

2024

Basic Specialist Training  
General Internal Medicine

# MID-WEST HUB



*A comprehensive  
booklet for NCHDs  
looking to join BST  
programme in the  
Mid-West*



 **Ospidéal OL  
UL Hospitals**

Working together, caring for you

  
**ROYAL  
COLLEGE OF  
PHYSICIANS  
OF IRELAND**

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# UL HOSPITALS GROUP

## Our vision

To be a valued, trusted and leading provider of excellence in healthcare which is patient-centred, clinically-integrated, team-based and research-driven.

The University Hospital Limerick (UHL) is the central hub for the five associated hospitals in the region. Ennis Hospital, University Maternity Hospital Limerick, Nenagh Hospital, Croom Hospital and St John's Hospital are integral parts of the network that treat patients in accordance to their model status. While they do not have an ED, each has a Medical Assessment Unit, a Local Injuries Unit, a very active day Surgery Unit and medical in-patient beds for selected medical patients

UL Hospitals Group serves a population of 413,059 (census 2022) people in Limerick, Clare and North Tipperary. UHL is the largest hospital in the Group and where we care for our sickest patients. It is the only hospital in the Midwest that has a full 24/7/365 emergency and critical care service for those who require more complex medical and surgical care.

## Our values

Care, Compassion, Trust and Learning.

There are 535 inpatient beds at UHL, 51 of these are paediatric beds.

UHL has a dedicated cardiac centre offering 24/7 for STEMI service. It is one of the five specialist cancer centres in the country.

We provide acute and specialist healthcare services on an inpatient and outpatient basis across our hospitals. Our staff are our most important asset developing and supporting them is a key priority for us. We are extremely proud of and celebrate our diverse workforce.

Together with our academic partner, the University of Limerick (UL) we work to improve standards of care and foster Education, Clinical Research and Innovation.

Our first class training and on-campus (UHL) research facilities include the Clinical Education and Research Centre (CERC) and the Health Sciences Academy.

CLINICAL EDUCATION AND RESEARCH CENTRE  
(CERC)



# MID-WEST HUB AND SPOKE HOSPITALS

University Hospital Limerick is the Hub hospital for the Mid-West. The spokes are Nenagh, Ennis, St John's and Tipperary South Hospitals.

Tipperary South Hospital is not part of the UL Hospitals group, it is however part of the Mid-West training hub.



**Spoke: Nenagh Hospital, Tel: 067 31491**



**Spoke: Tipperary South Hospital,  
Tel: 052 6177000**



**Hub: University Hospital Limerick, Tel: 061 301111**



**Spoke: St. John's Hospital (Voluntary),  
Tel: 061 462222**



**Spoke: Ennis Hospital, Tel: 065 6863100**

# BASIC SPECIALIST TRAINING IN GENERAL INTERNAL MEDICINE UL HOSPITALS GROUP

At ULHG we are committed to train doctors to become world-class specialists and to help you to reach your full potential.

General Internal Medicine deals with the prevention, diagnosis and treatment of adult diseases. Doctors specialising in General Internal Medicine need expert knowledge of a wide range of common acute disorders due to the type of patients they encounter, and often have to manage seriously ill patients with undifferentiated or multi-system disease processes.

The vast majority of physicians have a subspecialty interest in diseases affecting particular organs or organ systems. The subspecialties in General Internal Medicine are:



<b>Acute Medicine</b>	<b>Haematology</b>
<b>Medical Oncology</b>	<b>Cardiology</b>
<b>Infectious Diseases</b>	<b>Neurology</b>
<b>Respiratory Medicine</b>	<b>Geriatric Medicine</b>
<b>Gastroenterology</b>	<b>Rheumatology</b>
<b>Palliative Medicine</b>	<b>Respiratory Medicine</b>
<b>Endocrinology</b>	<b>Dermatology</b>



All specialties have their own specific teaching which includes journal clubs and bedside teaching.

We also ensure that our trainees who are undertaking their Membership are as prepared as possible. We offer consultant delivered tutorials for the MCQ preparation in the lead up to the clinical exams, we have specific membership orientated tutorials on a weekly basis in a syllabus format and bedside teaching is offered on a regular basis in preparation for your MRCPI part 2 clinical.



We organise mock interviews for our SHOs who are applying for Registrar and SpR programs and further support is available in preparation for progression to SpR training. We encourage all our trainees to partake in research and audit with opportunities to submit abstracts and present at NCHD Conference.

# TEACHING IN CERC

We have an excellent educational programme which consists of:

## BST MONDAY TEACHING

Weekly Monday lunchtime teaching is provided by Consultants for BSTs in Tutorial room 1&2.

The teaching is organised by RCPI Coordinator and is well attended by trainees. It is a vital part of BST training in ULHG.

## SAMPLE SCHEDULE

Please join us at our weekly Monday Teachings:

Monday 6th November 2023 @1pm  
Microbiology - Patrick Stapleton

Monday 13th November 2023 @ 1pm  
Nephrology - Dr Liam Casserly

Monday 20th November 2023 @ 1pm  
Nephrology - Prof Austin Stack

Monday 27th November 2023 @ 1pm  
Cardiology - Dr Syed Abbas

## UHL GRAND ROUNDS

Grand rounds take place every Friday at 1pm in Auditorium.

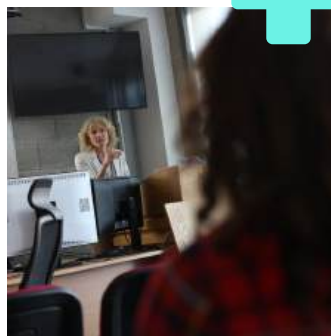
## SAMPLE SCHEDULE

Friday 10th November 2023 @1pm  
Dr Neasa Starr, Consultant Cardiologist, UL Hospitals

Friday 17th November 2023 @ 1pm  
Dr Ronan Glynn, EY Ireland Health Sector Lead

Friday 24th November 2023 @ 1pm  
Dr Paul O'Connell, Forensic Psychiatrist, Trinity College Dublin

Friday 1st December 2023 @ 1pm  
Ms Siobhan Egan, Clinical Research Operations Manager, Clinical Research Support Unit, Health Research Institute



## DEPARTMENT OF MEDICINE TEACHING

Department of Medicine Teaching takes place every Thursday at 1pm in Auditorium.

## SAMPLE SCHEDULE

Thursday 7th September 2023 @1pm  
Rheumatology - Dr Sandy Frazer

Thursday 14th September 2023 @ 1pm  
Respiratory - Dr Aidan O'Brien

Thursday 21st September 2023 @ 1pm  
Neurology - Dr Yaseen Yacoub

Thursday 28th September 2023 @ 1pm  
Cardiology - Dr Cormac O'Connor

# FURTHER TEACHING ACTIVITIES AVAILABLE TO BSTS

## WEEKLY (VARIABLE DAYS)

- Rheumatology teaching in their Clinics & on Ward Rounds
- Haematology morphology consultant led teaching

## WEEKLY - MONDAYS

- Neurology Case Conference: Munster Neuroscience meeting
- Cardiology Teaching Session
- Haematology Tutorial
- Radiology MDM - Nenagh Hospital
- St John's Hospital Teaching
- BST Teaching
- Stroke MDM teaching sessions
- GI MDM
- STGH Clonmel- ECG teaching

## WEEKLY - TUESDAYS

- Dept of Medicine, St John's Hospital
- Nenagh Hospital: Journal Club & Topic Teaching.
- Haematology Journal Club
- STGH Clonmel Journal Club
- GIM/Dr Sabu - Clinical Meeting
- Radiology-Haematology MDM
- AMU / Acute Medicine Teaching UHL

## WEEKLY - WEDNESDAYS

- Renal Journal Club
- Dept of Medicine X-Ray Conference
- Oncology Journal Club
- Cardiology Journal Club / Cardiology Teaching
- Respiratory Teaching Conference / Grand Rounds / Journal Club
- GIM/Dr Sabu - Clinical Meeting
- Teagasc Journal Club Milford Hospice
- Ennis Hospital Case Conference Discussions
- Nephrology Research Meeting Clinical trials and Health Outcome Research
- STGH Clonmel- Respiratory Teaching

## WEEKLY - THURSDAYS

- Dept of Ageing & Therapeutics X-Ray Conference
- Dept of Ageing & Therapeutics Journal Club, Education meeting & Research Meeting
- Department of Medicine Weekly Educational Meeting
- STGH Medicine Radiology MDM
- Rheumatology learning opportunity in OPD1
- Haematology MDM
- Palliative Medicine Grand Rounds from Harold's Cross

## WEEKLY - FRIDAYS

- Oncology Clinical Meeting and MDM
- ED Teaching
- Palliative Medicine Grand Rounds Our Lady's Hospice, Dublin
- Grand Rounds
- Neurology Case Conference: Beaumont meeting

## FORTNIGHTLY

- Nephrology X-Ray Meeting
- Radiology Neurology
- CTC (Cardiology / Cardiothoracic) Meeting

## MONTHLY

- Monthly Munster Dermatology Meeting (with Cork & Waterford)
- ED Case Risk & Review Meeting
- Diabetes Multidisciplinary Educational Meeting
- Haem/Blood transfusion lab presentations
- Emergency Medicine Journal Club
- Monthly Stroke/ Radiology/ Cardiology MDM
- Melanoma MDM
- STGH Clonmel Case Conference / Grand Rounds (1/month)/ Morbidity & Mortality Meeting (1/month)
- Cardiology Research Meeting

## QUARTERLY

- Cardiology Morbidity & Mortality Meeting

## ANNUALLY

- NCHD Conference
- NCHD Careers evening
- Effective Clinical Teaching Workshops
- Interview Skills Workshops

## BI-ANNUALLY

- ePortfolio training

# ULHG POSTGRADUATE MEDICAL TRAINING OFFICE



## DR ALWIN SEBASTIAN

Role: Consultant Rheumatologist and Physician, Regional Programme Director for BST Medicine

Amongst many achievements, Dr Sebastian has published over 30 peer-reviewed articles, developed the Pretest probability score algorithm in GCA, and it has been used in many centres around the world. He has a special interest in vascular and musculoskeletal ultrasound. Passionate about using ultrasound in diagnosing early inflammatory arthritis, GCA and PMR and also guided MSK injections.

In his role as RPD, his main goal is to make the Mid-West Region BST programme more competitive and appealing across the nation while also enhancing the trainee experience.

E-mail: [alwin.sebastian@hse.ie](mailto:alwin.sebastian@hse.ie)

Tel: 061 485215



## DOVILE LEE

Role: RCPI Regional Coordinator for UL Hospitals Group

Dovile is a graduate with honors Bachelor's degree in Business Studies. In her role, Dovile works closely with Regional Programme Director and RCPI head office to ensure doctor trainees undertaking RCPI schemes receive the necessary educational support locally. Dovile manages BST rotations, organises teaching activities for BSTs, runs ePortfolio training workshops and coordinates MRCPI part II clinical exams locally.

E-mail: [dovile.lee@hse.ie](mailto:dovile.lee@hse.ie) or [dovilelee@rcpi.ie](mailto:dovilelee@rcpi.ie)

Tel: 087 1882076



## DR JOHN MC MANUS

Role: Dr Mc Manus, Consultant Physician and NDTP Training Lead

Dr Mc Manus is the present Training Lead at ULHG. He trained in Geriatric Medicine and Gim in Ireland and the UK. He is passionate about improving training for NCHDs. He works at UHL as a General Physician with an interest in stroke Medicine.

E-mail: [trainingleadulhospitals@hse.ie](mailto:trainingleadulhospitals@hse.ie)

Tel: 061 482274



## MAIREAD DE BRUN

Role: NDTP Coordinator / HSA Coordinator

Mairead graduated with a Masters degree International Tourism majoring in Marketing, UL, degree in Business and Professional Certificate in Digital Marketing. Mairead has a strong background in marketing and has successfully led various projects in the healthcare and medical devices industry in Ireland the Middle East and Globally. She is dedicated to promoting innovation to clinicians and patients, and her work has been recognised with prestigious awards. She is actively involved in committees and taskforces aligned to the National Doctors Training & Planning including the Local Implementation Group for the National Taskforce for Doctors working in Ireland.

E-mail: [mairread.debrun@hse.ie](mailto:mairread.debrun@hse.ie)

Tel: 087 4422049



## VERITY HAYES

Role: NDTP Coordinator / HSA Coordinator

Originally from Australia, Verity worked for one of the country's largest construction companies for over 12 years including, 5 years in Construction Management. She has worked for the HSE in various capacities for over 4 years and as NDTP Coordinator she provides comprehensive administration support and project management to the various training aspects and projects. Some initiative's she is currently responsible for is the recruitment of NCHD Leads, executing NCHD Environment and condition initiatives and the annual NCHD Conference.

In 2024, Verity completed a Certificate in Healthcare Management at University of Limerick.

E-mail: [verity.hayes@hse.ie](mailto:verity.hayes@hse.ie)

Tel: 061 58 8352



## ULHG POSTGRADUATE MEDICAL TRAINING OFFICE CONT'D...

The Postgraduate Medical Training Office function is to support medical training and works closely with University of Limerick, Royal College of Physicians of Ireland and National Doctors Training and Planning.

Various supports are organised for NCHDs such as:

- NCHD Conference
- NCHD Careers Evening
- NCHD Interview Skills Workshops
- NCHD App
- Weekly Teaching
- NCHD Lead Initiatives



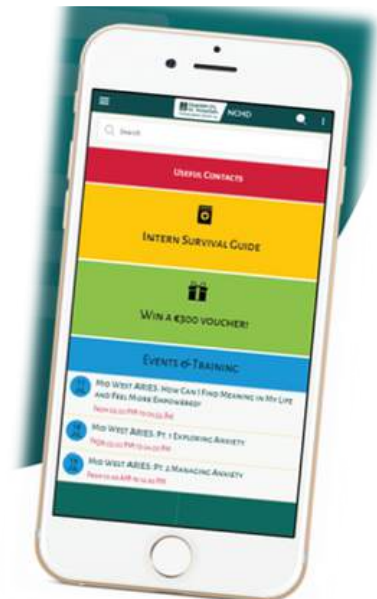
**NCHD Careers evening 2023**



**Postgraduate Medical training Office Team**



**NCHD Conference Gold Medal winner 2023  
Dr Bing Wei Thaddeus Soh (former BST trainee)**



**Scan NCHD App QR code**

# TRAINING LEAD



The ULHG Training Lead Office receives annual funds from the National Doctor Training and Planning to support:

- Minor capital projects to improve on site NCHD facilities in areas such as on-call facilities, out of hours catering facilities, lockers, NCHD residence etc
- Provision of postgraduate training and education at site level for NCHDs

Ideas are welcome on how UL Hospitals can improve postgraduate training and education at site level or improve onsite facilities for NCHDs, please contact [TrainingLeadULHospitals@hse.ie](mailto:TrainingLeadULHospitals@hse.ie)



NCHD Conference 2023

## Some of recent projects include:

- Purchase of four Laparoscopic Advance Trainers for Surgery and Obstetrics & Gynaecology teaching
- Purchase of Advanced Epidural & Intramuscular Injection Model, Lumbar Puncture Model & Catheterisation Trainer
- UL Hospitals NCHD App upgrade
- Refurbishment of Nenagh NCHD Residence & Library
- Effective Medical Interview Skills & CV Training Workshops for NCHDs
- NCHD Careers Evening
- NCHD Induction recordings for access on NCHD App



The primary roles of the NDTP Training Lead office are:

- Adherence to the Medical Council guidelines for training
- Training Governance - Support the delivery of training to each clinical site
- Improving training site facilities for NCHDs
- Supporting NCHD induction programmes

## BST LEADS

Every year we open applications for three BST Lead positions. While these positions are not funded, it is a great way to develop your leadership skills and make a difference for trainees on the BST GIM Scheme. BST Lead meeting takes place once a month to discuss any challenges and opportunities that arise within the BST scheme.



**BST Leads 2023 / 2024**

**Dr Emma Pounder, Dr Stanley Varghese and Dr Junaid Rasul Awan**

## APPLYING FOR LEAD ROLES

It is a great opportunity to showcase your leadership skills and get involved in important NCHD activities and problem solving

## NCHD LEADS



**NCHD Leads 2023 / 2024**

**In the picture from left: Dr Mary Christina Byrne, Dr Sean Flynn, Dr Lok Yi Joyce Tan, Dr Ruth Hutch, Dr Tomas McHugh, Dr Callum Swift**

In July each year, ULHG advertises NCHD lead posts for 7 directorates:

- Child and Maternal Health
- Medicine
- Peri-Operative
- Diagnostics
- Antimicrobial
- Urgent & Emergency Care
- Cancer Services

The HSE supports the Lead NCHD initiative at National level, through both National Doctors Training & Planning (NDTP) and the National Quality Improvement Team.

The role of the Lead NCHD is to provide a formal link at management level between the relevant NCHD cohort, NCHD Committee and management structure, thereby enabling a structured, continuous two-way flow of engagement and communication between management and NCHDs. The Lead NCHD role should facilitate enhanced communication between NCHDs and management in a way that provides NCHDs, through the Lead NCHD, with an opportunity to participate in service discussions and decision making regarding; matters that affect NCHDs, the day-to-day running of hospitals/ mental health services, and solutions/improvements to enhance patient care.

Each Lead NCHD will have access to an educational fund to undertake an academic qualification in Management and/or Leadership Skills in the Republic of Ireland.

For more details contact: [TrainingLeadULHospitals@hse.ie](mailto:TrainingLeadULHospitals@hse.ie)

# ANNUAL NCHD CAREERS EVENING



**Obstetrics and Gynaecology Stand**



**NCHDs attending event**



**Neurology Stand**

The Postgraduate Training Office organises yearly NCHD Careers Evening for all NCHDs in UL Hospitals Group.

The event in 2023 was opened by Chief Academic Officer, Prof Paul Burke where 30 specialties were represented on the day.

It is a great opportunity to get insights from Registrars and Consultants on various specialties, it provides opportunities to ask questions and advice on pathways available to get on the training schemes.

Eight Specialties provided speaker presentations given by a mix of Consultants and SpRs. Up to 80 people attended the event, with really positive feedback.

Time	Topic	Speaker
6.15pm	Introduction	Professor Paul Burke, Chief Academic Officer, UL Hospitals & Vice Dean (Health Sciences), University of Limerick
6.20pm	Surgery	Professor Calvin Coffey, General & Colorectal Surgeon, UL Hospitals & Foundation Chair of Surgery, University of Limerick
6.30pm	Anaesthetics	Dr Andrew Maye, Specialist Registrar in Anaesthetics and colleagues
6.40pm	Obstetrics/Gynaecology	Dr. Sabina Tabirca, Specialist Registrar in Obstetrics & Gynaecology
6.50pm	Paediatrics	Dr Lizeri Jansen, Specialist Registrar in Paediatrics
7pm	Medicine	Dr Lok Yi Joyce Tan, Specialist Registrar in Endocrinology/Diabetes Mellitus & Lead NCHD Medicine
7.10pm	Psychiatry	Dr Mahady Mohamad, Consultant in Psychiatry/Perinatal Psychiatry & Dr Frank McKenna, Specialist Registrar
7.20pm	Emergency Medicine	Dr. Alan Watts, Consultant in Emergency Medicine UL Hospitals & Senior Lecturer in Emergency Medicine, University of Limerick

TrainingLeadULHospitals@hse.ie



**NCHDs attending event**



**Public Health Stand**



**Cardiology Stand**

# ANNUAL NCHD CONFERENCE



**2024 NCHD Conference**

Clinical Education and Research Centre  
University Hospital Limerick

**Thursday the 16th May 2024**

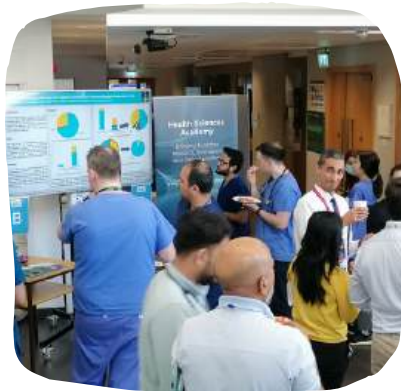
**SAVE THE DATE!**

Call for abstracts open: 29th February 2024  
Closing date for abstracts: 11th April 2024

We are inviting all NCHDs to submit Research, Audit, and Quality Improvement abstracts from their training year (2023/24) at UL Hospitals Group

For any queries, please contact:  
TrainingLeadULHospitals@hse.ie

ENTER TO WIN PRIZES



**NCHDs and Consultants at the NCHD conference 2023**

The aim of the Conference is to provide an opportunity locally for our NCHDs to present their research, audit and quality improvement projects from their training year at UL Hospitals Group (ULHG).

In 2023 over 160 research abstracts were submitted. Eight abstracts have been chosen as the best in their specialty.



**Eight abstract winners with Prof Paul Burke, Chief Academic Officer and Dr John McManus, Training Lead**



**Dr John McManus, Training Lead, Opening NCHD Conference 2023**



**Dr John McManus, Training Lead, Prof Paul Burke, Chief Academic Officer, Dr Bing Wei Thaddeus Soh Gold Medal winner**

# SIMULATION AT CERC, UHL

University of Limerick and UL Hospitals Group officially launched a new simulation facility at University Hospital Limerick in 2023; providing undergraduate and postgraduate Doctors, Nurses and Allied Health professionals with simulation training in a range of clinical procedures.

The Simulation Lab has a wide variety of equipment in its simulation-based education and training programmes, including full-body manikins and task trainers (adult, paediatric and maternity).

In addition to regular teaching, several other events have been hosted in the Simulation Lab, including advanced cardiac life support (ACLS), clinical induction training for Interns, Interprofessional education teaching with health sciences students, MRCPI examinations, organ donation education, basic ECHO training, and Adult Critical Care Transport training.



**Simulation Lab launch  
September 2023**



**Simulation Lab launch September 2023**

# ENHANCED CLINICAL SKILLS INDUCTION

In line with the NCHD National Taskforce list of recommendations, Training Lead Team organises Enhanced Clinical Skills Training for International Medical Graduates (IMGs) at UHL CERC Building and Simulation Lab. This training features Urinary Catheterization, IVL, Phlebotomy, Blood Culture, ABG, Haemovigilance and ECG.



**Manikin in simulation  
training**



**Simulation Training room Set Up**



**Training Station in the  
Simulation Lab**

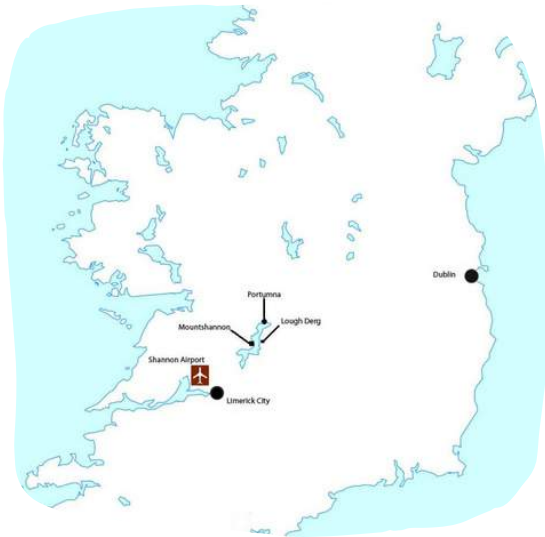
# ABOUT LIMERICK

## The Ideal Location:

UL Hospitals Group is ideally situated in the Mid-West of Ireland, easily accessible by road, rail and air.

Coach Service: Bus Eireann operates services from Limerick City throughout Ireland. For more information please visit [www.buseireann.ie](http://www.buseireann.ie)

A number of private operators operate inter city services between Limerick and the other major Irish cities, including Dublin, Galway and Cork.



[www.maps-ireland-ie.com](http://www.maps-ireland-ie.com)

## Road:

The Mid West region has excellent road links, the main ones are the M7 from Dublin to Limerick, the N20 from Cork to Limerick and the N18/M18 from Galway to Limerick.

## Air:

Shannon Airport is only 20 minutes from Limerick City and offers both domestic and international flights. Airport information +353 (0) 61712000. [www.shannonairport.ie](http://www.shannonairport.ie)

## Rail:

Irish Rail provides services from Dublin to Nenagh, Ennis and Limerick. For more info please contact 00353 (0) 1836 6222 or visit [www.irishrail.ie](http://www.irishrail.ie)

## Places to visit

- Cliffs of Moher
- King John's Castle
- Adare
- Lahinch

More info:

[www.discoverireland.ie](http://www.discoverireland.ie)



[www.cliffsofmoher.ie](http://www.cliffsofmoher.ie)



[www.bunrattycastle.ie](http://www.bunrattycastle.ie)

## ABOUT LIMERICK CONT'D...



### A vibrant lifestyle

The Mid West Region has it all; from outdoor recreation and sport to a blend of culture, arts and tradition, so you can balance your hard work with the lifestyle you deserve. The Mid West also has many festivals and events throughout the year in counties Limerick, Clare and Tipperary.



Limerick City, the fourth largest in Ireland, is a vibrant city with a proud heritage, in the heart of the corridor of the Wild Atlantic Way.

It is home to Munster Rugby, the University of Limerick and its School of Medicine, the Irish Chamber Orchestra, the University Concert Hall, and the recently opened Troy Film Studios. The city began as a Viking colony on an island in the river Shannon. Its castles, ancient walls and museums are testament to a rich and eventful past.



The surrounding countryside is full of historical landmarks and ancient castles, many of which have been restored to former glory, including Bun-ratty Castle and Folk Park, King John's Castle and Craggaunowen. There are numerous museums in Limerick, including the world renowned Hunt Museum, and Limerick City Gallery. Limerick is also surrounded by many villages which are worth a visit, such as beautiful Adare and spectacular Killaloe on the banks of the Shannon.



# WHY CHOOSE US

University Limerick Hospitals Group covers one of the largest catchment areas in the country. This allows for exposure to a wide variety of cases and thus facilitates hands on education in a supported environment.

The extensive teaching schedule in the many departments ensures ongoing education and gives NCHDs the ability to present case reports/ research or even interesting journal articles to department heads again ensuring continuous education.

Given the various specialties within this tertiary level hospital, you are given the opportunity to explore various specialties and find the one most suited to you. It allows for a broad and well rounded internal medicine education which will stand to you for your ongoing career.



There are also ample opportunities to further your career. With support and teaching in preparation for the membership of the royal college of physician examinations, you can feel confident in preparing for further examinations.

UHL also hosts many different courses throughout the year allowing the opportunity to learn hands on and useful skills such as point of care ultrasound training and bedside Echo training.

Overall, UHL will provide the environment for a well rounded post graduate training and ensure the opportunity to further education.

## WHAT OUR TRAINEES SAY

*"I must say when I initially was offered the Midwest hub, I was hesitant to accept due to the negative uproar from the media and other sources.*

*However, I am glad I did, I am a better physician than I was last year with loads of learning opportunities from different specialties especially Neurology and Nephrology. The amount of support and encouragement you will receive is immense. The most important thing is if you're stuck, ask and your colleagues will be more than happy to help.*

*There are always challenges and difficulties while working as a NCHD in University Hospitals Group but they are there to be overcome and even better, find a solution if possible. There have been a lot of improvements since I joined by initiatives from NCHDs for NCHDs and they certainly have helped ease our experience with on-calls and overall experience.*

*Bottom-line is you are in a very supportive environment. I recommend it and I will choose it all over again if I go back in time.*

**- Ali Ibrahim, 1st Year BST**



*"I had a wonderful time at UL Hospitals Group. Amazing rotations and significant clinical exposure to variety of cases both while on-call and during the specialty rotations. Opportunity of research particularly in renal, respiratory and rheumatology departments in which I have worked myself. I know of many BST's and Registrar's getting onto different HST schemes while working at ULGH. Furthermore, for peripheral rotations, you don't need to relocate as St. John's, Nenagh & Ennis are commutable from Limerick city, except for Clonmel".* - **Junaid Awan, 2nd Year BST**



*"My experience on the BST programme at UHL was really positive. The training was great, with lots of exposure to different clinical scenarios. Help was always available during on-call shifts, and I got to see a wide variety of cases.*

*The consultants and registrars were very supportive, not just in clinical work but also in organizing study sessions, which were a big help for exam preparation. The college made sure we got the best out of our training. Getting leave for study and courses was straightforward, thanks to the accommodating seniors.*

*Relocating to Limerick turned out to be a good decision. It's a lively city with a nice balance of work and leisure activities. There are plenty of teaching opportunities, and the canteen serves good food. The library is quiet and open 24/7, which is great for studying. Traveling to peripheral hospitals for the Model 2 rotations was manageable and added some variety to the training. The weekly soccer games organized by the hospital staff were a fun way to relax and get to know colleagues better.*

*Overall, my time in the Mid-west BST programme was very rewarding, and I'd definitely recommend it to new NCHDs."* - **Stanly Varghese, 2nd Year BST**

# MESSAGE FROM CURRENT BST LEADS TO BSTS JOINING MID-WEST HUB

*“Congratulation on joining the BST training scheme, it is a pivotal step towards an impactful and fulfilling career. This opportunity will equip you with the skills, knowledge, and experience to truly make a difference in patients’ lives. Embrace the challenge, knowing that your dedication and hard work will lead to profound personal and professional growth. The journey may be demanding, but the rewards are immeasurable. Step forward with confidence and passion—your future in medicine starts now!”*



**Stefanie Salamunec Horvatic, BST Lead  
2024 ULHG**



**Dr Aanab HagAli HagAhmed, BST Lead  
2024 ULHG**



**Kaitlyn Cinnamond, BST Lead 2024 ULHG**

*“The Mid-West region is a challenging but very rewarding place to complete BST, with expose to complex and interesting cases each day. We have lots of advice to offer incoming BSTs and really welcome and encourage applicants to have an informal chat with us, especially those new to the Irish hospital system or internal medicine as a specialty.”*

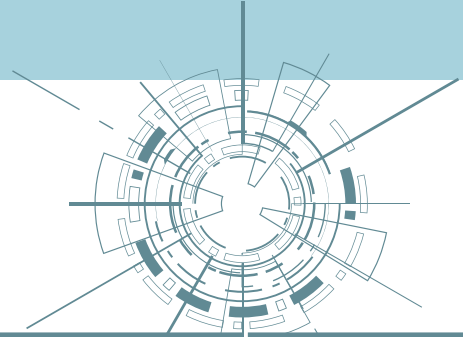
**Please contact BST Leads with any queries relating to ULHG BST programme on details below:**

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Aanab HagAli HagAhmed - [aanab\\_hagali@hotmail.com](mailto:aanab_hagali@hotmail.com)

Kaitlyn Cinnamond - [kaitlyncinnamond@gmail.com](mailto:kaitlyncinnamond@gmail.com)

# ROTATIONS



Specialty	Consultant name
UHL Cardiology	Dr Cormac O'Connor
UHL Cardiology	Dr Syed Abbas
UHL Cardiology	Dr Thomas Kiernan
UHL Cardiology	Dr Samar Arnous
UHL Dermatology	Dr Maeve Lynch
UHL Dermatology	Dr Muriel Sadlier
UHL Dermatology	Dr Sinead Field
UHL Endocrinology	Dr Audrey Melvin
UHL Endocrinology	Dr Eoin Noctor
UHL Endocrinology	Dr Anne Marie Hannon
UHL Gastroenterology	Dr Pardeep Maheshwari
UHL Gastroenterology	Dr Maeve Skelly
UHL Gastroenterology	Dr Roisin Stack
UHL GIM	Dr Ceyd Sabu
UHL GIM	Dr Diarmuid Hilton
UHL GIM	Dr John Mc Manus
UHL GIM	Dr Jude Ryan
UHL Elderly Medicine	Dr Catherine Peters
UHL Elderly Medicine	Dr Colin Quinn
UHL Elderly Medicine	Prof Declan Lyons

Specialty	Consultant name
UHL Elderly Medicine	Dr Margaret O'Connor
UHL Elderly Medicine	Dr Aoife Leahy
UHL Haematology	Dr Denis O'Keeffe
UHL Haematology	Dr Hilary O'Leary
UHL Haematology	Dr Aisling Nee
UHL Haematology	Dr Ruth Clifford
UHL Infectious Disease	Dr Antonella Milos
UHL Infectious Disease	Dr Anna O'Rourke
UHL Medical Oncology	Dr Gregorz Korpany
UHL Medical Oncology	Dr Nemer Osman
UHL Medical Oncology	Dr Roshni Kalachand
UHL Nephrology	Dr Austin Stack
UHL Nephrology	Dr Liam Casserly
UHL Neurology	Dr Elijah Chaila
UHL Neurology	Dr Iyer Parameswaran
UHL Neurology	Dr Peter Boers
UHL Neurology	Dr Yacoob Yaseen
UHL Respiratory Medicine	Dr Aidan O'Brien

## ROTATIONS CONT'D...

Specialty	Consultant name
UHL Rheumatology	Dr Alwin Sebastian
UHL Rheumatology	Dr Alexander Fraser
UHL Rheumatology	Dr Kieran Murray
UHL Rheumatology	Dr Joe Devlin
Palliative Medicine / Millford Care Centre	Dr Michael Lucey
Palliative Medicine / Millford Care Centre	Dr Marian Conroy
Palliative Medicine / Millford Care Centre	Dr Feargal Twomey
Palliative Medicine / Millford Care Centre	Dr Valerie O'Reilly

Model 2 / 3 Hospital rotations:

Hospital / Specialty	Consultant name
St John's Hospital, Nephrology / GIM	Dr Izhar Ahmed
Nenagh Hospital, Respiratory / GIM	Dr Andrew Scott
Nenagh Hospital, Geriatrics / GIM	Prof Michael Watts
Nenagh Hospital, Gastroenterology / GIM	Dr Manus Moloney
Ennis Hospital, GIM	Dr Maged Henin
Tipperary University Hospital, Endocrinology	Dr Mary Jane Brassill
Tipperary University Hospital, MAU	Dr Raquel Brauns
Tipperary University Hospital, Cardiology	Dr Niall Colwell
Tipperary University Hospital, Gastroenterology	Dr Andrew Carroll
Tipperary University Hospital, Elderly Medicine	Dr Christina Donnellan
Tipperary University Hospital, Respiratory	Dr Leo Carnevali Alvizua



**From left: Dr Peter Boers Consultant Neurologist, Dr Yaseen Yacoub Consultant Neurologist, Dr Syed Abbas Consultant Cardiologist and Dr Anne Marie Hannon Consultant Endocrinologist**



**Dr Ceyd Sabu, Consultant Physician, GIM**



**Dr Hilary O'Leary, Consultant in Haematology and Dr Alwin Sebastian, Consultant in Rheumatology**



**Dr Margaret O'Connor, Consultant in Elderly Medicine**



**Dr Marian Conroy, Consultant in Palliative Medicine**

# ROTATION EXAMPLES

In total there are 28 rotations. Please note this is not an extensive list of rotations available, you will be able to preference rotations after your offer stage.

Rotation 1		Rotation 2		Rotation 3	
July 2024	UHL Cardiology	July 2024	UHL Renal	July 2024	UHL Gastroenterology
October 2024	UHL Elderly Medicine	October 2024	UHL Gastroenterology	October 2024	UHL Endocrinology
January 2025	UHL Infectious Disease	January 2025	UHL Endocrinology	January 2025	UHL Elderly Medicine
April 2025	UHL Endocrinology	April 2025	UHL Neurology	April 2025	UHL Infectious Disease
July 2025	Tipperary University Hospital	July 2025	UHL GIM	July 2025	UHL Respiratory
October 2025	Tipperary University Hospital	October 2025	Nenagh Hospital	October 2025	Tipperary University Hospital
January 2026	UHL Gastroenterology	January 2026	UHL Elderly Medicine	January 2026	Tipperary University Hospital
April 2026	UHL Haematology	April 2026	Ennis Hospital	April 2026	UHL GIM
Rotation 4		Rotation 5		Rotation 6	
July 2024	UHL Respiratory	July 2024	Palliative Medicine	July 2024	UHL Neurology
October 2024	Palliative Medicine	October 2024	UHL Dermatology	October 2024	UHL Renal
January 2025	UHL Oncology	January 2025	UHL Gastroenterology	January 2025	UHL Elderly Medicine
April 2025	UHL Endocrinology	April 2025	UHL Rheumatology	April 2025	UHL Infectious Disease
July 2025	UHL Gastroenterology	July 2025	Nenagh Hospital	July 2025	UHL Cardiology
October 2025	Nenagh Hospital	October 2025	UHL Elderly Medicine	October 2025	UHL Respiratory
January 2026	Ennis Hospital	January 2026	UHL Endocrinology	January 2026	Nenagh Hospital
April 2026	UHL GIM	April 2026	Nenagh Hospital	April 2026	Ennis Hospital



# ROYAL COLLEGE OF PHYSICIANS OF IRELAND



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Working together, caring for you

July 2024