Essential Tool for FY1s

Log in is essential:
Windows log in is the same for UVZFP, Nerve-centre and ICE
iCRIS log in
iLab log in
Edis log in

UVZFP – view imaging XRAYs CTs MRIs
ICE- booking bloods, service referrals , imaging requests and view discharge letter, write discharge letter and look at patients blood results, imaging results also printing stickers for bloods
ILAB- look at blood and culture results
Nerve centre – find nerve centre on the desktop and then click on it click on option on call night – then fill in the jobs that needs to be done out of hours. You can use nerve centre to update handover as well.

Documenting in notes-
Use SOAP
Date WR – Dr……..
Time
Subjective- (patient reports on how they are feeling) any explanation of consultants with regards to procedure or diagnoses
Objective - (observations) (examination – chest / heart/abdomen & legs)
Assessment - (impression of differential diagnoses)
Plan – meds prescribed, ordering images, referrals, include if pt is discharged any follow up or note for GP
End - by SIGN NAME GRADE GMC number / BLEEP

Prescribing –
Have BNF on your phone best tip ever – get Athens user name and upload it
Some people have uptodate as well for update guidelines
Use **antimicrobial website** when your prescribing antibiotics this can be found either on desktop or use internet explorer search insite it can either work by opening ICE and other toolbar or go to internet explorer and through that
Hospital guidelines to manage emergency can be found on insite as well
To calculate creatinine clearance its online too –mdcal

Other tools that needs to be used to calculate is
Wells score on mdcal for PE/DVT
CHADVAS score for AF
Many more but all can be found in oxford handbook foundation programme or clinical medicine

Reviewing patient: use ABCDE method
DATE ----ATSP (asked to see patient) then your grade and name
TIME   - summary of patient problem with hx of patients symptoms
Patients observation then

- A- airway
- B- Breathing
- C- Circulation
- D- Disability
- E- Exposure

Plan - Always consider a senior review if you are unsure after your initial assessment. Let nurses

know of any medication you want giving out of hours as stat doses. If you do bloods or order investigations, remember to chase them as well or handover appropriately.
Sign name, grade, bleep

Priortise out of hours - sick patients first!

Conducting own ward round

1. Check details of admission
2. Check recent bloods other investigations
3. Check observations including fluid chart n stool chart even weight chart
4. Check drug chart
5. Then read previous plans of doctors
6. Read other speciality comments in the notes
7. Gather information on how the patient feels
8. Do relevant examinations
9. Then document in the notes as mentioned earlier – be clear in what you write always.

Eportfolio - Horus

- Get a username and familiarise yourself
- Learn how to send tickets to doctors/ nurses (get accessible email address)
- Then for each attachment
- 3 Blocks – each 4 months
- per block – need 2 case based discussed (cases that you discuss with a senior CT1 & above not FY2/FY1)
- 3 minicex (observed history taking or examination),
- 3 dops (observed procedures can be the same as 15 core procedure
- 15 core procedure – which can be throughout the year get the procedures done earlier
- If you aim high you don't need to stress towards the end NOT having enough.
- Additional to this – 2 tab rounds of 10 tabs

each of different healthcare professionals.
- make sure for each block you get education supervisor to meet up as well as clinical supervisor and send them tickets to get evidence send back to your eportfiolo as a proof for completion of mandatory guidelines
- similarly end of any attachment needs to be signed off by the clinical supervisor and educational supervisor.
- Keep on top of reflections as these will help provide evidence to your curriculm
- Use ARCP checklist as your guide there will be more things that you need to do to ensure you move from FY1 to FY2
- Once you have done all above for 3 blocks then link all to foundation curriculum outcome FY1
- You also need to do the mandatory e learning and script packages to pass

Written by
Dr Shanthakumaran
Foundation Year 1
August 2016

Updated by
Dr Rashi Malhotra
Foundation Year 1
August 2017