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# Intensive care medicine

Doctors working in intensive care [1] medicine manage the sickest patients in the hospital: critically ill patients who already have organ dysfunction and organ failure.

They also care for patients at risk of developing such problems and who a require level of care and observation than cannot be offered on a normal ward.

Doctors in hospital

# Life in intensive care [1] medicine (ICM)

You will be part of the multi-disciplinary team providing care for these very sick and at risk patients. You will work closely with other doctors, ACCPs (advanced critical care practitioners), nurses, physiotherapists, pharmacists and other allied health professionals. Together this effective and integrated team work to provide continuous, high-quality health care for the sickest and most vulnerable patients in the hospital. The work will include providing organ system support and the investigation, diagnosis and treatment of acutely ill patients.

You'll also learn about patient safety, how to care for patients at the end of their life, how to support their families, and how the intensive care [1] unit (ICU) fits into the rest of healthcare provision.

You will learn to support patients and treat a wide range of conditions:

- heart and cardiovascular [2] failure
- renal failure
- liver failure
- patients with reduced levels of consciousness or neurological impairment
- gastrointestinal failure
- respiratory [3] failure
- sepsis [4] and septic shock
- patients who have been involved in trauma
- acute intoxications and poisoning
- patients recovering from major surgery
- pregnancy related illnesses and complications

Doctors in ICM use practical skills and perform procedures to help monitor and manage their patients. You will need to learn how to assess, monitor and review a patient with, or at risk of developing, critical illness.

You will also learn to support and monitor organs which are failing through:

- cardiovascular [2] system support, by use of fluids, inotropes (drugs that stimulate the heart) and vasopressors (drugs that raise reduced blood pressure)
- respiratory [3] support, using ventilators or other devices to assist breathing
- invasive monitoring, including arterial and central venous cannulation
- airway interventions such as intubation and tracheostomy
- measurement of cardiac output and blood flow around the body
- renal support using kidney replacement therapies (haemodialysis [5] or haemofiltration)
- how to safely transfer critically ill patients for specialist investigations and interventions such as a CT scan

## How much can I earn?

You'll first earn a salary when you start your <u>foundation training</u> [6] after medical school. Find out details of current salary ranges for foundation and specialty training, <u>SAS doctors</u> [7] and consultants on the <u>'Pay for doctors'</u> [8] page.

## How about the benefits?

- make a difference to patients and their families
- work in one of the strongest multidisciplinary teams in healthcare
- · excellent supervision during your training
- · work flexibly or part-time
- high income early in your career
- · work anywhere in the world
- part of an excellent pension scheme
- good holiday entitlement
- NHS discounts in shops and restaurants

## **Must-have skills**

- excellent communication skills to manage a wide range of relationships with colleagues, and patients and their families
- emotional resilience, a calm temperament, and the ability to work well under pressure
- teamwork and the capacity to lead multidisciplinary teams
- inquisitive mind and excellent problem-solving and diagnostic skills
- organisational ability, effective decision-making skills, first class time management and be prepared to learn how to use available resources to benefit your patients

## **Entry requirements**

Your first step is medical school. Typically, you will need excellent GCSEs and three A or A\* passes at A level including chemistry for a five-year undergraduate degree in medicine. Many medical schools also ask for biology and others may require maths or physics.

If you already have a degree, you could study for a four-year postgraduate degree in medicine.

You'll need to pass an interview and admissions test. You'll be asked to show how you demonstrate the NHS values such as compassion and respect.

Some medical schools look to recruit a mix of students from different backgrounds and geographical areas, so your educational and economic background and family circumstances could be considered as part of your application.

# What are my chances of starting a career in intensive care medicine?

There are approximately 783 doctors training in intensive care [1] medicine (ICM) in the NHS in England. In 2021, there were 595 applications for 203 specialty training places.

## How to become a doctor in intensive care in medicine

After medical school, you'll join the paid two-year <u>foundation programme</u> [9] where you'll work in six placements in different settings.

After your foundation programme, you will need to spend three to four years in a paid training programme that provides initial training in ICM. There are several options available: ACCS (Acute Care Common Stem), anaesthesia and internal medicine (IMT). In each of these programmes you will gain experience in intensive care [1] along with experience in at least one other specialty. Spending time in specialties allied to ICM benefits your training enormously by broadening your experience. Remember that patients from all medical specialties and disciplines can need looking after in the intensive care [1] unit when they become very unwell.

On completion of one of these initial training programmes you can apply for paid <u>specialty</u> <u>training [10]</u> in intensive care [1] medicine. You may choose to specialise in ICM alone, or to train in ICM along with another specialty such as anaesthesia, emergency medicine or one of the acute medical specialties (for example acute medicine, respiratory [3] medicine, renal medicine).

You may be able to train part time, for example for health reasons or if you have family or caring responsibilities.

# Where a career as a doctor working in intensive care medicine can take you

During higher training in ICM you will have the opportunity to develop a 'special skill' or interest during your training. The intensive care [1] medicine curriculum currently includes the following 'special skills':

- academic research
- cardiac intensive care [1] medicine
- echocardiography
- extra-corporeal membrane oxygenation
- education
- home ventilation

- neuro intensive care [1] medicine
- paediatric intensive care [1] medicine
- · pre-hospital emergency medicine
- · quality improvement in healthcare
- transfer medicine

# Live vacancies

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#### Consultant in Intensive Care

Boston or Lincoln, PE21 9QS

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

United Lincolnshire Hospitals NHS Trust

Apply now on NHS Jobs for Consultant in Intensive Care job (opens in a new window) [11]

#### Consultant in Intensive Care

Ashford, TN24 0LZ

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

East Kent Hospitals University NHS Foundation Trust

Apply now on NHS Jobs for Consultant in Intensive Care job (opens in a new window) [12]

#### Consultant in Intensive Care

Swansea, SA66NL

Salary:

£106000.00 to £154760.00

Type:

Permanent

Employer:

Swansea Bay University Health Board

Apply now on NHS Jobs for Consultant in Intensive Care job (opens in a new window) [13]

#### Locum Consultant in Intensive Care

London, SE1 7EH

Salary:

£105504.00 to £139882.00

Type:

Fixed-Term

Employer:

Guy's and St Thomas' NHS Foundation Trust

Apply now on NHS Jobs for Locum Consultant in Intensive Care job (opens in a new window) [14]

#### Consultant in Intensive Care Medicine

Hastings, TN37 7RD

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

East Sussex Healthcare NHS Trust

Apply now on NHS Jobs for Consultant in Intensive Care Medicine job (opens in a new window) [15]

#### Consultant in Paediatric Intensive Care

Denmark Hill, SE5 8AD

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

King's College Hospital NHS Foundation Trust

Apply now on NHS Jobs for Consultant in Paediatric Intensive Care job (opens in a new window) [16]

#### Consultant in Intensive Care Medicine

Salisbury, SP2 8BJ

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

Salisbury NHS Foundation Trust

Apply now on NHS Jobs for Consultant in Intensive Care Medicine job (opens in a new window) [17]

## Consultant Psychiatrist (Home Treatment & Psychiatric Intensive Care)

Bangor, LL57 2PW

Salary:

£106000.00 to £154760.00

Type:

Permanent

Employer:

Betsi Cadwaladr University Health Board

Apply now on NHS Jobs for Consultant Psychiatrist (Home Treatment & Psychiatric Intensive Care) job (opens in a new window) [18]

#### Consultant in Intensive Care Medicine and Anaesthetics

Canterbury, CT1 3NG

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

East Kent Hospitals University NHS Foundation Trust

Apply now on NHS Jobs for Consultant in Intensive Care Medicine and

Anaesthetics job (opens in a new window) [19]

#### Locum Consultant Intensive Care Medicine & Anaesthetics CW

London, SW10 9NH

Salary:

£105504.00 to £139882.00

Type:

Fixed-Term

Employer:

Chelsea and Westminster Hospital NHS Foundation Trust

Apply now on NHS Jobs for Locum Consultant Intensive Care Medicine &

Anaesthetics CW job (opens in a new window) [20]

#### Senior Clinical Fellow Intensive Care Medicine

London, W12 0HS

Salary:

Negotiable

Type:

Fixed-Term

Employer:

Imperial College Healthcare NHS Trust

Apply now on NHS Jobs for Senior Clinical Fellow Intensive Care Medicine job (opens in a new window) [21]

#### Junior Sister – Neonatal Intensive Care Unit

London, SE5 9RS

Salary:

£44806.00 to £53134.00

Type:

Permanent

Employer:

King's College Hospital NHS Foundation Trust

Apply now on NHS Jobs for Junior Sister – Neonatal Intensive Care Unit job (opens in a new window) [22]

#### Intensive Care Medicine and Anaesthesia Clinical Fellow

Reading, RG1 5AN

Salary:

£70425.00

Type:

Fixed-Term

Employer:

Royal Berkshire NHS Foundation Trust

Apply now on NHS Jobs for Intensive Care Medicine and Anaesthesia Clinical Fellow job (opens in a new window) [23]

#### Senior Clinical Fellow in Intensive Care Medicine

Cwmbran, NP44 8YN

Salary:

£43821.00 to £68330.00

Type:

Fixed-Term

Employer:

Aneurin Bevan University Health Board

Apply now on NHS Jobs for Senior Clinical Fellow in Intensive Care Medicine job

(opens in a new window) [24]

#### Clinical Fellow in Paediatric Intensive Care Unit

Bristol, BS2 8BJ

Salary:

£61825.00 to £70425.00

Type:

Fixed-Term

Employer:

University Hospitals Bristol and Weston NHS Foundation Trust (UHBW) Apply now on NHS Jobs for Clinical Fellow in Paediatric Intensive Care Unit job (opens in a new window) [25]

### Cardiothoracic Anaesthesia & Cardiac Intensive Care Fellowship -ST3+

Blackpool, FY3 8NR

Salary:

£61825.00

Type:

Fixed-Term

Employer:

Blackpool Teaching Hospitals NHS Foundation Trust

<u>Apply now on NHS Jobs for Cardiothoracic Anaesthesia & Cardiac Intensive Care</u>

Fellowship - ST3+ job (opens in a new window) [26]

# Consultant in Intensive Care \*Gold Package £20K lump sum & 1.5 SPA\*

Ipswich, IP4 5PD

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

East Suffolk and North Essex NHS Foundation Trust

Apply now on NHS Jobs for Consultant in Intensive Care \*Gold Package £20K lump sum & 1.5 SPA\* job (opens in a new window) [27]

## Principal Psychologist specialising in Forensic MH & Intensive Care

Carmarthen, SA31 3BB

Salary:

£63150.00 to £73379.00

Type:

Permanent

Employer:

Hywel Dda University Health Board

Apply now on NHS Jobs for Principal Psychologist specialising in Forensic MH & Intensive Care job (opens in a new window) [28]

#### Senior Clinical Fellow POCUS and Intensive Care Medicine

Guildford, GU2 7XX

Salary:

£61825.00 to £70425.00

Type:

Fixed-Term

Employer:

Royal Surrey NHS Foundation Trust

Apply now on NHS Jobs for Senior Clinical Fellow POCUS and Intensive Care Medicine job (opens in a new window) [29]

## Trust Specialty Registrar in Anaesthetic and Intensive Care

Buckinghamshire, HP21 8AL

Salary:

£49909.00 to £70425.00

Type:

Fixed-Term

Employer:

Buckinghamshire Healthcare NHS Trust

Apply now on NHS Jobs for Trust Specialty Registrar in Anaesthetic and Intensive Care job (opens in a new window) [30]

## Ultrasound Fellow (ST3+) In Intensive Care and Anaesthesia

Shrewsbury, SY3 8XQ

Salary:

£61825.00 to £70425.00

Type:

Fixed-Term

Employer:

The Shrewsbury and Telford Hospital NHS Trust

Apply now on NHS Jobs for Ultrasound Fellow (ST3+) In Intensive Care and Anaesthesia job (opens in a new window) [31]

## Medical Specialty Trainee in Paediatric Intensive Care Medicine (PICM)

Reading, RG1 5AN

Salary:

£49909.00 to £70425.00

Type:

Fixed-Term

Employer:

Royal Berkshire NHS Foundation Trust

Apply now on NHS Jobs for Medical Specialty Trainee in Paediatric Intensive Care Medicine (PICM) job (opens in a new window) [32]

### o Clinical Fellow (ST3-5) in Anaesthetics and Intensive Care

Bournemouth, BH7 7DW

Salary:

£61825.00

Type:

Permanent

Employer:

University Hospitals Dorset NHS Foundation Trust

Apply now on NHS Jobs for Clinical Fellow (ST3-5) in Anaesthetics and Intensive Care job (opens in a new window) [33]

## o Clinical Fellow (Higher ST3-5/ST6+) in Paediatric Intensive Care

Cambridge, CB2 0QQ

Salary:

£61825.00 to £70425.00

Type:

Fixed-Term

Employer:

Cambridge University Hospital NHS Foundation Trust

<u>Apply now on NHS Jobs for Clinical Fellow (Higher ST3-5/ST6+) in Paediatric Intensive Care job (opens in a new window) [34]</u>

## Locum Specialty Doctor - South Wiltshire Intensive Service

Salisbury, SP2 7FP

Salary:

£59175.00 to £95400.00

Type:

Fixed-Term

Employer:

Avon & Wiltshire Mental Health Partnership NHS Trust

<u>Apply now on NHS Jobs for Locum Specialty Doctor - South Wiltshire Intensive</u>

Service job (opens in a new window) [35]

## Consultant Psychiatrist - North Wiltshire Intensive Service

Devizes, SN10 5DS

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

Avon & Wiltshire Mental Health Partnership NHS Trust

Apply now on NHS Jobs for Consultant Psychiatrist - North Wiltshire Intensive

Service job (opens in a new window) [36]

### High Intensity Therapist

Bootle, L204TQ

Salary:

£46140.00 to £52809.00

Type:

Permanent

Employer:

Mental Health Matters

Apply now on NHS Jobs for High Intensity Therapist job (opens in a new window)

## **o IAPT High Intensity Therapist**

Redditch, B98 8AH

Salary:

£46148.00 to £52809.00

Type:

Fixed-Term

Employer:

Herefordshire and Worcestershire Health and Care NHS Trust

<u>Apply now on NHS Jobs for IAPT High Intensity Therapist job (opens in a new window)</u>
[38]

## Trainee High Intensity CBT Therapist

Dorking, RH4 1SD

Salary:

£37338.00

Type:

Fixed-Term

Employer:

Dorking Healthcare Ltd.

Apply now on NHS Jobs for Trainee High Intensity CBT Therapist job (opens in a new window) [39]

### Trainee (CBT) High Intensity Therapist

Suffolk, IP33 3ND

Salary:

£37338.00 to £44962.00

Type:

Permanent

Employer:

Norfolk & Suffolk Foundation NHS Trust

Apply now on NHS Jobs for Trainee (CBT) High Intensity Therapist job (opens in a new window) [40]

### Deputy Team Manager/High Intensity Therapist

Coventry, CV1 4NZ

Salary:

£46148.00 to £52809.00

Type:

Permanent

Employer:

Coventry and Warwickshire Partnership Trust

Apply now on NHS Jobs for Deputy Team Manager/High Intensity Therapist job (opens in a new window) [41]

## Qualified High Intensity CBT Therapist - Wirral

Birkenhead, CH41 1EL

Salary:

£46148.00 to £52809.00

Type:

Permanent

Employer:

**Everyturn Mental Health** 

Apply now on NHS Jobs for Qualified High Intensity CBT Therapist - Wirral job (opens in a new window) [42]

## Urgent Care Doctor

London, NW8 9NH

Salary:

£85000.00

Type:

Permanent

Employer:

The Hospital of St John and St Elizabeth

Apply now on NHS Jobs for Urgent Care Doctor job (opens in a new window) [43]

#### High Intensity CBT Therapist - Lambeth Talking Therapies

Lambeth, London, SW9 8AP

Salary:

£54320.00 to £60981.00

Type:

Permanent

Employer:

South London and Maudsley NHS Foundation Trust

<u>Apply now on NHS Jobs for High Intensity CBT Therapist - Lambeth Talking</u>

<u>Therapies job (opens in a new window)</u> [44]

## Talking Therapies Hi Intensity CBT Therapist - Band 7

Coventry, CV1 4NZ

Salary:

£46148.00 to £52809.00

Type:

Permanent

Employer:

Coventry and Warwickshire Partnership Trust

Apply now on NHS Jobs for Talking Therapies Hi Intensity CBT Therapist - Band 7 job (opens in a new window) [45]

## Advanced High Intensity Counsellor (Various locations in Surrey)

Redhill, RH1 2NP

Guildford, GU1 4UQ

Dorking, RH5 4HY

Oxted, RH8 0BQ

Epsom, KT18 5AD

Dorking, RH5 5EN

Woking, GU22 7HS

Weybridge, KT138JG

Dorking, RH4 1SD

Salary:

Negotiable

Type:

Permanent

Employer:

Dorking Healthcare Ltd.

Apply now on NHS Jobs for Advanced High Intensity Counsellor (Various locations in Surrey) job (opens in a new window) [46]

### Talking Therapies High Intensity Therapist CBT - Band 7

Marston Green, B37 5RY

Salary:

£46148.00 to £52809.00

Type:

Permanent

Employer:

Coventry and Warwickshire Partnership Trust

Apply now on NHS Jobs for Talking Therapies High Intensity Therapist CBT - Band 7 job (opens in a new window) [47]

## Advanced High Intensity CBT Therapist (Various locations in Surrey)

Redhill, RH1 2NP Dorking, RH4 1SD Oxted, RH8 0BQ Guildford, GU1 4UQ Weybridge, KT13 8JG Woking, GU22 7HS Epsom, KT18 5AD

Salary:

£50952.30

Type:

Permanent

Employer:

Dorking Healthcare Ltd.

Apply now on NHS Jobs for Advanced High Intensity CBT Therapist (Various locations in Surrey) job (opens in a new window) [48]

## Salaried Urgent Care Doctor - Preston & Chorley

Preston, PR2 9HT Chorley, PR7 1PP

Salary:

£95025.00 to £105788.00

Type:

Permanent

Employer:

**Gtd Healthcare** 

Apply now on NHS Jobs for Salaried Urgent Care Doctor - Preston & Chorley job (opens in a new window) [49]

## Community High Intensity User Caseload Manager-Band 6 (Internal Only)

Macclesfield, SK11 6JL

Salary:

£37338.00 to £44962.00

Type:

Secondment

Employer:

East Cheshire NHS Trust

Apply now on NHS Jobs for Community High Intensity User Caseload Manager-Band 6 (Internal Only) job (opens in a new window) [50]

### Specialty Doctor in Elderly Care & Orthogeriatrics

Reading, RG1 5AN

Salary:

£59175.00 to £95400.00

Type:

Fixed-Term

Employer:

Royal Berkshire NHS Foundation Trust

Apply now on NHS Jobs for Specialty Doctor in Elderly Care & Orthogeriatrics job (opens in a new window) [51]

## Speciality Doctor in Neuroanaesthesia & Neuro Critical Care

Liverpool, L9 7LJ

Salary:

£58859.00 to £96888.00

Type:

Permanent

Employer:

The Walton Centre NHS Foundation Trust

Apply now on NHS Jobs for Speciality Doctor in Neuroanaesthesia & Neuro Critical Care job (opens in a new window) [52]

## Specialty Doctor in Community Care of the Elderly

Chepstow, NP16 5YX

Salary:

£59727.00 to £95400.00

Type:

Permanent

Employer:

Aneurin Bevan University Health Board

<u>Apply now on NHS Jobs for Specialty Doctor in Community Care of the Elderly job</u>

(opens in a new window) [53]

### Specialty Doctor in Emergency Medicine and Urgent Care

Huddersfield & Calderdale, HD3 3EA

Salary:

£59175.00 to £95400.00

Type:

Permanent

Employer:

Calderdale and Huddersfield NHS Foundation Trust

Apply now on NHS Jobs for Specialty Doctor in Emergency Medicine and Urgent Care job (opens in a new window) [54]

#### Consultant in Critical Care

Margate, CT9 4AN

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

East Kent Hospitals University NHS Foundation Trust

Apply now on NHS Jobs for Consultant in Critical Care job (opens in a new window) [55]

#### Consultant Paediatrician-Palliative Care

Oxford, OX4 1RW

Salary:

£194.88

Type:

Permanent

Employer:

Helen & Douglas House

Apply now on NHS Jobs for Consultant Paediatrician-Palliative Care job (opens in a new window) [56]

#### Consultant in Critical Care Medicine

Brighton, BN2 5BE

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

University Hospitals Sussex NHS Foundation Trust (279)

Apply now on NHS Jobs for Consultant in Critical Care Medicine job (opens in a new window) [57]

#### Consultant in Paediatric Palliative Care

Bristol, BS2 8BJ

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

University Hospitals Bristol and Weston NHS Foundation Trust (UHBW)

Apply now on NHS Jobs for Consultant in Paediatric Palliative Care job (opens in a new window) [58]

#### Consultant Psychiatrist in Acute Care

Bodelwyddan, LL18 5UJ

Salary:

£91722.00 to £119079.00

Type:

Permanent

Employer:

Betsi Cadwaladr University Health Board

Apply now on NHS Jobs for Consultant Psychiatrist in Acute Care job (opens in a new window) [59]

## Consultant Care of Elderly - Stroke

croydon, Surrey, CR7 7YE

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

Croydon Health Services NHS Trust

Apply now on NHS Jobs for Consultant Care of Elderly - Stroke job (opens in a new window) [60]

#### Consultant Care of Older Person

Blackpool, FY3 8NR

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

Blackpool Teaching Hospitals NHS Foundation Trust

Apply now on NHS Jobs for Consultant Care of Older Person job (opens in a new window) [61]

### Care of the Elderly Consultant

Bodelwyddan, LL18 5UJ

Salary:

£106000.00 to £154760.00

Type:

Permanent

Employer:

Betsi Cadwaladr University Health Board

Apply now on NHS Jobs for Care of the Elderly Consultant job (opens in a new window) [62]

#### Consultant in Palliative Care Medicine

Dartford, DA2 8DA

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

Dartford and Gravesham NHS Trust

Apply now on NHS Jobs for Consultant in Palliative Care Medicine job (opens in a new window) [63]

#### Locum Consultant in Palliative Care

Mountain Ash, CF45 4BZ

Salary:

£116600.00

Type:

Locum

Employer:

Cwm Taf Morgannwg University Health Board

Apply now on NHS Jobs for Locum Consultant in Palliative Care job (opens in a new window) [64]

#### Remote Consultation Doctor - 37.5 hours

Warwick, CV34 6RQ

Salary:

£87000.00 to £95000.00

Type:

Permanent

Employer:

British Pregnancy Advisory Service (BPAS)

Apply now on NHS Jobs for Remote Consultation Doctor - 37.5 hours job (opens in a new window) [65]

# Further information

These organisations have further information about being a doctor in intensive care [1] medicine, particularly as your career progresses. Take a look.

Royal College of Physicians [66]

Royal College of Physicians of Edinburgh [67]

Royal College of Physicians and Surgeons of Glasgow [68]

The Faculty of Intensive Care Medicine [69]

Intensive Care Society [70]

European Society of Intensive Care Medicine [71]

And hear from people working in intensive care [1] medicine:

A career in intensive care medicine (BMJ) [72]

A consultant in critical and intensive care medicine (HEWM) [73]

Dr Dale Gardiner, consultant in intensive care medicine (HEEM) [74]

## Other roles that may interest you

- Emergency medicine [75]
- Anaesthesia [76]
- General surgery [77]
- Acute internal medicine [78]

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#### Links

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https://www.healthcareers.nhs.uk/glossary#Sepsis [5]
https://www.healthcareers.nhs.uk/glossary#Haemodialysis [6]
https://www.healthcareers.nhs.uk/glossary#Foundation_training[7]
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