We are true 'acute generalists' who manage problems in everyone from birth to death
- We are diagnosticians
- We are resuscitation leaders
- We are proceduralists with a wide range of technical skills
- We are coordinators of acute care, often for entire regions
- We are strong believers in evidenced based Medicine

Every day is different. In what other job could you:

- Resuscitate an arresting 50 year old
- Reassure worried parents of a newborn
- Reduce a dislocated shoulder in a 20 year old
- Run off to a emergency call on the delivery suite
- Recognize and treat malaria in a returned traveller
- Rule out a PE in a spritely 70 year old
- Return home on time, with no on call
- All on the same day!!!



Teamwork

- Don't sit alone at a desk all day
- Work alongside your peers, juniors, students, nursing staff, allied health, paramedics and occasionally police in a dynamic environment

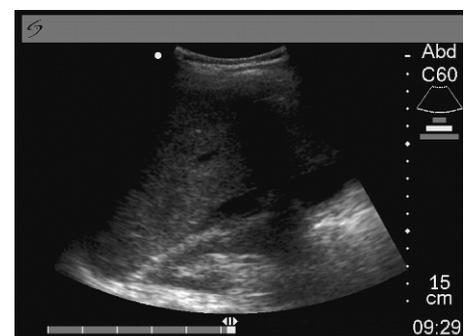
Lifestyle as a registrar

ED registrars work fixed hours with minimal or no on call

Get regular mini-holidays without taking leave

Enjoy uncrowded beaches and ski fields on your weekdays off

Have a great bunch of people to share your time off with



Flexibility as a registrar

Work anywhere in Australia or New Zealand

No forced secondments by your college so you don't have to worry about moving every six months

Develop an area of interest, pick your own terms, travel and work overseas, do aid work - your skills can take you anywhere.

Flexibility as a specialist

Work full time, part time or locum shifts in the public or private sector

Subspecialize, work in ICU, do research

Work all around the world; fellows of ACEM are sought after everywhere

Jobs are available in most places most of the time

No need for rooms, or secretaries or business managers, or locums if you want a holiday

Lifestyle as a specialist

Earn good money and have the time off to actually enjoy it

Flexible rostering and hours

What is the job like?

So what do ED registrars like about their job?

'I love the variety and the challenge'

'Every day you turn up to work, you have no idea what your day will bring!'

'I like being autonomous as a registrar, and being able to manage all aspects of a sick patient'

'I like the casual atmosphere and team work; no suits or ward rounds'

So what do ED registrars like about their job?

'We are the experts in the first 6 hours of every major illness; we deal with all the acute physiological disturbance and get to do all the procedures, then we send them off to the ward!'

'It's stressful at times, but you've always got back up and a great team around you'

'Having midweek days off to enjoy the outdoors is awesome'

Challenges in Emergency Medicine

• High intensity clinical work, usually in public hospitals, negotiating with other specialties, administration, government • Non-clinical/ management responsibilities • Requires decisiveness, resilience, awareness of limitations, good interpersonal skills • Requires maintenance of broad knowledge and skills • Limited patient continuity of care Training Mix of evening, night and weekend work.

• Doctors can come to ED from a wide variety of backgrounds at all stages of their careers • All your training can occur in one state or region, or all over

Australia/NZ if you prefer • Portion of training can be done part time and you can have time out for travel or families

Where can I train?

100 EDs accredited are for Australasian Emergency Medicine training

88 in Australia, 12 in New Zealand

40 tertiary plus a mix of urban and rural centres

Length of accreditation 6, 12, 24 months. Accreditation of other areas if accredited by the appropriate specialist college Advanced training, 30 months emergency (6 months non-tertiary), 18 months non-emergency

Pick your own terms and tailor your own program

CAREER PROSPECTS

New Fellows are presently experiencing a relative ease in securing consultant posts soon after completing their FACEM because of an international shortage of Emergency Physicians. A number of developing areas within Emergency Medicine and alternative models for the provision of care will offer more opportunities in the future. Sub-specialization options include:



What about when my training finishes? Emergency Medicine Subspecialities include:

- Adult Emergency Medicine
- Toxicology
- Disaster Medicine
- Trauma
- Hyperbaric Medicine
- Environmental Medicine
- Academic
- Ultrasound
- Intensive Care
- Paediatrics
- Retrieval Medicine
- International relief/disaster
- Administration
- Public health



- Military medicine

WHAT DOES THE FUTURE HOLD FOR EMERGENCY MEDICINE?

Emergency Medicine is in a period of change. We are a relatively new specialty. There is huge demand for our services. There will be challenges to meet at the every level; clinical, service, hospital and with national politics.

We are proud that dynamic medical and nursing management has resulted in the excellent performance stats measured by Ministry of Health national indicators. We have achieved much and are essentially a 'gridlock-free zone".

TRAINING IN EMERGENCY MEDICINE

The Australasian College for Emergency Medicine defines the training requirements and sets the examinations for Fellowship of the College. This is the principal post-graduate qualification in Emergency Medicine in Australasia and it is automatically recognised in Australia and New Zealand. Full details of the regulations governing training are available from the College website: www.acem.org.au

To be accepted into the ACEM training program doctors need to have completed a minimum of one year FTE medical officer experience after gaining their medical degree. After commencing training, the trainee gains clinical experience in a variety of specified areas of Emergency Medicine over a minimum period of five years. All training is documented in an on-line training Assessments



Part-time training is possible for a significant portion of the training. Many Christchurch trainees, for example, have taken some time out to parent their families.

During the five year minimum training program the trainee must complete at least one year of Provisional Training and 4 years of Advanced Training. During Provisional Training the trainee must pass the four primary exam subjects: Anatomy, Physiology, Pharmacology and Pathology. A satisfactory term or 12

months training (12 months EM or 6m EM + 6m other) must be completed. Following this Advanced Training commences.

Advanced Training involves a minimum of 4 years experience consisting a minimum of 30 months of EM and 18 months 'non-ED' training which must include 6 months of Anaesthetic or ICU experience. There is a paediatric and research/biostats component to complete also. The biostats component can be done over one semester with part time study at the Christchurch School of Medicine. The regulations stipulate that training must be completed with at least 6 months in a Tertiary referral centre and in a Rural or Base hospital level. A successful turn at the Fellowship exam is the final requirement to complete training.

Additional Advanced Training opportunities in Christchurch include:

- Dual training with Intensive Care JFICM
- Dual training with Paediatrics RACP

Trainees are Associates of the College which confers a number of benefits including receiving the College journals Emergency Medicine Australasia.

OVERVIEW OF THE CHRISTCHURCH PROGRAM

Christchurch Hospital established a dedicated Accident and Emergency department in 1963 making it the first in Australasia. Two years ago the ED underwent a modernization to increase capacity. We are scheduled for a new purpose designed and built ED within a new quake-proof building within the next 6 years



Christchurch has a well-established specialist training program in Emergency Medicine which has now been running for at least fifteen years. The Training Program is integrated with the clinical services provided by Canterbury District Health Board (www.cdhb.govt.nz) and is focused around Trainees gaining the qualification of FACEM (Fellowship of the Australasian College for Emergency Medicine).

The Christchurch Program has an establishment of 18 FTE training posts and these are keenly sought. We have trained or hosted graduates and trainees from the Australia, UK, USA, Canada, Scandinavia, Iceland etc.

There is regular teaching for all Trainees, consisting of didactic as well as practical sessions on a comprehensive range of topics in clinical Emergency Medicine. A preparation program for registrars attempting the FACEM Primary and Fellowship Exams is also arranged. Trainees take an active part in weekly Emergency Medicine Clinical Meetings and a Multidisciplinary Trauma Audit.

In addition to standard ED equipment we have a new C-MAC video laryngoscope and three ultrasound machines

The Canterbury District Health Board is has been recognized for health Care innovation. Our organization has promoted patient focused and efficient care. The Patient Journey project has been one of our major achievements. As a result there are minimal delays and bed block in our hospitals. You will notice that patients are processed efficiently and there is little duplication compared to other Australasian departments.

This year (2015) the CDHB received five prestigious awards;

- The Deloitte Fujitsu Public Sector Excellence Awards celebrating outstanding performance and achievement of state sector organizations.
- The Treasury Award for Excellence in Improving Public Value through Business Transformation
- The State Services Commission and Leadership Development Centre Award for Improving Performance through Leadership Excellence
- The Victoria University of Wellington School of Government Award for Excellence in Public Sector Engagement.
- The Prime Minister's award for Public Sector Excellence.
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HOW IS TRAINING ORGANISED?

The over-riding emphasis of the Training Program is on assisting individual trainees to get the training, experience and support to gain their fellowship qualification. We have two Directors of Emergency Medicine Training to coordinate this. Registrars are currently divided into two main groups. Provisional Trainees and Advanced Trainees. All trainees have dedicated weekly time for training and education.



Registrars preparing for ACEM Written and Clinical examinations form small study groups and receive input to assist their preparations including formal Mock exams, consultant feedback, informal practices and overarching guidance as required.

A distinctive part of the Christchurch Program is its close links with the strong academic Christchurch School of Medicine, University of Otago with many able teachers and researchers. We are the only department in NZ to have a Professor of Emergency Medicine on staff and many of the senior staff are clinical lecturers.

A wide range of clinical attachments is available in Christchurch Hospital including:

- * General Medicine
- * Intensive Care
- * Anaesthesia
- * Paediatrics
- * Hyperbaric medicine
- * Spinal injuries

During training there is a research or biostats component to training. A research project can be undertaken or a part time Public Health Biostats paper can be taken based at the Christchurch School of Medicine (on the hospital campus).



Another key factor that commends Christchurch is its modest-sized host city which means that trainees can form a cohesive group both at work and socially.

ARE THERE ANY OPPORTUNITIES FOR TRAINEES TO DO RESEARCH?



Research is an important part of specialist emergency medicine training. Trainees in Christchurch are encouraged to become involved in at least one research project at some point in the Program. Even for those with

no long-term interest in research, involvement in a project will increase awareness of the strengths and limitations in different research methodology and enable more critical reading of the emergency med literature. Subject to appropriate supervision and ethical approval, research may be undertaken at any time and in any setting, and involve any topic of interest. It is usually easier for trainees to become involved with pre-existing projects, but new ideas and new projects are actively encouraged. There are, however, no mandatory requirements to do research.

The Christchurch ED has links with the Christchurch School of Medicine and Emergency Medicine Research Foundation through which excellent opportunities for doing research are available to trainees. Research within the Department has increased markedly over the past five years.

Current research themes are:

- * Post Earthquake Research
- * Chest Pain Risk Assessment
- * Pulmonary Embolus testing
- * Recreational drug use

WHAT ARE THE CONSULTANTS LIKE?

There is a capable, energetic group of Emergency Physicians in Canterbury. The



level of commitment to maintaining and improving our Training Program is high. Despite Consultants' busy clinical loads, trainees are well supported and seldom have difficulty getting their training needs met.

(We're not really this scary!)

IS THERE ANY LOCAL ASSESSMENT?

There is regular assessment of trainees and feedback is given throughout the Program. At the halfway point and at the completion of each six month attachment there is a formal opportunity for discussion of the trainee's progress with his or her Supervisor. Both areas of strength and areas for growth are identified and documented. Trainees are also asked to discuss and

formally document the quality of the training experience and supervision they have received.

WHAT ABOUT PART-TIME TRAINING OR BREAKS IN TRAINING?

Part-time training or a break in training is possible in Christchurch, provided there is a legitimate reason (eg: parenting) and adequate notice is given. Usually part-time training involves job-sharing with another part-time trainee. We encourage Trainees to gain international training experience and this can usually be bundled with the rural training requirement of 6 months..

WHO EMPLOYS EMERGENCY REGISTRARS?

The employing body for Emergency Med Registrars is Canterbury District Health Board.

As part of their employment contract registrars are required to work on-call and remuneration is calculated accordingly. Night shifts are done in blocks of 3-4.



Once a trainee is recruited into the Program annual re-appointment is normally guaranteed for up to four subsequent years, subject to satisfactory performance and payment of training fees. Training for longer than five years is certainly possible and is assessed on a case-by-case basis.

ARE THERE ANY OTHER ADVANTAGES OF TRAINING IN CHRISTCHURCH?



Christchurch - the Garden City - is a beautiful environment in which to live and work. It is a large city by New Zealand standards and so has all the amenities of a larger centre, but in a compact, accessible

form. City highlights include: The Christchurch Cathedral, city square precinct, various facilities of the University of Canterbury and the University of Otago's Christchurch campus, the Canterbury Museum and the new Art Gallery. Libraries, The renowned Christchurch Botanical Gardens, Hagley Park, Orana Park (the zoo) and numerous first class golf courses offer great days out.

Out of action at present are the Arts Centre, the Court Theatre, CBD restaurants, cafes and bars. The central business district suffered the most damage. Demolition work is almost completed and many new buildings are under construction. Retail and hospitality services around the CBD fringe and suburbs are up and running. Three quarters of greater Christchurch however suffered minimal to minor quake damage and has returned to normal day to day business.



Christchurch is the gateway to the Southern Alps and Banks Peninsula. The countryside surrounding the city offers outstanding outdoor recreation opportunities, such as biking, skiing, hiking, climbing, kayaking and boating. Our temperate climate results in cool winters and warm, pleasant summers.



Several beaches are within half an hours drive, from wild coastal to gentle harbour beaches.

Christchurch is the central access hub to the South Island. Beautiful destinations such as Queenstown, Mount Cook, Nelson, Dunedin, Fiordland

and Stewart Island are easily accessible from Christchurch.

WHO CAN APPLY TO BECOME A TRAINEE?

Usually, specialist training in Emergency Medicine begins after a minimum of one year as house-surgeon has been completed. Not infrequently, however, applications come from Registrars of other specialties and from General Practitioners. Applications are also regularly received from overseas doctors (usually at SHO or Registrar level) who wish to immigrate to New Zealand or to work temporarily in this country. Further information on New Zealand Medical Council requirements can be found on their website (www.mcnz.org.nz). New Zealand immigration information is contained at www.immigration.govt.nz.

The Training Committee tries to select those applicants who will make the best Emergency Physicians. Other considerations may include; the likelihood of an applicant completing the FACEM qualification, the likelihood of an applicant remaining in Christchurch and New Zealand as a consultant, and at which stage in training an applicant wishes to join the scheme if previous training has been done elsewhere.

Whatever your current circumstances are, don't hesitate to make contact with us if you are at all interested in Emergency Medicine training in Christchurch. We would be most happy to discuss things further and answer any questions you may have.



HOW TO APPLY

Further information on Christchurch, working for the CDHB, work visas etc:

<http://www.areyouupforthis.co.nz/>

For enquiries about recruitment, vacancies, salary etc

Aisling Gobl

Recruitment Specialist CDHB/WCDHB - Resident Doctors

email: areyouupforthis@cdhb.govt.nz

t: + 64 3 378 6051 or ext.86051

Christchurch Hospital, Christchurch

For enquiries about training, rosters etc

Dr Paul Gee or Dr Sarah Carr

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Sarah.Carr@cdhb.health.nz
John.Gallagher@cdhb.health.nz

NZ Medical Council requirements:

Medical Council of NZ **website:** www.mcnz.org.nz

P O Box 11649

Wellington **email:** mcnz@mcnz.org.nz

NZ

College requirements

ACEM **website:** www.ACEM.org.au

309 La Trobe Street

Melbourne

Victoria 3000

AUSTRALIA **email:** ACEM@ACEM.org.au

Application forms are available through:

Resident Doctor Support Team

Canterbury District Health Board

Private Bag 4710

CHRISTCHURCH