

Lister Hospital (Stevenage)

The Lister hospital is a large and busy district general hospital, which represents an amazing opportunity for trainees. The East and North Herts NHS Trust now provides acute and elective care to a large geographical area following a merger between the QEII hospital and the Lister onto one site in Stevenage.

The Lister hospital was historically part of the North Central registrar rotation with Imperial trainees attending the QEII in Welwyn Garden City. In 2104 the Lister merged with the QEII onto one site and is now one of the largest DGH's on the Imperial rotation. It provides unique insight into a regional hospital outside London.

As the first Imperial trainee to work at the Lister since the merger, I can see why it is one of the most popular places to work within the North Central School.

It comprises:

- Close to 650 inpatient beds serving a population of 500,000
- 19 theatres (several of which are brand new)
- 18 Critical Care Beds
- Approximately 5500 deliveries per year
- 44 Consultants

Surgical Specialties and Training Modules include:

- General surgery
- Urological surgery (tertiary centre with almost daily robotic surgery)
- Major vascular surgery (including emergency regional referral for AAA)
- Gynaecology
- ENT
- Orthopaedics (Primary and revision joint surgery and spines)
- Trauma
- Breast
- Plastics (Major flap surgery and regional plastics trauma referral)
- Paediatrics (Day case, ENT, General, Oral/Dental, Eyes, Plastics)
- Obstetrics
- Ophthalmic surgery
- Intensive care
- Chronic pain
- Level 2 Trauma Centre

Trainee perspective:

As a trainee I thoroughly enjoyed my time at the Lister. The department prides itself on being very friendly with excellent training opportunities. As a senior trainee it was particularly useful to gain experience of managing and supporting the on call team

whilst dealing with a challenging and unpredictable out of hours workload. I must admit it is one of the busiest hospitals I have ever worked in and I found it pushed me to the limit of my ability. However, I feel I am a better anaesthetist for it and importantly, the department is one of the most supportive I have worked in. I think it speaks volumes that I would be happy to go back tomorrow.

Local Education and Clinical Governance Opportunities:

The department run a weekly half-day of protected teaching and a Friday journal club/teaching. It has a monthly half-day rolling Clinical Governance meeting that often comprises some simulation and equipment training. There is a yearly Stevenage Anaesthesia Society meeting that has been awarded 5 CME points.

The department run several mandatory audits and encourages trainees to be involved in audit and quality improvement. The department actively seeks to publish completed projects as posters or publications.

The trust has a simulation centre and trainees with an interest in education are able to assist in simulation training.

Travel:

Many Imperial trainees are concerned about travel to and from the Lister but its closer to London than you might think. The Lister is just off the A1(M) and an easy drive from North London (traffic flowing in the opposite direction). It has fantastic train connections from Kings Cross, with fast trains taking only 25 minutes. The trust also subsidises travel for trainees.

Department Contact Details:

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