



DOCTORS
ACADEMY
Disseminating Medical Knowledge and Skills Globally

DOCTORS ACADEMY EVENT
**Anatomical Basis for Clinical and
OSCE Examinations**

5th April (Saturday) 2014
Learning and Research Building, Southmead Hospital, Bristol

Dated: 2nd April 2014

Dear Colleague,

Thank you for choosing to attend the above event.

This mail is to inform you of the programme and format for the day.

Date:

5th April (Saturday) 2014

Registration: 0920 - 0930 hours

Start of course: 0930 hours

Finish time: 1600 hours

Venue:

Learning and Research Building, Southmead Hospital, Bristol

Address: Southmead Hospital, Southmead Road, Westbury-on-Trym, Bristol, BS10 5NB

Learning and Research Building is number '34' in the link the attached map.

As it is a weekend, please enter the hospital through the main entrance, which is the Monk Park Avenue entrance.

Directions:

Please click on this link-

<http://www.nbt.nhs.uk/find-us/southmead-hospital>

By Road

From M4

- M4 junction 19 take the M32 towards Bristol. Leave the M32 at the first exit, (A4174 signposted Parkway).
- Turn right at the roundabout.
- Proceed along the dual carriageway.
- At Filton Hill round about (junction with A38) go straight across onto B4056 Southmead Road.
- Go straight across the double mini roundabout. The hospital is 250 yards beyond the roundabout on left.

From M5

- At junction 17 leave motorway towards Bristol (W). Take fourth available exit off roundabout on to A4018 (Cribbs Causeway).
- Take second available exit off roundabout onto A4018 (Cribbs Causeway).
- Take first available exit off roundabout on to A4018.
- Take second available exit off roundabout on to A4018 (Passage Road).
- Take third available left on to Greystoke Avenue.
- Turn right at mini-roundabout on to Doncaster Road.
- Turn left on to B4056 (Southmead Road). Arrive at BS10 5NB

By Bus

For information on travelling by Bus to Southmead Hospital visit:

- Traveline 0871 200 2233
- First Bus, 0845 602 0156. Buses serving Southmead: 18, 76.
- Wessex Connect, 0117 969 8661. Buses serving Southmead: 501, 502, 505, 506, 507.

There are a number of bus stops throughout Southmead site as well as stops directly outside the entrances.

By Train

National Rail Enquiries, 08457 48 49 50.

The nearest stations are ***Bristol Parkway*** and ***Filton Abbeywood***.

Parking: Southmead Hospital has patient and visitor Pay & Display parking. Charges apply 24 hours a day, 365 days a year. Southmead Hospital car parking charges:

- 0 – 2 hours £2.50
- 2 – 4 hours £4
- 4 – 6 hours £6
- 6 – 8 hours £7
- 8 – 24 hours £8

There are also a few residential areas around the hospital where you can park in the streets/off-road.

How the sessions will be structured:

The teaching session will involve identifying important anatomical landmarks, structures and relations in relevance to common clinical examinations. You will be undertaking this task on another delegate that you will be paired-up with. Within your pairs, you will have the opportunity to identify the landmarks and practice the examinations on each other. The clinical anatomy/examination will involve the following:

- Clinical anatomy and examination of the hip
- Clinical anatomy and examination of the knee
- Clinical anatomy and examination of the shoulder
- Clinical anatomy and examination of the hand
- Overview of brachial and lumbo-sacral plexus and examination of nerve injuries in the limbs
- Clinical anatomy and examination of the peripheral arterial system in the lower limb
- Clinical anatomy and examination of the peripheral venous system (varicose veins)
- Clinical anatomy and examination of the neck and thyroid
- Clinical anatomy and examination of the abdomen

Dress code:

You are advised to bring with you appropriate clothing (shorts and vest/vest top/short sleeve/singlet). In order to maximize this learning opportunity fairly, all delegates will be expected to take turns at being the model in their pair.

What to prepare: If you have the time, we advise you to read a bit of clinical anatomy. If you brush up your anatomy before the event, you will find the event even more beneficial.

Course material: There is no formal course material. Kindly bring with you a notebook (A5 sized jotter pad) and a pen to note points of interest. Any relevant educational material will be mailed to you after the event.

What you need to bring with you:

- I. A copy of the confirmation mail you received from us with your name. This name should match with your identification badge. Please be informed that you will not be allowed to attend the course without a copy of the confirmation mail.
- II. Your University/Hospital identification badge
- III. Note book and pen

We look forward to seeing you at the event. Please do not hesitate to contact us if you have a query in the interim.

Best wishes,

Surgical Anatomists
Educational Directorate
Doctors Academy
www.doctorsacademy.org

Southmead Hospital

Main Hospital Quarter Main Building (use Beaufort Multi-storey Car Park)	
2	ACT (Advice & Complaints)
1	Admissions
2	Beaufort House
4	Bereavement Services
1	Breast Care Centre
4	Chapel
3	Coronary Care
1	Clinical Investigations Unit (CIU)
3	Elgar House (Wards 1-4)
1	Endoscopy (Ward H)
1	Haematology Day Unit
1	Intensive Care Unit (ICU)
1	League of Friends
1	Lithotripsy
1	Lung Function Unit
1	Nutrition & Dietetics
5	Pharmacy
1	Radiology A & B
5	Radiology C
1	Urology Outpatients
1	Wards 1,2,3,4,C,D,F,G,H,J,K,L1,T,U,X-Ray
6	Woodlands
Avon Orthopaedic Centre (AOC) & Richard Bright Renal Unit (use AOC Car Park)	
7	Avon Orthopaedic Centre (AOC)
8	Beech Building
9	Disablement Services Centre (DSC)
7	Occupational Therapy
7	Orthopaedic Services
7	Orthotics
7	Physiotherapy
10	Richard Bright Renal Unit
7	Speech Therapy
11	Wards Carrington, Chew, Frome, Severn & Admissions Unit
Outpatients (use Minor Injuries Car Park)	
12	Audiology
13	Minor Injuries Unit (not 24 hours)
12	Outpatients

Women & Children's Quarter Maternity Services (use Maternity Car Park or Minor Injuries Car Park)	
14	Ante Natal Clinic
15	Bristol Centre for Reproductive Medicine (BCRM)
16	Brecon Unit
20	Central Delivery Suite (CDS)
17	Cotswold Clinic
18	Cotswold Ward
19	Day Assessment Unit
21	Malvern Ward
20	Mendip Ward
22	Neo Natal Intensive Care Unit (NICU)
20	Percy Phillips Ward
20	Quantock Ward
Avon & Wiltshire Partnership Mental Health Services (use Maternity Car Park)	
23	Avonmead
24	Clifton
25	Donal Early
26	Dorian Day Hospital
27	Gloucester House
28	Mason
29	New Horizon
30	Oakwood
31	Weston
Science Quarter (use Monks Park Car Park or Beaufort Multi-storey Car Park)	
32	Brunel Satellite Unit
33	CAMHS
33	Diabetes
34	Learning & Research Building
33	Monk's Park House
35	Pathology Sciences
36	Registrar of Births & Deaths
Limes Quarter (use Beaufort Multi-storey Car Park)	
37	Blood Donor Centre (own car park)
38	Christopher Hancock Building
39	ICT
40	Lime Walk Building
41	Kendon Restaurant
42	Somerset House
43	Viewing Room
44	Westgate House

Key			
	Refreshment Point		Security, travel & parking office
	Cashpoint		Pharmacy
	Information		Hospital entrance
	Pick up / Drop off		AOC entrance Avon Orthopaedic Centre
	Restaurant		City Car Club
			Disabled parking
			Public service bus stop
			Pedestrian route
			Visitor parking



Southmead has ample patient and visitor parking in four main locations including the Beaufort multi-storey car park. Visitors and patients visiting the hospital are requested to use these facilities and respect the local neighbours by not parking in adjacent streets

Getting to Southmead Hospital

Visit www.nbt.nhs.uk/findus for further information. To help plan your journey, please visit Transport Direct - www.transportdirect.info

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By Bus

Traveline 0871 200 2233

First Bus www.firstgroup.com
0845 602 0156

Wessex Connect www.wessexconnect.com
0117 969 8661

There are a number of bus stops throughout the site as well as stops directly outside the entrances.

For the most up to date information contact either Traveline or the appropriate bus company.

If you need to travel between Frenchay and Southmead Hospitals the First Bus number 18 service stops outside Frenchay and on Southmead site.

Buses serving Southmead.

First : 18, 76

Wessex Connect : 501, 502, 505, 506, 507

By Train

National Rail Enquiries www.nationalrail.co.uk
08457 4849 50

The nearest stations are Bristol Parkway and Filton Abbeywood.

By Bicycle

www.betterbybike.info/cycle-maps Cycle racks, at Southmead Hospital, are available at various locations including by hospital main entrance, AOC, Beech Building, Monks Park House and Learning & Research.

Latest News

Keep up to date with all our latest news by visiting www.nbt.nhs.uk/news or join us on Facebook, Twitter and YouTube.

 www.facebook.com/NorthBristolNHSTrust

 twitter.com/NorthBristolNHHS

 www.youtube.com/NorthBristolNHSTrust

Car Parking

All car parking at the Hospital is managed by OCS Ltd. The Security, Travel & Parking office is open between 8am - 6pm Monday to Friday. The office number is 0117 323 5023.

All visitor parking is Pay & Display. Charges apply 24 hours a day, 365 days a year. Tariffs are clearly displayed in all public car parks and can be obtained by calling the Security, Travel & Parking office.

Remember to bring sufficient change to pay for your parking.

For long term parking at a reduced rate contact the Security, Travel & Parking office for more information.

Disabled drivers, displaying a blue badge, park free of charge and disabled parking spaces are provided in most public car parks. If there are no available disabled spaces you may park in any space within a public car park free of charge provided that you display your blue badge. The map overleaf highlights public parking areas. Please ensure that you do not park in staff car parks as only permit holders may park in these areas, particularly as some are barrier controlled and a barrier card is needed to exit them.

Terms and Conditions of parking. Please be advised that failure to comply with the Terms and Conditions of parking as displayed within the car parks may lead to enforcement.

Motorcycles

There are dedicated motorcycle parking areas provided at Southmead.

Get Involved

Sign up as a member of our Trust to:

- Receive regular updates on what is happening in the Trust
- Take part in our events programme
- Have your say in how services are developed

To find out more:

www.nbt.nhs.uk/ft

0800 731 0319