

The NHS logo, consisting of the letters 'NHS' in white on a blue rectangular background.

East Suffolk and  
North Essex  
NHS Foundation Trust

The logo for The ICENI Centre, featuring the word 'The' in a small font above 'ICENI' in a large, bold font with a white heart rate line through the 'E', and 'Centre' in a smaller font below it.

THE ICENI CENTRE  
INTERNATIONAL  
FELLOWSHIP  
PROGRAMME  
**JOIN US IN 2022**

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"The ICENI Centre has been at the forefront of minimal access training for more than 30 years. During that time our consultants have lectured and demonstrated laparoscopic surgery all over the world and received fellows for training from every continent. Our purpose built centre opened in 2011 and has expanded its training to a wide range of courses in many specialties, which are described in the following pages. We look forward to welcoming you."

**Professor Roger W. Motson**  
*President, ICENI Centre, ESNEFT*

# WELCOME

The ICENI Centre would like to welcome any international fellow who wishes to train in the NHS at Colchester and Ipswich Hospitals. Our NHS Trust is one of the largest Trusts in the East of England offering a wide range of training opportunities and clinical exposure across the surgical and medical specialities.

Our programme provides personalised support from clinical and educational supervisors and easy access to ICENI Centre courses and virtual reality simulators. The fellowship programme also supports your welfare, family set up in England and social events during your stay.



**Mr Adam Howard** FRCS BSc MD

Consultant Vascular Surgeon  
and ICENI Centre Clinical Director,  
East Suffolk & North Essex (NHS)  
Foundation Trust



The  
ICENI  
Centre



The ICENI Centre

ABOUT US //

# THE TRUST

## EAST SUFFOLK & NORTH ESSEX NHS FOUNDATION TRUST

### ACUTE HOSPITALS



Colchester Hospital Ipswich Hospital

### Acute services

- Outpatient medicine and surgery
- Emergency medicine and surgery
- Obstetrics, maternity and paediatrics
- Elective medicine and surgery (inc. cancer)
- Diagnostics and oncology
- Specialist services

### COMMUNITY SERVICES



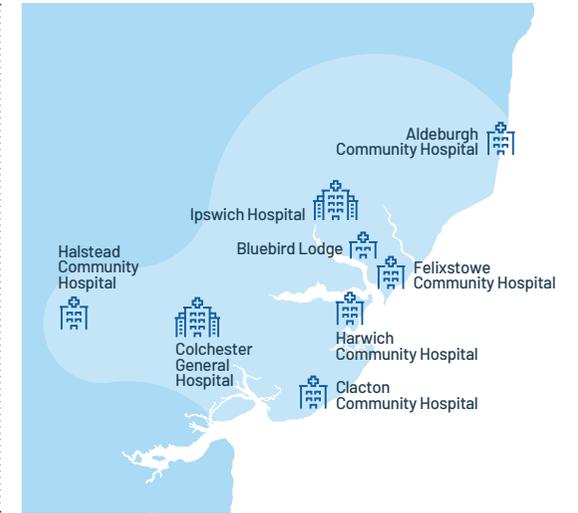
6x Community Hospitals Community Nursing & Therapies

### Community services

- Elderly medicine
- Rehabilitation
- Outpatient services
- Rapid response admission avoidance
- Social care and primary care liaison

## WHERE WE WORK

10,000 staff working across the region in hospitals, clinics, the community and the home



We are one of the **largest** Trusts in the **East of England**



The Trust is responsible for the healthcare of a **community** of over **1 million**



**Outpatient** attendance per year is approximately **1.25 million**



**Inpatient** spells per year are approximately **200,000**



**A&E** attendance per year is approximately **212,000**

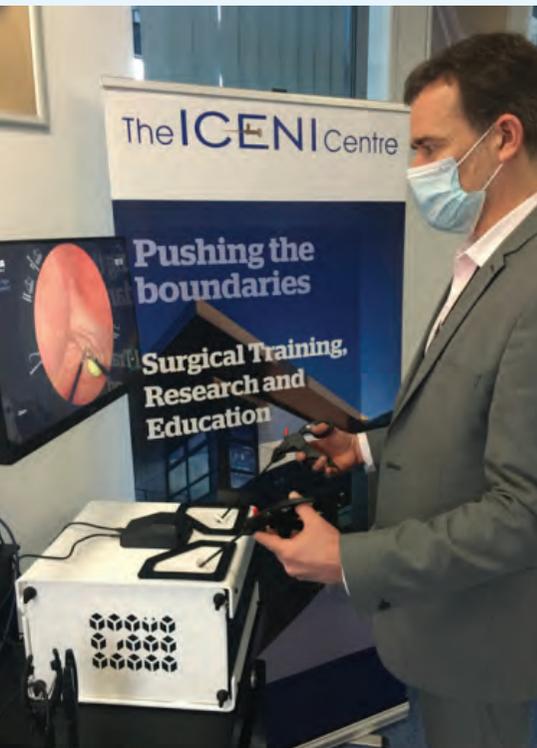
# TRAINING FACILITIES

The ICENI Centre is a purpose-built medical education and training centre based at Colchester Hospital. The Centre delivers training both on-site and remotely using state of the art augmented and virtual reality simulation equipment in robotic surgery, laparoscopy, hysteroscopy, endovascular, ophthalmology and endoscopy. Our educational portfolio also includes courses using cadaveric and animal tissue, live surgery events and online events for thousands of learners. The East Anglian Simulation and Training Centre, based at Ipswich Hospital, has a suite of simulation rooms providing multidisciplinary healthcare education using high fidelity patient manikins and a clinical skills lab for wet tissue courses.



Each Fellow will receive an ICENI Centre offer that includes:

- Attendance on ICENI Centre course(s) of your choosing worth up to £750\* plus a Human Factors course, free of charge
  - Regular and free access to the ICENI Centre Skills Lab, VR simulation equipment, and a clinical mentor
  - An induction and 'Welcome to the UK Practice Workshop' led by the GMC, held at the Centre
  - Free attendance at a series of GMC ICENI led courses to support your continuous professional development. The programme includes topics such as end of life care, consent and leadership and management.
  - An invite to be faculty on ICENI Centre courses (dependent on level of experience)
  - An opportunity to represent the ICENI Centre and deliver presentations locally and internationally
  - An opportunity to take part in supervised audits and research projects
  - An ICENI Centre e-log book to record your clinical portfolio, signed off by your educational/clinical supervisor
  - An ICENI Centre International Fellowship Certificate
- \*Cadaveric courses may be available, on request



"We are delighted that we have been able to recently upgrade our simulation suite to include fantastic augmented and virtual reality simulation equipment. We are one of a small handful of centres in the UK to have invested in this specialist kit, which will play a vital role in keeping us at the cutting edge of technical skills education."

**Consultant Greg Wynn**  
Lead Clinical Director of  
the ICENI Centre

(Pictured left)



**Amy Sinclair**  
ICENI Centre  
International  
Fellowship &  
Training Officer

**The Trust has employed a dedicated ICENI Centre International Fellowship and Training Officer, Amy Sinclair. Amy's role is to support the running of the fellowship programme – this commences with your application and continues throughout your 1-2 year training and beyond!**

Amy welcomes the opportunity to assist you, and your family, with welfare support during your stay in the UK. The ICENI Centre aims to ensure your experience, not only at work but, whilst settling into life in a new country is as smooth and enjoyable as can be.

Amy oversees the ICENI Centre International Fellowship Alumni Group. Creating a unique community of healthcare professionals and developing networking opportunities, for like-minded clinicians, from across the globe – the benefits of your experience with us will just keep growing!

# ANAESTHETICS / CRITICAL CARE



The ICENI Centre International Fellowship offers anaesthetic experience for Laparoscopic Colorectal Surgery (including robotic surgery) Urology (including major cancers), ENT, Trauma and Orthopaedics, Vascular Surgery, Acute and Chronic Pain, Gynaecology, Breast Surgery, Obstetrics, Critical Care and Perioperative Medicine with Preassessment.



The successful Fellow will have a clinical supervisor/mentor allocated to them, to help them settle in and achieve the best possible experience from this placement.

#### Education & training opportunities include:

- An active audit programme with monthly meetings and the chance to present local audits.
- The opportunity to write abstract and poster submissions to regional and national meetings.
- Attendance at national meetings and there are a number of excellent conferences to choose from such as the Annual Scientific Meetings of AAGBI, RCOA, OAA, DAS, FICM and EBPOM.
- Attendance at weekly departmental trainee teaching sessions and the department has a SimMan model for teaching and training purposes.
- The opportunity to take part in the 1:8 trainee rota, covering nights and weekends on call in Theatres, Critical Care or Delivery Suite (obstetrics).

Clinical leads & Educational / Clinical supervisors may include:



**Dr Kate Gardner**  
MBBS, FRCA

Clinical Lead: Anaesthetics  
Specialist interest: Obstetric and Emergency anaesthetics

**Dr R Kadayam Sreenivasan**  
MBBS, MD, FRCA

Clinical Lead: Critical Care  
Specialist interest: PoCUS

**Dr Mohamed Ramali**  
MBBS, FRCA

Educational Supervisor  
Specialist interest: Critical Care and Research

# BREAST SURGERY



The department offers a comprehensive portfolio of breast services for the assessment and management of breast diseases. Across the Trust approximately 750 breast cancers are diagnosed annually via the symptomatic and dedicated NHSBSP screening services with a collaborative multi-disciplinary team approach to cancer management. The family history services are supported by close links with Great Ormond Street and Addenbrookes genetics teams and the innovative regional risk management MDT feed into the high-risk screening programme.



Colchester Hospital's £2m Breast Unit completed in 2018. Plans for a £5.3m Breast Care Centre at Ipswich hospital have been approved and due to be completed in Spring 2022.

#### Sub-specialties include:

- Radiology including digital mammography, breast tomosynthesis, vacuum biopsy and breast MRI.
- Oncology including a full range of neoadjuvant and adjuvant systemic therapy and radiotherapy services.
- Oncoplastic breast surgery including therapeutic mastopexy, skin/nipple sparing mastectomy and subpectoral and pre-pectoral implant reconstruction and local chest-wall perforator flaps as well as mastopexy, augmentation and lipofilling for symmetrisation.

#### Education & training opportunities include:

- The opportunity to participate in rapid diagnostic clinics, wound care, multidisciplinary work and advanced breast surgery.
- An extensive range of breast surgery training, excluding free flap surgery.
- Autologous tissue-based reconstruction in conjunction with the plastic surgeons from the St Andrews unit in Chelmsford via joint clinics and lists.
- The opportunity to be actively involved in a number of local and national research trials.

#### Clinical leads & Educational / Clinical supervisors may include:



**Mr Hussein Tuffaha**

Mr Tuffaha is an associate member of the Faculty of Surgical Trainers in the Royal College of Edinburgh. He covers all aspects of breast benign and malignant diseases, with an extensive repertoire of oncoplastic and reconstructive breast procedures. His areas of interest and expertise focus on achieving safe cancer outcomes while obtaining the best cosmetic result for the patient.



**Miss Sunita Saha**

Miss Saha is an Educational Supervisor for breast services and a regular trainer for regional and RCSEng courses. In addition to her surgical qualifications, she has a PGCertMedEd from the University of Dundee as well as MS in oncoplastic breast surgery from the University of East Anglia.



The department has excellent cardiac imaging services with an advance CT scanner that can acquire images of coronary arteries in a single heartbeat. The Trust has recently upgraded the myocardial perfusion scanner and has just started cardiac MRI. Our echo services regularly use 3D and strain imaging. We are building a brand new cardiac catheter lab, due to open at the end of 2021. The Trust ranks highly in national audits.

**Sub-specialties include:**

- Cardiac Imaging
- Pacing
- Coronary Artery Disease
- Heart Failure

**Education & training opportunities include:**

- Exposure to a wide range of cardiological conditions with opportunities to manage ischaemic heart disease, heart failure and arrhythmia within inpatient and outpatient settings.
- Exposure to diagnostic coronary angiography, pacemaker and loop recorder implantation, as well as transoesophageal echocardiography in the catheter lab.
- The opportunity to gain expertise in acute medical conditions and may participate in acute medical take if desired.
- Attendance at echocardiography sessions, clinics and cardiology ward rounds. Potential to complete enough echocardiography studies to complete the British Society of Echocardiography accreditation.
- Opportunities for coronary intervention or specialise device exposure in later years if here for 3 years.



**Clinical leads & Educational / Clinical supervisors may include:**

**Dr Mark Scoote** *BSc, MSc (med ed), MBBS, PhD, FRCP*

Dr Scoote's main clinical interest is cardiac imaging. He was awarded a PhD investigating the pathophysiology of molecular mechanisms that lead to cardiac muscle contractile failure from the National Heart and Lung Institute, Imperial College, London in 2004. Dr Scoote is currently Clinical Lead for Cardiology at Colchester Hospital and is also the training programme director for speciality training in Cardiology for Health Education East of England. He was awarded an MSc degree in medical education in 2019 reflecting his interest in postgraduate cardiology training.

# CARE OF THE ELDERLY



The department currently has 8 Consultants with individual sub-speciality interests that allow them to provide SPR level mentoring. The department has responsibilities both for acute geriatrics beds and outpatient activities. A real strength of the department is an excellent opportunity to learn/observe integrated care (between hospital and community). There are 21 junior doctors in the department covering all ranges of doctors in training (FY1 and 2 IMT, SPR, GP training posts).



#### Clinical leads & Educational / Clinical supervisors may include:



##### Dr Julie Brache

Dr Julie Brache is the Clinical Lead for Older People's Services at Ipswich Hospital. She is a recognised GMC educational/clinical supervisor. Her interest as subspecialty is orthogeriatrics and she runs the tilt table service at Ipswich Hospital.



##### Dr N Aftab

Dr N Aftab is the Clinical Lead for Older People's Services at Colchester Hospital. He is a recognised GMC educational/clinical supervisor. His interest as subspecialty is movement disorders and he runs a weekly clinic at Colchester Hospital and at community hospitals to provide a comprehensive service.

#### Sub-specialties include:

- Community Geriatrics
- Frailty Assessment Base (Hot clinic for Comprehensive Geriatrics Assessment for sub-acute presentations and admission avoidance)
- Movement Disorders
- Stroke Medicine
- Orthogeriatrics
- Acute Geriatrics

#### Education & training opportunities include:

- Training in Community Geriatrics (inpatient rehabilitation at community hospital liaison with Integrated neighbour teams, community falls clinic and working closely with REACT to keep frail persons experiencing a crisis in their own home).
- Training in Comprehensive Geriatrics Assessment via Frailty Assessment Base.
- Training in tilt table testing.
- Training in movement disorders (outpatient clinic and inpatient liaison).

The Fellow will be expected to lead a quality improvement project (QIP) with supervision from his/her educational supervisor.

# GENERAL SURGERY



The department consists of 21 Consultants. Robotic surgery was introduced to the Trust in September 2020. The Colchester Unit is a national laparoscopic training unit, undertaking around 200 laparoscopic colorectal resections per year. This work has been facilitated by the installation of two elective main theatres and one emergency state of the art, integrated, high definition, 3D ready laparoscopic theatre. Ipswich Unit has subspecialist interest in IBD/pouch surgery, pelvic floor surgery, colorectal cancer surgery including laparoscopic complete mesocolic resections, laparoscopic TME surgery for rectal cancers, TaTME and TAMIS.



#### Sub-specialties include:

- Laparoscopic Emergency Surgery
- Robotic Surgery
- IBD
- Pelvic Floor Disorders

#### Education & training opportunities include:

- Access to dedicated colonoscopy training lists recognised under JAG training programme.
- The opportunity to be involved in cytoreductive surgery with gynae-oncology colleagues in complex gynaecological pelvic malignancies.
- The opportunity to perform 20 laparoscopic right colonic resections and 20 laparoscopic anterior resections.
- The opportunity to undergo dedicated laparoscopic modular training in colorectal surgery with the aim to perform independent resections at the end of training.
- The opportunity to train in modular laparoscopic colorectal surgery including CME, TME, TaTME, and TAMIS with access to other lists for training into IBD and pelvic floor disorders.
- The opportunity to perform advanced laparoscopic procedures including bile duct exploration, splenectomy, TAPP, TEPP and incisional hernia repair including assisting gynaecologists in the treatment of endometriosis.
- Guidance & mentorship to sit FRCS /EBSQ examinations if undertaken.
- The opportunity to publish research and complete audits.
- An introduction into NHS systems which includes stress on communication and interpersonal skills, with on-call system.

#### Clinical leads & Educational / Clinical supervisors may include:



#### Mr Arshad Malik

Mr Malik provides 'personalised cancer care' services for colonic and rectal cancer and laparoscopic management of IBD/UC/ Crohn's disease including pouch surgery. He holds specialist clinics in management of pelvic floor disorders as well as providing laparoscopic management of abdominal wall hernias and gallbladder problems. He is an accredited (JAG) 'colonoscopy trainer.'



#### Mr Abhilash Paily

Mr Paily is a General Surgery Consultant with subspecialty interest in colorectal surgery. His practice includes laparoscopic colorectal cancer surgery, proctology (surgery for haemorrhoids, anal fissures and anal fistulae) and pelvic floor diseases, as well as general surgical conditions such as laparoscopic cholecystectomies, hernia repairs, emergency surgery & colonoscopy.

## DEPARTMENT //

OBSTETRICS  
& GYNAECOLOGY

Consultant Barry Whitlow training one of our Fellows on the Da Vinci XI console

The department offers specialist services in Minimal Access Surgery & Ambulatory Gynaecology and Fetal-Maternal Medicine together with General Obstetrics & Gynaecology, Reproductive Endocrinology and Assisted Reproduction, Gynaecology Oncology and Urogynaecology. The department has invested heavily in high fidelity dry and wet lab hysteroscopic models and instruments. It also has augmented reality laparoscopic trainers with metrics for feedback of learning and progress.

**Sub-specialties include:**

- Minimal Access Surgery & Ambulatory Gynaecology:
  - Advanced Endometriosis Surgery
  - Robotic Surgery
  - Uterine Surgery including hysteroscopic procedures
- Fetal- Maternal Medicine:
  - Fetal abnormalities; invasive procedures; amniotic fluid disorders
  - High risk Obstetrics; fetal growth restriction
  - Maternal Medicine clinics
  - Intrapartum Ultrasound; obstetric ultrasound

**Education & training opportunities include:**

- Access to state of the art augmented reality and high fidelity models allowing Fellows to perform myosure, novasure and transcervical resection of fibroids and the endometrium as well as division of intrauterine adhesions.
- Training in laparoscopic hysterectomy and laparoscopic myomectomy, ovarian cystectomy excision of endometriosis and salpingotomy backed up by live regular theatre sessions.
- The opportunity to become an active member of faculty on regular courses in minimal access surgery run at the ICENI Centre; moreover to participate in audit and research projects.
- Training in fetal anomaly scanning, first trimester scanning, management of fetal growth disorders and maternal and fetal doppler.
- Exposure to invasive techniques in fetal medicine, advanced fetal imaging and fetal echocardiography.
- Theoretical and practical training in intrapartum ultrasound. This includes attendance to labour ward, exposure to management of patients during labour.
- Participating in maternal medicine clinics, perinatal morbidity and mortality, high obstetrics/maternal and fetal medicine MDT meetings.

**Clinical leads & Educational / Clinical supervisors may include:**



**Fadi Alfaily** MRCOG

Mr Alfaily is the Clinical Lead for Ambulatory Gynaecology and Maternal Medicine services. He runs and provides training in Maternal Medicine clinics such as cardiology, haematology, diabetes, gastroenterology and endocrine clinics.



**Wassim A Hassan** MD, PhD

Dr Hassan is Lead for Fetal Medicine & Prenatal Screening. He developed this service and introduced invasive procedures & advanced Fetal imaging techniques. He has advanced operative skills in complex benign gynaecology. He developed novel imaging methods in intrapartum ultrasound.



**Barry Whitlow** MD MRCOG

Mr Whitlow has overseen delivery of both advanced laparoscopic courses (using a personally developed, award-winning high fidelity simulator) and a masters course in Minimal Access Gynaecological Surgery. He currently performs weekly all day robotic gynaecological surgical lists including robotic hysterectomy and excision of endometriosis, this is only one of a handful of such units throughout the UK.

# OPHTHALMOLOGY



The ICENI Centre International Fellowship Programme can provide an advanced-grade training position at Senior Specialist Registrar or post-CCST level in Ophthalmology.



The Trust offers a highly equipped tertiary level service with Victus & Teneo femtosecond & excimer laser for cornea & cataract, NGENUITY 3D heads-up operating microscope, fully equipped diagnostics including anterior OCT topography, UBM, wavefront and 3D imaging.

**Sub-specialties include:**

- Glaucoma
- Retinal Diseases

The glaucoma fellowship is to be based at The Colchester Eye Centre of Excellence (CECE). The Centre has developed a particular sub-specialty interest with a strong portfolio in minimally invasive as well as advanced glaucoma surgery, ophthalmic lasers (including refractive and femtosecond laser) and high-volume - routine and complex - cataract surgery. Leica Proveo 8 surgical microscopes, as well as NGENUITY 3D system, are utilised in Theatres. There is an annual conference on MIGS Surgery with wet-labs and interactive presentations.

The retinal fellowship programme based at Ipswich Hospital focuses on medical and surgical retina depending on the candidate's interest and prior experience. Cataract surgical experience will also be available and can focus on complex cataract surgery for the experienced trainee. Support will be available for those with an interest in research.

**Education & training opportunities include:**

- A wide exposure to modern MIGS / Glaucoma Surgery / Lasers.
- The opportunity for involvement in glaucoma research MC-RCT (i.e. XPLORE / TRITON).
- Regular ESNEFT Audits (Trabs / Tubes / MIGS).
- Teaching medical students (UEA, Cambridge, Anglia Ruskin).
- Participation in a 1-in-7 on-call rotation (EWTD compliant).
- Generous support from Consultant Educational Supervisors.
- Publications in peer-reviewed journals.

**Clinical leads & Educational / Clinical supervisors may include:**



**Chrys Dimitriou** MBChB (Hons) • FRCOphth (Lond) • FEBOphth (Paris) • FEBOS (Glaucoma) • PGCertMedEd (Healthcare)

Mr Dimitriou is the Glaucoma Lead at the CECE and an active RCOphth College Tutor with keen interest in education. He started the ASTO/TSC Glaucoma Fellowship programme. He specialises in all aspects of modern glaucoma surgery and lasers, with particular interest in MIGS devices, aqueous shunts, trabeculectomy and complex cataract surgery. He is a proficient high-volume cataract surgeon. In 2019, he humbly received Level 2 Clinical Excellence Award for services in Ophthalmology by the Trust.



**Deepak Vayalambrone** MBBS, FRCOphth

Deepak Vayalambrone is the current Clinical Lead for Ophthalmology at ESNEFT and Undergraduate Specialty Tutor in Ophthalmology for students from the University of Cambridge. Specialist interests include surgery for complex cataracts, vitreoretinal surgery, diabetic retinopathy and ocular trauma.

# TRAUMA & ORTHOPAEDIC / KNEE



There are currently 30 Trauma and Orthopaedic Consultants across both Colchester & Ipswich Hospitals offering the full range of management of all trauma and orthopaedic problems, including upper limb, paediatric, foot/ankle, hip and knee surgery. We offer specialist knee surgery in the form of complex revision arthroplasty, custom made implants, patient specific osteotomy and multi-ligament knee reconstruction.

ESNEFT recently became the first NHS hospital Trust to fully acquire the Smith and Nephew Navio robotic assisted surgical system. Therefore, we also offer robotic assisted unicompartmental knee replacement, total knee replacement, patello-femoral joint replacement and revision total knee replacement. There are advanced plans for a brand new high-volume 6-8 theatre elective Orthopaedic Centre which will be used by both sites.

The ICENI Centre International Fellowship will offer any orthopaedic specialty training but specifically in complex knee surgeries. There would be an opportunity to gain experience in other sub-specialties.

#### Sub-specialties include:

- Upper limb
- Foot/ankle Surgery
- Paediatric

#### Education & training opportunities include:

- The opportunity to be trained and to perform primary hip and knee replacement as well as robotic assisted surgery depending on levels of experience.
- The potential to perform more complex procedures such as revision TKR and soft tissue knee procedures.
- The opportunity to complete audits and a research paper.



*Pictured opposite: Consultants, Mabs Alam, and Tim Parratt (foreground)*

#### Clinical leads & Educational / Clinical supervisors may include:

##### Mr Tim Parratt

Consultant T&O Surgeon, Clinical Lead: Knee revision/robotic assisted knee surgery  
Specialist interest: Knee/hip arthroplasty

##### Mr Mabs Alam

Consultant T&O Surgeon (Colchester Education Lead)  
Specialist interest: Knee arthroplasty/osteotomy/soft tissue reconstruction

##### Mr Ryan Wood

Consultant T&O Surgeon  
Specialist interest: All knee surgery -complex osteotomies/revision & ACL research

##### Mr Chris Servant

Consultant T&O Surgeon  
Specialist interest: Knee surgery

##### Mr Mark Loeffler

Consultant Orthopaedic Hip/knee Surgeon

##### Mark Bowditch

Consultant Orthopaedic Knee Surgeon  
Head of School of Surgery, Health Education England, East of England  
Specialist interest: All aspects of knee surgery

# TRAUMA & ORTHOPAEDIC / SPINAL



The Trust has a Spinal Unit based at Ipswich Hospital with 8 full time Spine Consultants providing a Spine Service for a population of over 1 million. Ipswich Hospital is a designated tertiary referral centre dealing with all adolescent and adult pathologies including Trauma, Degenerative Pathology including Deformity Correction and Spinal Tumours. The Spine Unit undertakes over 700 elective operations and 100 emergency interventions in a year. Our theatres are equipped with state of the art 4K – microscopes, fluoroscopy, carbon fibre radiolucent table and neuro-monitoring.



#### Clinical leads & Educational / Clinical supervisors may include:



**Saajid Kaleel** MBBS MRCS FRCS  
Consultant Spinal Surgeon  
Education Lead: Ipswich Spine Unit



**Alastair Hudd** MB, ChB, BSc  
Consultant Spinal Surgeon  
Clinical Lead: Spinal Surgery

#### Sub-specialties include:

- Anterior Spinal Surgery
- Lateral Lumbar Surgery
- Minimally Invasive Surgery

#### Education & training opportunities include:

- The opportunity to be trained and perform the following procedures: interbody fusions: ALIF, TLIF and LLIF, adult degenerative and young adult deformity correction, anterior and posterior procedures for tumour, infection and myelopathy, cervical disc arthroplasty, decompression and stabilisation of all areas of spine and minimally invasive surgery. All procedures are registered on the British Spine Registry which we utilise to collect patient reported outcome data.
- The opportunity to take part in weekly multidisciplinary meetings and regional multidisciplinary meetings every quarter.
- The opportunity to receive clinical support by the Spine Unit to complete your MD/PhD through collaboration with the University of Cambridge and Exeter.
- The opportunity to take part in multicentre studies.
- The opportunity to be part of a dedicated team to manage spinal cord injured patients.



### The ICENI Centre International Fellowship Programme can provide a mid-grade training urology post at Specialist Registrar or post SPR level.

The Urology Unit currently has 12 Consultants across both Colchester and Ipswich Hospitals with individual sub-speciality interests that allow them to provide SPR level mentoring. There are 5 upper tract surgeons specialising in both open as well as laparoscopic renal surgery including nephrectomy and pyeloplasty. In addition there are 6 stone surgeons offering complex stone surgery including all modalities of PCNL and ultra-mini PCNL with own access. The department has 4x 100 watt Holmium lasers with considerable expertise in Holmium laser enucleation of the prostate.

#### Sub-specialties include:

- Endourology
- Cancer

#### Education & training opportunities include:

- The potential to learn laparoscopic radical prostatectomy, radical nephrectomy and pyeloplasty procedures.
- One-on-one training in theatre and outpatients tailored to each individual fellow's level.
- Participation in a 1 in 7 prospective on-call EWTD compliant rota.
- The opportunity to contribute to publications in various journals.
- The opportunity to join the 2 year part time MSc programme in Urology run by Anglia Ruskin University, Cambridge that includes a one week teaching module at ARU and a second clinical week at Addenbrooke's Hospital, Cambridge.



#### Clinical leads & Educational / Clinical supervisors may include:

##### Gerald Rix

Mr Rix is the Clinical Lead for Urology at Colchester Hospital. He started the urology fellowship programme and the department has trained urology fellows at Colchester for over 15 years. He specialises in renal surgery including stones and laparoscopy. He teaches laparoscopic nephrectomy and laparoscopic pyeloplasty as well as PCNL, including how to obtain independent access to the kidney. The urology department has 2 high power lasers for stones and HoLEP laser prostatectomy. Mr Rix is a recognised HoLEP mentor and has trained a number of colleagues both in the UK as well as abroad.

# VASCULAR



The Five Rivers Colchester and Ipswich Regional Vascular Unit covers a population of approximately one million across North Essex and East Suffolk. There are 7 Vascular Consultant Surgeons, 5 Interventional Radiology Consultants, 7 Registrars, 6 Specialist Vascular Nurses and a large team of Junior Doctors and Nurses that treat our patients across our network of hospitals for emergency and elective vascular conditions.



The Trust offers complex elective open vascular surgery for aortic aneurysms, thoracic outlet syndrome rib resection, distal bypass and renal access. The department has a mature endovascular programme providing FEVAR, CHEVAR, EVAR, EVRF and lower limb revascularisation.

#### Sub-specialties include:

- Specialist laparoscopic tertiary referral care for complex endoleaks
- Endurance athletes' iliac endofibrosis
- Median arcuate ligament syndrome

#### Education & training opportunities include:

- The opportunity to perform open and endovascular surgery in hybrid theatre.
- Teaching on interventional radiology lists.
- Teaching on laparoscopic vascular surgery.
- Access to the Mentice G7+ endovascular simulator in the ICENI Centre.
- The opportunity to become a member of the Vascular oncall team and access to emergency vascular and trauma surgery.
- Weekly MDT, governance and educational meetings
- Research and audit projects with CV building.



#### Clinical leads & Educational / Clinical supervisors may include:



**Mr Adam Howard** FRCS BSc MD

Mr Howard is an ICENI Director and was Clinical Director of Vascular Surgery from 2015 to 2021. He enjoys all areas of vascular surgery and specialises in laparoscopic aortic surgery, EVAR, first rib resection, diabetic foot distal bypass and leg ulcers. He regularly presents at the VS GBI and Charing Cross Symposium and is involved with leg ulcer and endoleak research.



**Mr Choksy** BSc, MBBS, MD, FRCS

Mr Choksy has expertise in open and endovascular aneurysm surgery. He is Clinical Lead for the regional vascular department from 2021, the local Aneurysm Screening service and Associate Lead for regional training. He has vast experience in carotid endarterectomy, distal bypass, FEVAR and complex renal access surgery.

# WHAT OUR FELLOWS SAY



**Galia Ali A Jadarim**  
*Current Breast Fellow*

"I have a great team of clinical and educational supervisors, they set a clear plan for the two years and they supervise each step in my training"



**Allesandra Lazzaro**  
*Former Colorectal Fellow*

"I improved my skills and independency"



**Fareed Shaikh**  
*Former Vascular Fellow*

"A fabulous year for my whole family and myself"



"As an ICENI Fellow in Gynaecology, I have access to high quality simulation training for laparoscopy and hysteroscopy in the ICENI Centre. New equipment of the latest technology was brought in recently, and I cannot wait to start training in the Centre's safe and stress free environment using the virtual and augmented reality technology."

**Hara Koukouli**  
*Current ICENI O&G Fellow training on the Da Vinci Intuitive XI console*

→ [Read full testimonials here:](#)

**LIVING HERE //**

# OUR COMMUNITY & THE SURROUNDING AREA

Colchester is the oldest recorded Roman town in Britain and situated approximately 50 miles north-east of London, with direct rail links into London Liverpool Street. The town is also 20 miles from the coast.

Ipswich is approximately 60 miles from the historical town of Cambridge and on the edge of 'Constable Country' – a designated area of outstanding natural beauty within the Dedham Vale.



## **Useful information during your stay in the UK**

**Includes accommodation and local schools for ages 3-18 years:**

[Click here](#)

**Includes local, regional and national visitor destinations:**

[Click here](#)

Colchester Castle • Wivenhoe, Essex • Ipswich waterfront, Suffolk  
Flatford Mill, Dedham, Essex • Mersea Island, Essex

# WHAT TO DO NEXT

## JANUARY - APRIL

Specialty	Level/Grade
Cardiology ( <i>self-funded</i> )	ST 3 - 5
General Surgery - Colorectal	ST 3 - 7
O&G Fetal Medicine	Specialty Registrar / ST 3 - 7
Ophthalmology - Cornea/Glaucoma ( <i>self-funded</i> )	ST 3 - 8 or post CCST level
Ophthalmology - Glaucoma	ST 3 - 8 or post CCST level
Ophthalmology - Retinal	ST 3 - 8 or post CCST level
T&O - Knee & Hip ( <i>self-funded</i> )	ST 5 - 8 or post CCT level

## MAY - AUGUST

Specialty	Level/Grade
Care of the Elderly	ST 4
General Surgery - Colorectal	ST 3 - 7
Urology	Specialist Registrar or post SPR

## SEPTEMBER - DECEMBER

Specialty	Level/Grade
Anaesthetics & Critical Care	ST 3 - 8
General Surgery - Breast ( <i>self-funded</i> )	ST 7+
General Surgery - Colorectal ( <i>self-funded</i> )	ST 5+
T&O - Spinal	ST 5 - 8 or post CCT level
Vascular	ST 3 - 8

01

### Send a CV and covering letter

Select the fellowship post from the table shown left and send your CV and a covering letter to:

[amy.sinclair@esneft.nhs.uk](mailto:amy.sinclair@esneft.nhs.uk)

02

### Gain IELTS/OET certification

The ICENI Centre recommends that you sit this exam as soon as possible, as without a Pass Certificate the process of applying for GMC registration to work in the NHS cannot proceed.

#### For more information on the IELTS:

[Click here](#)

#### For more information on OET:

[Click here](#)

03

### Attend interview

If your CV is accepted, you will be invited to attend an interview with your specialist department and a Medical Staffing representative. This can be carried out virtually. The successful applicant will be offered a 1-2 year fellowship.

04

### Route to GMC registration

#### For a salaried post:

- ST3-5 level - Information on how to apply can be obtained from the [GMC website](#)
- ST 5- Post CCT level - The ICENI Centre International Fellowship Officer will help support your GMC registration through the Trust's GMC Sponsorship Scheme.

#### For a self-funded post:

- Senior registrars - Requires GMC registration through the MTI route, via the Academy of Medical Royal Colleges, for a Tier 5 visa sponsorship. Visit the [AoMRC website](#) for more information.

In parallel with the above routes the Trust Medical Staffing employment checks will commence.

05

### Receive Certificate of Sponsorship

#### For a salaried post:

- The Trust will issue a Certificate of Sponsorship (COS) to support the Tier 2 visa application.

#### For a self-funded post:

- The Royal College will issue a COS. The Trust will complete the MTI application form for a Tier 5 visa.

06

### Agree start date

- On completion of all the paperwork (start to finish approx. 4-6 months) a start date will be agreed between yourself, the department and Medical Staffing.
- The GMC will send an invitation to an ID check that requires attendance within 3 months of issue.
- Your GMC registration number will be provided at the ID check.



# The ICENI Centre

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