

2026-2028 Specialised Foundation Programme

# **SPECIALISED FOUNDATION PROGRAMME**

**Specialised Foundation Programme Lead**  
**Dr Athanasios Konstantinidis**  
Foundation Programme Director for Year 1

## General Information

There are 3 Specialised Foundation Programme (SFP) posts at East Lancashire Hospitals NHS Trust.

The East Lancashire Hospitals NHS Trust and Clinical Commissioning Groups provide services to the population of East Lancashire of approximately 510,000 people. Geographically it covers the Blackburn, Burnley, Hyndburn, Pendle, Ribble Valley and Rossendale areas. The posts are based in the Royal Blackburn Hospital and Burnley General Hospital.

The Trust offers a comprehensive range of “in” and “out-patient” services and provides outpatient clinics from a range of visiting tertiary specialties. There are full diagnostic services available on both sites and both sites are also fully supported by Postgraduate Education facilities, fully equipped libraries and subsidised staff gyms. The Trust also has several tertiary services which it provides to a larger area including Maxillofacial surgery and Hepatobiliary surgery who, amongst other specialties, undertake procedures using the De-Vinci Robot.

The Royal Blackburn Hospital new build opened in July 2006 and provides a full range of hospital services to adults and children. The new building includes state of the art in-patient facilities, centralised out-patients department, new operating theatres and Emergency Department.

Burnley General Hospital is East Lancashire Hospitals NHS Trust's site which specialises in planned (elective) treatment and most recently opened the new Urgent Care Centre Building. In November 2010, the Trust opened the £32 million Lancashire Women and Newborn Centre which includes East Lancashire's centralised consultant- led maternity unit along with a Level 3 Neonatal Intensive Care Unit, a midwife-led birth centre and a purpose-built gynaecology unit. Maternity services have been awarded the (RCM) Royal College of Midwives' Mothercare Maternity Service of the Year Award and have also been voted the best unit for Gynaecology training in the Country.

## The Foundation Programme at ELHT

There are 81 F1 and 90 F2 posts making ELHT a large Foundation Programme. There are 3 Foundation Programme Directors who take a very hands-on approach and are always keen to receive feedback about your training. There are regular Foundation Forums built in to protected teaching programme for you to give and receive feedback.

The Foundation teaching programme takes part every Thursday afternoon 1300-1700 for F1 doctors and every Thursday morning 0800-1200 for F2 doctors. Attendance is compulsory and you are protected from clinical activities in this time. Absences are authorised for study leave, annual leave and when on night duty, twilights or zero hours. The Teaching Programmes are continually updated and reviewed in response to the feedback given by Foundation Doctors. Towards the end of the F1 year and the beginning of the F2 year, the teaching programme also includes career sessions. The structure of the teaching sessions varies from lecture-based learning to small group workshops and simulation sessions. The Teaching Programme is delivered not only by consultants and trainees from within the Trust but by external companies to deliver aspects of the curriculum that can be difficult to deliver by traditional methods.

We host a Poster Day for Foundation trainees and invite other Trusts to give Foundation Doctors an opportunity to present their audits or quality improvement projects at a regional event.

Foundation doctors can take on extra roles such as Foundation Rep, Specialty Lead, Lessons Learnt Lead, Surgical Skills Foundation committee member, QI Foundation leads, Undergraduate Teaching lead roles and lead organiser for above mentioned Poster Day. Trainees are also encouraged to take part in several audits and service improvement projects. The Foundation Teaching Programme also includes peer led teaching and case presentations so that all Foundation doctors have exposure to teaching/training opportunities.

## Specialised Posts

All specialised posts are linked with Lancaster University as the Higher Education Institute (HEI). All Specialised Foundation Doctors (SFD) can apply for honorary researcher status at Lancaster University to have access to the University facilities and library privileges. All SFDs will have access to the Lancaster University's portfolio, which includes a range of research, education and leadership projects and opportunities in collaboration with university-based clinical and/or academic/specialised staff. SFDs will attend Specialised Teaching sessions hosted by Lancaster University and attended by SFDs from East Lancashire Hospitals, Lancashire Teaching Hospitals and University Hospitals of Morecambe Bay. There are available opportunities for involvement in teaching and appraising undergraduate students at the University of Central Lancashire. Research opportunities with the UCLAN are also available and the student will be signposted to these opportunities depending on availability at the time of post commencement. The trainee can apply for professional or educational/study leave to attend such activities in line with the Trust's and NHSE's professional/study/educational leave guidance.

The rotations include a variety of 4-month placements. Specific specialised tracks can be seen below.

Each of the three trainees will have a half day per working week protected for the specialised aspect of their training throughout both the F1 and F2 years. In each of the tracks, there will be one four-month block (highlighted in red) in which the trainee has a full day protected for the specialised component. Each will have the usual Clinical and Educational Supervisors with an additional Specialised Supervisor as named below. Dr Athanasios Konstantinidis, Foundation Programme Director Year 1 will be responsible overall for the Specialised Foundation Programme and ensuring that the specialised trainees are achieving their learning objectives. The specialised blocks are generally fixed in each of these tracks and changes will only be considered in exceptional circumstances and after discussion with the SFP Lead.

Track 3: F1: Emergency Medicine / General Medicine (Gastro) / **Breast Surgery**  
F2: Anaesthetics/Trauma and Orthopaedics/ General Practice  
Specialised focus: **Leadership and Management**,  
Supervisor: Dr Athanasios Konstantinidis

Track 4: F1: General Medicine (Gastro) / T&O / **Anaesthetics**  
F2: General Surgery / General Psychiatry / GP  
Specialised focus: **Research**,  
Supervisor: Dr Anton Krige

Track 6: F1: Breast Surgery / General Psychiatry / **Paediatrics**  
F2: General Practice/ENT/General Medicine and Diabetes  
Specialised focus: **Medical Education**, Supervisor: Dr Sukhbir Bhullar

\*Please note that your rotation order may differ from the above. Please contact the Foundation Programme Coordinator for East Lancashire Hospitals NHS Trust, Rocio Martin via [FoundationDoctors@elht.nhs.uk](mailto:FoundationDoctors@elht.nhs.uk) for further information on specific rotations and specialties.

# Detailed Post Descriptions

## Leadership and Management Specialised (Track 3)

*Lead: Dr Athanasios Konstantinidis, Consultant Paediatrician and Deputy Clinical Director for General Paediatrics, Foundation Year 1 Training Programme Director*

Email: [Athanasios.Konstantinidis@elht.nhs.uk](mailto:Athanasios.Konstantinidis@elht.nhs.uk)

Track 3 (2xFP 1xSFP) LEADERSHIP	General (Internal) Medicine	General Surgery	Emergency Medicine	Anesthetics	Trauma and Orthopaedics	General Practice
Additional Post Description	Gastroenterology	Breast				
Post Location	RBH	BGH	RBH (will include element of Urgent Care setting at BGH)	BGH	BGH	TBC (East Lancs Catchment area)

Dr Konstantinidis is the designated supervisor for this track. Dr Konstantinidis is currently the Deputy Clinical Director for General Paediatrics in ELHT. He is currently leading on outpatient productivity improvements and the implementation of GIRFT models in Paediatrics. Alongside this role, Dr Konstantinidis has various medical education roles including being the Training Programme Director for Year 1 at ELHT.

The personal development plan and goals for this track will be agreed during the specialised supervisor meetings. Please see below some development opportunities that are currently available.

### Education Theory / Personal Development

- **20 credits of PG Cert at Edge Hill University: HEA4117 module in Medical Leadership:**  
<https://www.edgehill.ac.uk/health/cpd-modules/medical-leadership-hea4117/>  
**This module is funded by NHSE. For information about enrolment and funding streams please contact the Foundation team at ELHT directly.**

### Leadership opportunities

- Year Rep for F1 and F2 and attendance at the regular Foundation Operational meetings and Forums.
- Lessons Learnt Lead with appropriate training and subsequently leading Lessons Learnt Lessons and other activities such as Poster Day event lead and careers events lead.
- Attendance at departmental morbidity and mortality meetings
- Acting as subject matter experts in clinical incident investigations
- Attendance at Trust Management meetings
- Shadowing leaders in the workplace
- Supporting Foundation Doctors in developing Leadership Skills.

### Research relevant to field

- Undertake a trainee-initiated research project in Trust or taken from portfolio with Lancaster University

### Quality Improvement

- Undertake a QI project (departmental/Trust Wide/Regional) with a focus on Leadership

## Clinical Research Specialised (*Track 4*)

*Lead: Prof Anton Krige, Perioperative Medicine Lead, Clinical Lead Enhanced Recovery Programs East Lancashire, Consultant in Intensive Care & Anaesthesia.*

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Track 4 (2xFP 1xSFP) RESEARCH	General (Internal) Medicine	Trauma and Orthopaedic Surgery	Anaesthetics	General Surgery	General Psychiatry	General Practice
Additional Post Description	Gastro			HPB		
Post Location	RBH	RBH	RBH	RBH (will include 5 days at BGH during on call block)	LCFT	TBC (East Lancs Catchment area)

Prof Krige supervises a Clinical Research Fellow to deliver local research projects in anaesthesia and critical care. There are also NIHR research nurses who deliver multiple NIHR multicentre studies in anaesthesia and critical care. Prof Krige is local PI for some of those studies. The research specialised foundation doctor could become part of that team if their specialised interest were in anaesthesia or critical care assisting with on-going projects, developing their own projects, contributing to the multi-centre studies with the possibility of becoming an NIHR Associate PI for once of them. Experience has demonstrated that it is challenging for an AFY to develop, deliver and complete a prospective clinical research study in their 2 years and better to participate in multiple on-going studies at different stages to gain experience of the full research pathway of high-quality studies. Alongside that they could undertake a systematic review as their own project which is a more realistic route to a successful publication as 1st author during the two years. There is some departmental expertise in systematic review & library support.

If their specialised interests and long-term career interest are in another specialty Prof Krige can sign post them & introduce them to specialised colleagues in that specialty. That colleague would then be their research supervisor for the specific project with Prof Krige remaining their overall SFS Specialised Supervisor with placement meetings to discuss progress and needs from the specialised perspective recorded & submitted on the Horus System.

If their interest is in surgical research that department at ELHT has a very strong group known as BRIDGES with ongoing projects and multiple surgeons with a specialised interest.

## Opportunities for learning and development

Opportunities for learning and development are listed below. This list should be discussed with your supervisor to individualise your own personal development plan. Those in bold are considered mandatory.

- **Good Clinical Practice Course**
- Recruit to National trials - including information giving, recruitment and data collection.
- **Involvement with local studies**
- Involvement with a few trials at different stages to include:
  - o **Data collection**
  - o **Analysis of data**
  - o **Research Ethics and NHS permission application process**
  - o Performing a literature search on a topic
  - o Developing a protocol for a new proposed study
  - o Grant application preparation alongside Dr Krige's grant writer
  - o Recruitment
  - o to already approved studies/trials
- Dissemination of results including manuscript preparation, meeting abstract and poster preparation and presentation
- **Liaise with the R&D department and gain insight into their role.**
- Attendance at National Meetings such as UK Critical Care Trials Forum at which there are educational research orientated workshops to attend.
- Opportunity to undertake relevant research courses such as the statistics course provided by UCLAN, study days provided by R&D department and if applicable, a module from the PG Cert in Clinical Research provided by Lancaster University.
  - All new SFD's are given a research induction to undertake in their 1<sup>st</sup> month's specialised sessions.

## Medical Education Specialised (Track 6)

Lead: Dr Sukhbir Bhullar

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Track 6 (2xFP 1xSFP) MEDICAL EDUCATION	Paediatrics	General Surgery	General Psychiatry	ENT	General (Internal) Medicine	General Practice
Additional Post Description		Breast			Endo & Diabetes. Weekly community placement in a multidisciplinary E&D clinic	
Post Location	RBH	BGH	LCFT		RBH	TBC (East Lancs Catchment area)

Dr Bhullar is the TSTL in Emergency Medicine and a Foundation Programme Director at ELHT. He supervises Higher Specialist Trainees, Foundation Doctors, and Medical Students. He has led several research projects which have been published in peer-led journals.

## Opportunities for learning and development

Opportunities for learning and development are listed below. This list should be discussed with your supervisor to individualise your own personal development plan. Those in bold are considered mandatory.

### Education Theory / Personal Development

- **20 credits of Edge Hill University PG Cert: Teaching and Learning in Clinical Practice module (CPD 4454)** [PGCert Teaching and Learning in Clinical Practice | Edge Hill.](#)