

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.



HANOVER 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.

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.

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.

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



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



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



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



MD Calc - 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.