

# Cardiff DOHNS Course: Intensive Revision for DOHNS OSCE / MRCS(ENT)

**15<sup>th</sup> May 2021 (Saturday)**

College of Physicians and Surgeons of Cardiff, Frazer Building, Cardiff Bay, Cardiff

## **REPORTING INFORMATION**

**THIS MAIL CONTAINS IMPORTANT INFORMATION. PLEASE TAKE A FEW MINUTES TO READ IT IN ITS ENTIRETY.**

Dear Candidate,

Thank you for choosing to attend this course. May we take this opportunity to welcome you to the course and to Cardiff.

This mail is to inform you of the directions to the venue, the reporting procedures, and the format for the day.

**If you are also attending the Focused Communication Skills for DOHNS OSCE/MRCS(ENT) Course on either Friday 14<sup>th</sup> May or Sunday 16<sup>th</sup> May, kindly refer to the end of this reporting information for further details.**

### **I. GENERAL AND REPORTING**

**Date:**

15<sup>th</sup> May 2021 (Saturday)

**Registration:**

Registration will take place from **0820 hours**.

**Start of Course:**

The course will start at **0830 hours**.

**End of Course:**

The course will finish at **1830 hours**.

**Venue:**

College of Physicians and Surgeons of Cardiff  
Frazer Building  
126 Bute Street  
Cardiff Bay  
Cardiff  
CF10 5LE

**Where to Report:**

When you arrive at Frazer Building, please enter the foyer through the main door. A member of our team will direct you to the appropriate room.

## II. ADDRESS, DIRECTIONS AND PARKING

### Address:

College of Physicians and Surgeons of Cardiff  
Frazer Building  
126 Bute Street  
Cardiff Bay  
Cardiff  
CF10 5LE

### Driving

#### *From the East*

- Exit the M4 at Junction 29 onto the A48(M). Continue for 2.5 miles.
- Continue onto Eastern Avenue/A48 for 2.4 miles.
- Take the exit A4232 towards Cardiff (E)/Docks.
- When you reach the roundabout, take the first exit onto Southern Way/A4161/A4232. Continue for 0.4 miles.
- Take the A4161 ramp to the City Centre and continue for 0.2 miles.
- When you reach the roundabout, take the second exit onto A4161. Continue for 0.8 miles.
- Turn left onto Beresford Road and continue for 0.2 miles.
- Continue onto Moorland Road for 0.4 miles.
- Continue onto Courtenay Road for 0.1 miles.
- Continue onto Walker Road for 0.2 miles.
- Continue onto E Tyndall Street.
- Go through two roundabouts (0.8 miles).
- Continue onto Herbert Street for 0.1 miles.
- Turn left onto Bute Street and continue for approximately 0.5 miles.
- The venue will be on your right.

#### *From the West*

- Exit the M4 at Junction 33.
- Take the exit towards Cardiff West.
- When you reach the roundabout, take the third exit onto the A4232. Continue for 9.1 miles.
- Take the exit towards Techniquet/Museum and continue for 0.1 miles.
- When you reach the roundabout, take the first exit onto Stuart Street. Continue for 0.2 miles.
- Continue onto New George Street for 0.1 miles.
- Continue onto Bute Street for 0.1 miles.
- The venue will be on your left.

### Parking

Car parking near the venue is limited (and quite expensive). If it is at all possible, we would suggest that you avoid driving to the venue.

If you do need to bring your car, the following car parks are available:

The Red Dragon Centre. Please follow this link for further information:

<https://thereddragoncentre.co.uk/parking/>

Havannah Street (next to St David's Spa Hotel). Please follow this link for further information:

<https://www.cardiffbay.co.uk/listings/havannah-street-car-park/>

Cardiff Q-Park. Please follow this link for further information:

<https://www.q-park.co.uk/en-gb/cities/cardiff/cardiff-bay/>

### By Train

The closest station to the venue is Cardiff Bay Railway Station. You will need to change trains at Cardiff Central.

#### *From Cardiff Central Train Station*

- On arriving at Cardiff Central, head to Platform 6. Take the train to Cardiff Queen Street (trains run from Cardiff Central to Cardiff Queen Street every 5 minutes). The journey time is approximately 3 minutes.
- On arriving at Cardiff Queen Street, head to Platform 3. Take the train to Cardiff Bay (trains run from Cardiff Queen Street to Cardiff Bay every 12 minutes). The journey time is approximately 4 minutes.
- When you arrive at Cardiff Bay Train Station, exit to the right (sign-posted Mermaid Quay and Mount Stuart Square).
- Turn left onto Bute Street and walk towards the first set of traffic lights.

- Cross the road. You will see Frazer Building in front of you (there is a clock at the top of the building).

Alternatively, you can take a taxi from Cardiff Central Train Station to the venue. This will take approximately 7 minutes.

**Visual directions to the venue can be found by following this link:**

<https://doctorsacademy.org.uk/coursenw/esst/cardiff-Train.pdf>

### III. COURSE FORMAT AND CONTENTS

There is always the possibility of a lecture or demonstration over-running and some flexibility in the programme may be required. However, due to the wide range of topics that will be covered during the course, we will adhere to a strict time-schedule. Thus, we will endeavour to comply with the session times (i.e., morning and afternoon), and all refreshment breaks, start times and finish times will be followed as per the programme. The lectures and group demonstrations will be a mix of didactic and interactive sessions, depending on the topic.

As a one-day revision course, the course is aimed at consolidating your already acquired knowledge and focusing on key aspects which will aid you to pass the exam, rather than overwhelm you with extensive information.

#### Course Programme:

Kindly follow this link to view the programme for the day:

<https://doctorsacademy.org.uk/CourseNW/DOHNS/PGMM15.pdf>

### IV. DRESS CODE

The dress code for this course is professional/semi-formal/smart-casual. Kindly refrain from wearing shorts of any kind, hoodies, and flip-flops.

### V. BREAKS FOR REFRESHMENTS AND LUNCH

There will be 15-minute refreshment break in the morning and afternoon, and a 40-minute lunch break. During the refreshment breaks, you will be provided with coffee/tea and biscuits/cakes. Both vegetarian and non-vegetarian food will be available.

#### Special Dietary Requirements

*The food provided for delegates attending this course will be sourced externally. Therefore, we are unfortunately unable to guarantee that special food requests can be catered to. During the course, a selection of vegetarian and non-vegetarian options will be available. However, the provision of specific food requests might be limited. If you wish to discuss this with a member of our team before you attend the course, please do not hesitate to contact us at [courses@doctorsacademy.org.uk](mailto:courses@doctorsacademy.org.uk). Alternatively, you can call us on +44 (0) 2920 616765.*

Some guidance on:

#### Accommodation:

If you are struggling to find accommodation, our team might be able to provide you with accommodation in a self-contained house (if rooms are available) that will be shared with other delegates attending the course. The house is located approx. 13-15 minutes' drive (by taxi) from the venue, and the room rate is £38 per person per night (continental breakfast is included). For further details, please contact us at [courses@doctorsacademy.org.uk](mailto:courses@doctorsacademy.org.uk), and a member of our team will be able to advise you.

We look forward to meeting you at the course. Please do not hesitate to contact us at [courses@doctorsacademy.org.uk](mailto:courses@doctorsacademy.org.uk) if you have any queries in the interim.

**Please ring +44 (0) 29 2061 6765 or +44 (0) 75 3426 0131 if you need any help on the day of the course with regards to directions to the venue.**

With very best wishes,

**Course Faculty  
ENT/Head and Neck Courses  
Doctors Academy**

**THE INFORMATION BELOW IS ONLY FOR DELEGATES ATTENDING**  
**THE FOCUSED COMMUNICATION SKILLS COURSE**

The Focused Communication Skills for DOHNS OSCE/MRCS(ENT) Course will be held at the same venue. The address is:

**College of Physicians and Surgeons of Cardiff**  
**Frazer Building**  
**126 Bute Street**  
**Cardiff Bay**  
**Cardiff**  
**CF10 5LE**

When you arrive at Frazer Building, please enter the foyer through the main door. A member of our team will direct you to the appropriate room.

The session on Friday 14<sup>th</sup> May will begin at **1430 hours** and finish at **1830 hours**.

The session on Sunday 16<sup>th</sup> May will begin at **0845 hours** and finish at **1245 hours**.

It is essential that you attend the correct date since the course is delivered at a high tutor-to-delegate ratio.

**Please ring +44 (0) 29 2061 6765 or +44 (0) 75 3426 0131 if you need any help on the day of the course with regards to directions to the venue.**