

BRONGLAIS.

The New Survival Guide
Written by and for F1 Doctors.

YOU
GOT
THIS!

APPROACH TO ON CALLS

One F1 to cover the wards (+ an additional support colleague, only if you ask in advance!)

One F2 and one middle grade for clerking new admissions

One consultant on call

Take a deep breath and call the reg
You are never alone!



ACCOMMODATION

- Flats of 4 (usually single bed) rooms
- Basic bedding, linen & towels provided
- Rooms have wardrobe, desk & chair, lamps. Sea views if lucky!
- Each kitchen has basic crockery & pans, limited storage space
- Circuit coin laundry - no change given!
- One extra large kitchen and free washing machine in the Doctor's mess



DO NOT EAT ON THE PROM - SEAGULLS WILL MERCILESSLY ATTACK YOU!

Best fish & chips: The Express (they take card!)

Best Sunset spot: top of Constitution Hill (pictured below) or outside the National Library

Best swim spot: South beach, campfires allowed. You can surf in the harbour trap too!

Best driving instructor: Trinity school of Motoring (Geraint & Matt)

Aber's best kept secret: The Aberpoeth sea front sauna. The ultimate post-work relaxation activity. Monthly memberships are the most cost effective option.



ADVICE WE WISH WE'D HAD:

- Aber can feel isolated. Having a car is very useful. Now might be the time to learn to drive!
- Lots of events on if you keep an eye out. The Uni Arts Centre often streams National Theatre Live. The Aberystwyth and Machynlleth comedy festivals are pretty famous. Plenty of concerts and fun fairs etc.
- The Trust intranet has lots of useful guidelines e.g for electrolyte management if you look carefully
- Life in Aber is what you make of it. Bring your waterproofs, your camping gear, your surfboard and good vibes.

USEFUL APPS:



iResus - Free download
Up to date ALS
guidelines as you need
them.



BNF - Free download
Works offline too!



Foundation Dr Handbook - £1.99
one off payment. Summary of
assessing symptoms and
managing conditions. Best friend
when on call.



Buku - Free download
Interpreting blood tests
& concise summaries of
conditions



Eolas - Free download
All the trust antibiotic
guidelines, durations and
penicillin alternatives



MDCalc- Free download
Handy guide to clinical scoring
systems and calculations