Applications are invited for the post of Consultant in Sport and Exercise Medicine or Rheumatology or Rehabilitation Medicine at the Defence Medical Rehabilitation Centre, Headley Court. The post is for an enthusiastic and dedicated consultant delivering 10 programmed activities (PAs) per week of musculoskeletal rehabilitation to injured service personnel. This is a fixed term appointment of three years.

The post holder is to deliver consultant-led, multi-disciplinary, musculoskeletal rehabilitation. This will involve the assessment and treatment of personnel from the Armed Forces with military training and trauma related musculo-skeletal injuries.

The post-holder will also be expected to drive the development of the clinical service, engage fully with the clinical governance processes of the unit and be responsible to the Officer Commanding Medical Division and DMRC Headley Court Commanding Officer.

BACKGROUND –
The Defence Medical Rehabilitation Centre (DMRC) at Headley Court is set within 84 acres of scenic, rural Surrey countryside. DMRC is established to provide a Rehabilitation Medicine, Rheumatology and Sport Medicine service for all three UK Armed Forces. The Unit is located near Leatherhead, Surrey close to the M25 and is administratively part of the Joint Force Command (JFC), a part of the Ministry of Defence.

Delivering Rehabilitation to injured service personnel since the 1950’s, DMRC now provides inpatient and outpatient rehabilitation for service personnel with musculoskeletal and neurological injuries related to sports, exercise & training, overseas operational activities and other trauma. The delivery of care is centred around intensive, residential, group based exercise therapy provided by consultant led multi-disciplinary teams. These are broadly Lower Limbs, Spines, Upper Limbs, Medicals (including CRPS, CFS and other chronic pain conditions), Neuro-rehabilitation and Trauma rehabilitation. The unit is equipped with 206 nurse-supported and residential beds and the extensive rehabilitation infrastructure is supported by a team of 17 consultants with close to 400 military and civilian therapy, medical, nursing, mental health and administrative staff. As well as delivering clinical rehabilitation, DMRC has active Rheumatology, research and education departments. Consultant staff include a mixture of military and civilian personnel. There are opportunities for civilian staff to take on administrative roles in addition to their clinical duties, such as clinical tutor, chair of unit committees, and other roles, dependent on an individual’s skill set.

The executive functions of Headley Court are administered through its Commanding Officer. The unit is currently planned to move in late 2018 to the Loughborough area. This will involve a transfer of all clinical services to the new site and it is hoped that current staff will choose to remain with the unit as it transitions north.

QUALIFICATIONS AND REQUIREMENTS -
**Essential:** The post holder will have full registration with the GMC, and will have trained in and hold a CCT (or be within 3 months of completion) in Sport and Exercise Medicine or Rheumatology or Rehabilitation Medicine and be on the specialist register. Experience in the rehabilitation of musculoskeletal injuries is essential and post-holder must have excellent communication and interpersonal skills and be IT literate.
Desirable: Experience of rehabilitation within the armed services and knowledge of armed services ethos is desirable, though not essential. Military personnel are generally young, motivated and will have achieved a reasonable level of fitness in the past. In that respect the management of their conditions is not unlike managing a sporting population.

JOB CONTENT -
The 10 programmed activities per week will be broadly split into:

a. 5 PA direct clinical care  
b. 2.5 PA administrative activities related to clinical care  
c. 2.5 PA supporting activities e.g. research, audit and teaching.

The timings of delivery of these programmed activities are open to negotiation depending on the additional commitments of the post-holder and the service need.

The clinical activity is likely to comprise of:

The assessment of patients in the outpatient setting is undertaken in a Multi-disciplinary Injury Assessment Clinic or MIAC. This is a consultant led assessment of 6 to 8 patients with other clinicians such as physiotherapist, Exercise Remedial Instructor (ERI), Occupational therapist and junior doctor. The post-holder is likely to conduct one or two MIACs per week with their team to plan the investigation and treatment of the patients seen.

For patients requiring an intensive period of in-patient rehabilitation over 3 weeks (as described above) a consultant led-admission and discharge clinic is conducted at the beginning and end of the admission episode. It is likely that up to one per week each of these clinics will be conducted for up to 12 in-patients with on-going review of patient progress during the course of their rehabilitation.

On call commitment is no worse than a one in eight week commitment which almost exclusively involves occasional telephone support to the on call junior doctor. There is no residential requirement. Post holders should ideally be based within one hour of the unit.

The DMRC is supported by a network of 15 Regional Rehabilitation Units (RRUs) spread throughout the UK and in Germany. These provide intermediate musculoskeletal rehabilitation delivered by a doctor with an interest in SEM, physiotherapists and Exercise Remedial Instructors. There is a possible requirement from the post-holder to deliver supporting specialist role with respect to clinical governance issues and educational needs and the discussion of clinical cases with rehabilitation staff from these units. A visiting clinical commitment will not be required.

There is the opportunity for the post-holder to develop and deliver specialist services for example in compartment pressure testing for exertional lower limb pain, diagnostic musculoskeletal ultrasound and injection therapy, depending on their past experience and skill set.
Example Weekly Timetable (10 PA Civilian Consultant) -

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<tr>
<td>AM</td>
<td>Med Div Governance Meeting (monthly)</td>
<td>Telephone Clinic (weekly)</td>
<td>MIAC (weekly)</td>
<td>Patient reviews/admin</td>
<td>Discharge Clinic (1-2 per month) or Clinical tutor work/admin</td>
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<td>CPC/CD/HCG meeting (monthly)</td>
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<td>Lunch</td>
<td>Med Div Meeting (weekly)</td>
<td>SHO teaching (as per rota)</td>
<td>X-Ray meeting (fortnightly)</td>
<td>SHO teaching (as per rota)</td>
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<td>PM</td>
<td>Admission clinic (1-2 per month)</td>
<td>Patient reviews/admin</td>
<td>Case conference (variable)</td>
<td>Patient reviews/admin</td>
<td>Education Meeting/ Unit audit meeting/ Grand Round</td>
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<td>MDT meeting (weekly)</td>
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<td>Patient reviews/admin</td>
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General - Given the complex occupational issues and medical boarding regulations of the Armed Forces a Military Rehabilitation Consultant will be nominated to support and advise the post holder on administrative and military issues. In addition, for junior consultants the post-holder will work within a multi-consultant team with mentorship support from the lead consultant.

The Consultants presently at Headley Court have academic links with other institutions and honorary clinical contracts. There will be support from DMRC for the post holder to develop clinical or academic links with a unit of their choice.

There is time allocated for research, audit, working parties, teaching and other supporting programmed activities (approximately 2.5 PA per week). Teaching will be directed at the SHOs and the Registrars rotating through the unit. There is also a commitment to teaching allied health professionals (therapy staff) and nursing staff.

The Ministry of Defence supports the requirements for continued medical education as laid down by the Royal College of Physicians and is committed to providing the time and financial support for these activities.

The post holder will be provided with an adequately equipped office including IT facilities and training for MoD specific IT systems and also secretarial support.

Salary £75,249 - £101,451 depending on previous experience.

For full details and enquiries please contact: Lt Col Rhodri Phillip, Officer Commanding Medical Division, DMRC Headley Court, Epsom, Surrey KT18 6JW. Tel: 01372 378271 ext 7472 or Email: Rhodri.Phillip813@mod.uk