

# THE THRIVAL GUIDE TO: BROOMFIELD HOSPITAL, CHELMSFORD



## APPROACH TO ON CALLS

Smaller teams than large London trusts  
One F1 covering the wards  
F2 and middle grade clerking admissions  
Consultant on call and reachable

Take a breath and call the reg.  
You are never expected to manage alone.

## ACCOMMODATION

Single occupancy en-suite rooms  
Bed, desk, chair and storage provided  
Shared kitchens and laundry facilities  
Close to work, especially useful on call

Tip: bring extra bedding and a lamp to make it more comfortable.

## HANDOVER AND COMMUNICATION

Handover is ward based or specialty specific  
Ask early where and when to attend  
Switchboard and bleep systems are straightforward

Introduce yourself early. Relationships matter here.

## OUR LOCAL RECOMMENDATIONS

### Food & drink

Chelmsford has a reliable selection of cafés, pubs and casual restaurants. Most doctors quickly find a few favourites.

### Outdoors & wellbeing

Parks, countryside walks and green spaces nearby. Good for switching off after work.

### Social life

Quieter than London, but foundation doctors often form close knit groups through the mess and shared accommodation.



## THE HOSPITAL

Broomfield Hospital is a semi-rural district general hospital serving Chelmsford and surrounding rural Essex. It provides a broad range of medical and surgical services and covers a wide geographic catchment area.

Many foundation doctors find it offers strong hands on clinical exposure in a supportive environment.

## ROLES AND RESPONSIBILITIES

As a foundation doctor you will be actively involved in:

Ward work  
Clerking new admissions  
Day to day patient management

Smaller teams mean you are more visible, take ownership earlier, and build confidence quickly, with senior support close by.

## ADVICE WE WISH WE'D HAD

- You are more visible than you expect
- Seniors are approachable
- Ask questions early
- A car makes life easier, but you can manage without
- Your experience depends more on your team than the hospital name

## Useful Apps



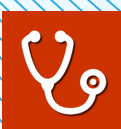
iResus - Free download  
Up to date ALS guidelines as you need them.



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



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



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



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

Chelmsford can feel quieter at first.  
Give it time. Smaller places grow on you.

Life at Broomfield is what you make of it.  
Many doctors arrive unsure and leave  
confident and clinically capable.