

Genitourinary Medicine Training at King's

King's College Hospital NHS Foundation Trust provides a four year GUM training programme and we currently have eight national training posts. The Local Training Lead for GUM is Dr Nisha Mody.

Training Location

The training programme is based at the Department of Sexual Health and HIV at [King's College Hospital Foundation Trust](#), providing a variety of exciting training opportunities via the [Caldecot Centre](#), [Camberwell Sexual Health Clinic](#) and King's College Hospital, as well as at our sister clinic at [Beckenham Beacon](#), in Bromley.

Trainees also have the opportunity to spend one year on rotation in [Brighton](#), benefitting from the experience of looking after a different patient cohort and working in a different department.

Furthermore, trainees are supported to take Out of Programme opportunities (OOPs), where possible, with many trainees deciding to do research or take on placements in other relevant clinical specialities, both at home and abroad.

Training Opportunities

King's College Hospital serves the local boroughs of Lambeth and Southwark, areas characterised by a socioeconomically and ethnically diverse population, living in an inner city with significant levels of deprivation. Rates of sexually transmitted infections are amongst some of the highest in the country and rates of unplanned pregnancy, including high teenage conception rates, are above the national average. We also have the highest HIV prevalence rates in the country at 12.5/1000, with a large proportion of new diagnoses presenting late with complex opportunistic infections. These statistics reveal the serious challenges to health, education and social support faced by our local population. Working within a dynamic, enthusiastic and caring multidisciplinary team to support our local communities to tackle these inequalities and manage their complex medical and psychosocial needs, makes the GUM training programme at King's extremely rewarding for both professional and personal development.

HIV Experience

HIV outpatient services are based at the Caldecot Centre, separate but close to the main Denmark Hill site. There are approximately 3000 patients under regular follow up at the Caldecot Centre, with a cohort of approximately 300 patients at Beckenham Beacon. We also operate HIV outpatient clinics in three local GP practices and HMP Brixton.

In addition to routine HIV follow-up clinics, trainees will build experience of managing more complex HIV patients, with rotations in specialist multidisciplinary clinics including antenatal, hepatitis, neurology, lymphoma, adolescent HIV and TB.

Trainees will also develop extensive experience in managing acutely unwell HIV patients presenting with complex opportunistic infections, with ward block rotations caring for inpatients admitted to dedicated beds on Oliver ward in the Hambleton Wing of King's College Hospital.

Sexual Health

A holistic, fully integrated open-access walk-in sexual health service providing a full range of contraception and management of sexually transmitted infections, is based at Camberwell Sexual Health Centre (CSHC), with approximately 34,000 attendances per year. The Sexual Health Clinic at Beckenham Beacon also operates a walk-in GUM service, with about 9000 attendances a year. We strive to make our services as accessible as possible to all who need them and have been heavily involved in the development and delivery of on-line STI testing and contraception services, encouraging self-management of sexual health where appropriate.

Specialist clinics including complex GUM and contraception, PrEP and MSM clinics and psychosexual and erectile dysfunction clinics are run from the Caldecot Centre by appointment.

There are also well-established links with other departments within the Trust, including Dermatology, Gynaecology, Virology and Microbiology, ensuring trainees have a well-rounded experience and are able to fulfil all of their curriculum needs. Furthermore, we work closely with General Internal Medicine (GIM) colleagues, creating opportunities for GUM trainees to achieve competencies in GIM alongside the existing GUM curriculum.

Academic

The training programme at King's provides extensive opportunities for those who are interested in teaching and research.

As a major teaching hospital, King's works in partnership with [King's College London](#) to provide the highest possible quality of medical education. Sexual Health and HIV is within the Reproduction Block of year 4 medical students and the Department works closely with the other Sexual and Reproductive Health services to provide comprehensive training in the speciality. This includes clinical sessions, tutorials, symposia, and conducting OSCE examinations.

Through the [Sexual & Reproductive Health Training Partnership](#), which runs courses including for the DFSRH Course of 5 and STIF, trainees have opportunities for involvement in post-graduate and multidisciplinary teaching.

Trainees are actively encouraged to participate in research and innovation throughout their training, on both a departmental and Trust level and will complete a six month Research block under the supervision of Professor Frank Post, the Academic Lead for the department. Trainees also benefit from access to involvement in [King's Health Partners](#) (KHP), a pioneering collaboration between King's College London, Guy's and St Thomas', King's College Hospital and South London and Maudsley NHS Foundation Trusts. KHP seeks to bring about swift and effective improvements in health and well-being for patients and people everywhere, by combining the best of basic and translational research, clinical excellence and world-class teaching to deliver ground-breaking advances in physical and mental healthcare.

Leadership and Management

The King's training programme has a heavy focus on supporting trainees to develop their leadership and management skills to ensure they are ready to confidently take up Consultant jobs on completion of their training. Trainee participation in departmental operational and governance meetings is encouraged and we provide ample 'acting up' opportunities for more senior trainees.

A multitude of free courses and resources to support the development of leadership and management skills are also available via [King's Postgraduate Medical and Dental Education](#).

Feedback from Current Trainees

Dr Mia Oliveira, ST3: 'HIV and sexual health training at King's offers an incredibly broad range of clinical experience working with a diverse and complex patient population. This includes excellent in-patient experience in caring for patients with advanced HIV. We are

very lucky to be 8 registrars, all based at King's, meaning the registrar office is a supportive and welcoming place for a catch up between clinics or ward round. The consultant body and department as a whole are also extremely supportive of any projects, research, teaching or OOPes you may wish to pursue, and there are a huge number of projects to get involved in.'

Dr Larissa Mulka, ST6: 'I have really enjoyed my time working at King's, which offers a unique and exciting training programme in GUM and HIV. Geographically we cover an area with the highest prevalence of HIV and many STIs in the UK and as such we see a huge variety of clinical presentations within a diverse population of patients. As registrars we are given the opportunity to rotate through several specialist clinics and are well supported whilst working independently. In addition, during training I have had the opportunity to spend time working (optionally) in Brighton, and was fully supported when taking time out for OOPR. I feel (as have my predecessors) training at King's has given me the confidence and preparation needed to apply for and work at consultant level. '

For further information on GUM training at King's, please contact [Dr Nisha Mody](#), Consultant in Sexual Health and HIV and Local Training Lead.