

## Training Practice Information provided for the new NES Website

In September 2009 we provided the information below for the new NHS Education for Scotland Website. We hope it might be of use to prospective GPST's wishing to come and train at the Practice, which has a long and very successful tradition of GP training.

- Name of practice
  - [Grantown on Spey Medical Practice](#)
- Name of trainer(s)
  - [Drs Julie McIlwaine & Sharon Hamilton](#)
- Name and contact details for Practice Manager
  - [Kathy Cockman](#)  
[01479 872484](#)  
[kathy.cockman@nhs.net](mailto:kathy.cockman@nhs.net)
- Who to contact for more information
  - [Kathy Cockman in the first instance](#)
  - [Website - \[www.grantownonspeymedicalpractice.co.uk\]\(http://www.grantownonspeymedicalpractice.co.uk\)](#)
- GPs including any special interests whether that be medical e.g. diabetes or non medical e.g. tennis
  - [Dr Stephen Mathers](#)
    - [Occupational Health, Finances, Management, Diabetes, Medical Student training, depressing Country & Western songs](#)
  - [Dr Boyd Peters](#)
    - [Management, Politics, Minor Surgery, diddli Irish music](#)
  - [Dr Lesley Pirie](#)
    - [Child Health, Child Protection, Guides, including regular trips to Guide HQ.](#)
  - [Dr Sharon Hamilton](#)
    - [Women's Health, IUCD insertion, Training, Singing in wigs](#)
  - [Dr Julie McIlwaine](#)
    - [IUCD & Implanon insertion, Training, Running further than her body thinks is wise](#)
  - [Dr Al Miles](#)
    - [Medical Student teaching, Minor Surgery, Running further than anyone thinks is wise](#)
- List size
  - [5200](#)
- Types of learner in the practice – Med student/FY2/GPST1/GPST3
  - [Med Student, ST1, ST3](#)
- Premises and staff
  - who shares the building
    - [Physio, Podiatrist, Smoking Cessation Adviser, Optician, Midwife, Visiting consultants, Prescribing Adviser. Attached to Community Hospital and Casualty.](#)
  - does trainee have their own consulting room
    - [Yes](#)
  - what software package is used
    - [Vision & Docman – we are paper light with a very high standard of computer software and technology](#)
  - clinical and teaching equipment
    - [TV & Video, well stocked library, full access to Internet InnoVAIT journal, high standard of clinical equipment eg ECG, Spirometry, 24hr BP, Cardiac Event Monitor, SaO2 Monitors, Dermalite, pan-ophthalmoscopes, BASICS bag with emergency equipment, including defibrillator & O2](#)
- Practice features e.g.
  - rural/urban
    - [Rural](#)
  - Dispensing
    - [No](#)
  - research activities
    - [None](#)
  - local enhanced services e.g. minor surgery, family planning
    - [Alcohol Brief Interventions, Alcohol Misuse, Anti – Coagulation, Anticipatory Care, Depression, Diabetes, DVT, First Response, IUCD/Implanon, MS, Near Patient Testing](#)

- Educational opportunities – this largely refers to in-house teaching or local arrangements rather than the GPST program
  - Weekly tutorials totalling 2.5 hours with either of the two trainers or with other GPs as appropriate. Huge variety of interests and skills within the Partners.
  - Opportunity to spend time with highly trained and highly functioning Nurse Practitioner, as well as other members of the MDT.
  - The Community Hospital plus small Casualty adds variety and interest to the job.
  - We cover a nursing Home plus two Residential Homes, giving the opportunity to learn more geriatric and social medicine
- Out of hours arrangements e.g. with trainer? Location? Hours/intensity?
  - No difficulty getting OOH shifts – covered by the previous trainer. 10hr shifts at the weekend up to the total number of required hours. Can occasionally be very busy, Nurse and Driver also on shift.
- Local NHS resources e.g. which hospital referrals go to
  - Raigmore, Inverness
- Career opportunities/future prospects for trainees
  - A large number of previous trainees stay within the area, and a huge number of Partners and the locums we use are previous trainees
- Accommodation – any special arrangements or advice
  - There is the possibility of staying in the hospital accommodation. The hospital can also provide staff meals.
- Locality features
  - This is a rural area with the vast majority of patients living in the town. The Practice area covers 400 square miles, although we have a low visiting rate.
  - This is a beautiful area within 30 minutes drive of both the Cairngorm and Lecht ski resorts. There are plenty of opportunities for walking, mountain biking, canoeing and numerous other outdoor activities.
  - There is a leisure centre in the town with a well equipped gym, swimming pool, badminton courts, spinning classes and other exercise classes.
  - There is both a primary school and a secondary school in the town, and it is an excellent place for children with a huge number of opportunities and classes.
  - There is a higher than average age of population, which has its challenges but is facilitated by the Community Hospital. The Casualty Dept gives the opportunity for stitching, X-Ray interpretation, dealing with minor emergencies.
  - We provide BASICS cover, so on occasion are called by the Ambulance Service to provide assistance.
  - We are 40 minutes drive to the city of Inverness. Tesco & Asda will deliver groceries if the local Co-Op is not enough!
  - Recent comments from our GPSTs:
    - “Its really interesting getting to know the local community and linking families together.”
    - “I never expected Grantown on Spey to be so techy.”
    - “In the past few weeks I’ve seen (in surgery) almost all the cases I had in the CSA”

Access our Practice website via:

[Grantown on Spey Medical Practice](#)