**Placement:**  Royal Free

**Speciality:** Renal

**Tertiary**

**Location:** Royal Free

**How many renal trainees in post?** 6 trainees, 5 clinical fellows on rota

**Public transport links:** 5min walk to Belsize Park (Northern Line) and Hampstead Heath (Overground). Multiple bus routes

**Average day:** 8am – 5pm. When on wards, handover 8-8.30, teaching 8.30-9.15, 9.15-lunctime consultant ward round, afternoon ward work. Rotate though outpatient blocks which are largely clinics/MDTs.

**On-call commitments:** Rota of evening on-call, ‘lates’ (1pm-10pm) and nights. Over 11 week repeat, you will do 7 nights (block of 4 and 3) and two daytime weekends.

**Team structure:** Junior team of 8-9 SHOs/F1s.

**Teaching duties:** Most blocks have 1hr/week medical student teaching for UCL students. Ad hoc teaching of students who come to ward round.

**Food and drink (e.g. in hospital/locally – or is it a pack lunch every day situation?):** Variety of options. Doctors mess did excellent food pre-COVID but currently closed. Hospital canteen. M&S within hospital. Several cafes near hospital offering NHS discount.

**Ok, ok – but specifically coffee?:** Lots of cafes around Hampstead as well as M&S and Costa in hospital. If you’re in the know, there’s a free machine on the private practice floor…

**R&R facilities (e.g. hospital mess? Registrar office?):** Great hospital mess, as hospital messes go. Registrar office with 4 work stations.

**Regular teaching?:** 4 days/week morning teaching from consultants.

**Opportunities for sub-speciality experience:** Lots of transplants happening. Variety of sub-specialty clinics which are variably accessible to registrars depending on workload. Majority of outpatient haemodialysis carried out on satellite sites – dialysis SpR carries out clinics in Edgware and St Pancras.

**Opportunities for research:** Very research-active department. Strengths in vasculitis research, but opportunities across all subspecialties (genetics, tubular, clinical trials, transplantation etc).

**Best thing about this placement:** Lots of opportunities to get involved in research side

**Worst thing about this placement:** Largely fixed annual leave rota pattern. Heavy workload of ‘junior doctor’ tasks and telephone advice with less opportunity for acting-up as a consultant.

**Describe this placement in one sentence:** Busy tertiary unit with opportunities for research exposure.