



# Welcome to the Trainee Trajectory

---

Welcome to the Trainee Trajectory.

This is a map of the three year training scheme for StRs, including Assessments, Courses and Service Commitments which need to be undertaken, from the StRs Induction Course, to achieving CCT.

To continue to the Trajectory, please [click here](#).

---

**To contact us:**

Lee Belfield  
Yorkshire and the Humber Deanery  
Willow Terrace Road  
University of Leeds  
Leeds  
LS2 9JT

Phone: 01133 433599  
Fax: 01133 431975  
E-mail: [lee.belfield@yorksandhumber.nhs.uk](mailto:lee.belfield@yorksandhumber.nhs.uk)

© Lee Belfield 2010

*Created by;*

Dr Richard Darnton

Dr Mike Tomson

Dr Adrian Dunbar

Dr Paul Robinson

Lee Belfield

Joan Horsfield

## Foreword

### **Foreword by Dr Richard Darnton**

The Trainee Trajectory is a tool to help you navigate your way through the different aspects of GP specialist training. These include the workplace-based assessment (WPBA) element of the nMRCGP exam.

In 2004 The Postgraduate Medical Education and Training Board (PMETB) published a policy document called "Principles For An Assessment System for Postgraduate Medical Training" which stated that workplace based assessment must play a central role in the postgraduate medical education of all medical specialties.

WPBA requires you to be very organised in your approach to learning and assessment but used as intended, it has the potential to help you get the most out of your specialty training by making your learning more effective. This is because it will provide you with frequent specific feedback on different aspects of your performance. You can then use this to identify your learning needs, plan your learning and show through your portfolio of evidence how your own abilities are continually improving.

The Trainee Trajectory is one of many available tools which helps you to plan ahead and ensure that you are achieving the different training and assessment milestones within the stipulated timeframes. Be aware that WPBA timeframes portrayed in the trajectory are final and that you should be aiming to achieve them in advance of these. Similarly, the required numbers of completed assessments (e.g. COTs, CbDs, DOPs etc.) are minimum numbers and you should be aiming to complete more than stated. Please be aware too, that timeframes may be subject to local variation and you should always be cross-checking these through liaison with your peers, your GP trainer (when based in a practice), your Educational Supervisor and your Training Programme Directors.

To continue to the Trajectory, please [click here](#).



- ▶ Home
- ▶ Foreword
- ▶ **Using the Trajectory**
- ▶ Before You Start
- ▶ ST1 1st Placement
- ▶ ST1 2nd Placement
- ▶ ST2 1st Placement
- ▶ ST2 2nd Placement
- ▶ ST3 1st Placement
- ▶ ST3 2nd Placement
- ▶ OOH Expectations
- ▶ Useful Links
- ▶ Useful Contacts
- ▶ Courses
- ▶ Courses 2
- ▶ Courses 3

## Using the Trajectory

---

The Trainee Trajectory is designed to assist you in terms of advising what to do and when.

The Trajectory is broken up into twelve 6 month sections. Each of these sections are split into six individual months and also grouped into Service Commitment and Courses and Assessments.

Service Commitments and Courses are contained within a **green** box, and the Assessments are contained within a **blue** box.

Navigation on the site is on the left hand side.

Any items that are underlined are links to either explanations, web site pages, further reading or guidance.

If this the first time you have used the Trajectory, or you wish to check what to do before you begin your training, select [Before You Start](#) from the left hand menu bar or [click here](#).

If you know the period of training which you require, please select your rotation, again on the left hand menu or for your ST1 1st Placement, [click here](#).

Useful links, contacts and some of the courses available can also be found by using the left hand menu.

### ARCP Panels

Please note that Interim ARCP Panels are held roughly on a once a month basis for Trainees who have fallen out of sync.

The main ARCP Panels are held in June every year where every Trainees ePortfolio will be checked against RCGP and PMETB Guidance.



- ▶ Home
- ▶ Foreword
- ▶ Using the Trajectory
- ▶ **Before You Start**
- ▶ ST1 1st Placement
- ▶ ST1 2nd Placement
- ▶ ST2 1st Placement
- ▶ ST2 2nd Placement
- ▶ ST3 1st Placement
- ▶ ST3 2nd Placement
- ▶ OOH Expectations
- ▶ Useful Links
- ▶ Useful Contacts
- ▶ Courses
- ▶ Courses 2
- ▶ Courses 3

## Before You Start

### THINGS TO DO BEFORE YOU START

- Sign and Return Form R to the Deanery for your NTN (National Training Number)
- Register with the RCGP and activate ePortfolio
- Meet with Consultant / GP Trainer of your first job
- If your Training Programme runs an Induction Course, book study leave for this
- If you are in a GP Placement first, book your 6 Out Of Hours Sessions for the first post
- Liaise with your employer regarding Occupational Health Clearance, Criminal Records Bureau (CRB) checks and pay scale. Ensure you have valid Defence Organisation Cover and GMC License

To proceed, select your current rotation from the menu list on the left hand side of the screen.



- ▶ Home
- ▶ Foreword
- ▶ Using the Trajectory
- ▶ Before You Start
- ▶ **ST1 1st Placement**
- ▶ ST1 2nd Placement
- ▶ ST2 1st Placement
- ▶ ST2 2nd Placement
- ▶ ST3 1st Placement
- ▶ ST3 2nd Placement
- ▶ OOH Expectations
- ▶ Useful Links
- ▶ Useful Contacts
- ▶ Courses
- ▶ Courses 2
- ▶ Courses 3

# ST1 1st Placement (ST1-1)

[For a list of Deanery courses available throughout the year, click here](#)

Month 1	Month 2	Month 3	Month 4	Month 5	Month 6
<i>Service Commitments &amp; Courses</i>					
Induction Course	Meet with Clinical Supervisor if not in General Practice during this time to clarify Learning Plan			Statement on Sick Leave and complaints in approved format	Complete Online Deanery End-Of-Post Questionnaire
Book Educational Supervisor meetings for months 2 and 6	Educational Supervisor Meeting 1	Review Curriculum Coverage			Educational Supervisor Meeting 2 and Upload Educational Supervisors Report
Probity, Health and Educational Contract to sign					
Start to develop PDP	Continue to develop PDP				
Your Audit / First Data Collection for this post should be completed during your first GP Placement					
Ensure CPR & AED Certificate completed and uploaded (please click here for guidance)					
Complete 6 Out Of Hours Sessions if in GP during this time					
Month 1	Month 2	Month 3	Month 4	Month 5	Month 6
<i>Assessments</i>					
			Complete and upload Clinical Supervisors Report		
	Reflection on Clinical Encounters, Tutorials, Lectures etc, recorded in Learning Log				
	Complete 3 or more Mini-CEX (if in GP then 3 COTs instead) before the ES (Report) Meeting				
	Complete 3 or more Case Based Discussions (CbDs) during this period				
	Write up to at least 3 Significant Event Analysis (SEAs) during this period				
	Presentation or Case Study during this period				
	Complete and upload 5 Multi-Source Feedback Forms during this period				
	Complete and upload Patient Satisfaction Questionnaire if in GP before ESR				
Start practising and completing appropriate DOPS					



# ST1 2nd Placement (ST1-2)

**\* Follow-up or Interim ARCP Panels will be held according to the needs of the Trainees and guided by Deanery Policy**

[For a list of Deanery courses available throughout the year, click here](#)

- ▶ Home
- ▶ Foreword
- ▶ Using the Trajectory
- ▶ Before You Start
- ▶ ST1 1st Placement
- ▶ **ST1 2nd Placement**
- ▶ ST2 1st Placement
- ▶ ST2 2nd Placement
- ▶ ST3 1st Placement
- ▶ ST3 2nd Placement
- ▶ OOH Expectations
- ▶ Useful Links
- ▶ Useful Contacts
- ▶ Courses
- ▶ Courses 2
- ▶ Courses 3

	Month 7	Month 8	Month 9	Month 10	Month 11	Month 12
<i>Service Commitments &amp; Courses</i>						
	Book Educational Supervisor meeting for the end of Month 10	Meet with Clinical Supervisor if not in General Practice		Educational Supervisor Meeting		Complete Online Deanery End-Of-Post Questionnaire
				Complete Self Assessment before Educational Supervisor meeting	<b>ARCP Panels *</b>	
Your Audit for this post should be completed during your first GP Placement						
			Statement on Sick Leave and complaints in approved format	Upload Educational Supervisors Report before ARCP Panel		
Continue to develop PDP making use of the feedback from assessment						
Review Curriculum Coverage						
Complete 6 Out Of Hours Sessions if in GP during this time						
	Month 7	Month 8	Month 9	Month 10	Month 11	Month 12
<i>Assessments</i>						
				Complete and upload Clinical Supervisors Report		
Reflection recorded in Learning Log						
Complete 3 or more Mini-CEX (if in GP then 3 COTs instead) before ES (report) meeting						
Complete 3 or more Case Based Discussions (CbDs) during this period						
Write up to at least 3 Significant Event Analysis (SEAs) during this period						
Presentation or Case Study during this period						
		Complete and Patient Satisfaction Questionnaire if in GP before ESR				
		Complete 5 Multi Source Feedback forms during this period				
Continue practising and completing appropriate DOPS						



- ▶ Home
- ▶ Foreword
- ▶ Using the Trajectory
- ▶ Before You Start
- ▶ ST1 1st Placement
- ▶ ST1 2nd Placement
- ▶ **ST2 1st Placement**
- ▶ ST2 2nd Placement
- ▶ ST3 1st Placement
- ▶ ST3 2nd Placement
- ▶ OOH Expectations
- ▶ Useful Links
- ▶ Useful Contacts
- ▶ Courses
- ▶ Courses 2
- ▶ Courses 3

# ST2 1st Placement (ST2-1)

**\* Follow-up or Interim ARCP Panels will be held according to the needs of the Trainees and guided by Deanery Policy**

[For a list of Deanery courses available throughout the year, click here](#)

Month 13	Month 14	Month 15	Month 16	Month 17	Month 18
<i>Service Commitments &amp; Courses</i>					
Book ES meeting for end of Month 18	Meet with Clinical Supervisor if not in General Practice		Statement on Sick Leave and complaints in approved format		Complete Online Deanery End-Of-Post Questionnaire
Probity, Health and Educational Contract to sign				Complete Self Assessment before Educational Supervisor meeting	Educational Supervisor Meeting and upload Educational Supervisors Report
<a href="#">Decide when you are going to sit the AKT (Click here for help)</a>					
Review Curriculum Coverage					
Continue to develop PDP making use of the feedback from assessment					
Complete 6 Out Of Hours Sessions if in GP during this time					
<a href="#">Ensure CPR &amp; AED Certificate completed and uploaded</a>					
Month 13	Month 14	Month 15	Month 16	Month 17	Month 18
<i>Assessments</i>					
				Complete and upload Clinical Supervisors Report	
Reflection recorded in Learning Log					
Complete 3 or more Mini-CEX (if in GP then 3 COTs instead) before ES (report) meeting					
Complete 3 or more Case Based Discussions (CbDs) during this period					
Write up to at least 3 Significant Event Analysis (SEAs) during this period					
Presentation or Case Study during this period					
	Complete and upload Patient Satisfaction Questionnaire if in GP before ESR				
Continue practising and completing appropriate DOPS					



# ST2 2nd Placement (ST2-2)

**\* Follow-up or Interim ARCP Panels will be held according to the needs of the Trainees and guided by Deanery Policy**

[For a list of Deanery courses available throughout the year, click here](#)

- ▶ Home
- ▶ Foreword
- ▶ Using the Trajectory
- ▶ Before You Start
- ▶ ST1 1st Placement
- ▶ ST1 2nd Placement
- ▶ ST2 1st Placement
- ▶ **ST2 2nd Placement**
- ▶ ST3 1st Placement
- ▶ ST3 2nd Placement
- ▶ OOH Expectations
- ▶ Useful Links
- ▶ Useful Contacts
- ▶ Courses
- ▶ Courses 2
- ▶ Courses 3

Month 19	Month 20	Month 21	Month 22	Month 23	Month 24
<i>Service Commitments &amp; Courses</i>					
Book ES meetings for the end of Month 22	Meet with Clinical Supervisor if not in General Practice		Educational Supervisor Meeting	<b>ARCP Panels *</b>	Complete Online Deanery End-Of-Post Questionnaire
		Complete Self Assessment before Educational Supervisor meeting			<a href="#">Decide when you are going to sit the CSA (Click here for help)</a>
		Statement on Sick Leave and complaints in approved format	Upload Educational Supervisors Report before ARCP Panel		
Review Curriculum Coverage					
Continue to develop PDP making use of the feedback from assessment					
Complete 6 Out Of Hours Sessions if in GP during this time					
Month 19	Month 20	Month 21	Month 22	Month 23	Month 24
<i>Assessments</i>					
		Complete and upload Clinical Supervisors Report			
Reflection recorded in Learning Log					
Complete 3 or more Mini-CEX (if in GP then 3 COTs instead) before ES (report) meeting					
Complete 3 or more Case Based Discussions (CbDs) during this period					
Write up to at least 3 Significant Event Analysis (SEAs) during this period					
Presentation or Case Study during this period					
	Complete and upload Patient Satisfaction Questionnaire if in GP before ESR				
Continue practising and completing appropriate DOPS					





# ST3 1st Placement (ST3-1)

**\* Follow-up or Interim ARCP Panels will be held according to the needs of the Trainees and guided by Deanery Policy**

[For a list of Deanery courses available throughout the year, click here](#)

- ▶ Home
- ▶ Foreword
- ▶ Using the Trajectory
- ▶ Before You Start
- ▶ ST1 1st Placement
- ▶ ST1 2nd Placement
- ▶ ST2 1st Placement
- ▶ ST2 2nd Placement
- ▶ **ST3 1st Placement**
- ▶ ST3 2nd Placement
- ▶ OOH Expectations
- ▶ Useful Links
- ▶ Useful Contacts
- ▶ Courses
- ▶ Courses 2
- ▶ Courses 3

Month 25	Month 26	Month 27	Month 28	Month 29	Month 30
<i>Service Commitments &amp; Courses</i>					
Book ES meetings for the end of Month 30			Statement on Sick Leave and complaints in approved format	Meet with GP Trainer	Complete Online Deanery End-Of-Post Questionnaire
Probity, Health and Educational Contract to sign				Complete Self Assessment before Educational Supervisor meeting	Educational Supervisor Meeting and upload Educational Supervisors Report
Review Curriculum Coverage					
Continue to develop PDP making use of the feedback from assessment					
Complete 6 Out Of Hours Sessions if in GP during this time					
<a href="#">Ensure CPR &amp; AED Certificate completed and uploaded</a>					
Month 25	Month 26	Month 27	Month 28	Month 29	Month 30
<i>Assessments</i>					
				Complete and upload Clinical Supervisors Report	
Reflection recorded in Learning Log					
Complete 6 or more COTs before ES (report) meeting					
Complete 6 or more Case Based Discussions (CbDs) during this period					
Write up to at least 3 Significant Event Analysis (SEAs) during this period					
Presentation or Case Study during this period					
		Complete and upload Patient Satisfaction Questionnaire before ESR			
		Complete and upload 10 Multi-Source Feedback Forms			
Continue practising and completing appropriate DOPS					



- ▶ Home
- ▶ Foreword
- ▶ Using the Trajectory
- ▶ Before You Start
- ▶ ST1 1st Placement
- ▶ ST1 2nd Placement
- ▶ ST2 1st Placement
- ▶ ST2 2nd Placement
- ▶ ST3 1st Placement
- ▶ **ST3 2nd Placement**
- ▶ OOH Expectations
- ▶ Useful Links
- ▶ Useful Contacts
- ▶ Courses
- ▶ Courses 2
- ▶ Courses 3

# ST3 2nd Placement (ST3-2)

**\* Follow-up or Interim ARCP Panels will be held according to the needs of the Trainees and guided by Deanery Policy**

[For a list of Deanery courses available throughout the year, click here](#)

**\*\* See OOH Guidance**

Month 31	Month 32	Month 33	Month 34	Month 35	Month 36
<i>Service Commitments &amp; Courses</i>					
Book ES meetings for the end of Month 34		Meet with GP Trainer	Educational Supervisor Meeting	<b>Final ARCP Panels for CCT*</b>	Complete Online Deanery End-Of-Post Questionnaire
		Complete Self Assessment before ES meeting			
		Statement on Sick Leave and complaints in approved format	Upload Educational Supervisors Report before ARCP Panel		
Review Curriculum Coverage					
Continue to develop PDP making use of the feedback from assessment					
Complete 6 Out Of Hours Sessions during this time — No more than 8 hours remaining after CCT ARCP **					
Month 31	Month 32	Month 33	Month 34	Month 35	Month 36
<i>Assessments</i>					
			Complete and upload Clinical Supervisors Report		
Reflection recorded in Learning Log					
Complete 6 or more COTs before ES (report) meeting					
Complete 6 or more Case Based Discussions (CbDs) during this period					
Write up to at least 3 Significant Event Analysis (SEAs) during this period					
Presentation or Case Study during this period					
	Complete and upload Patient Satisfaction Questionnaire before ESR				
	Complete and upload 10 Multi-Source Feedback Forms				
All essential DOPS to have been completed by this point. Urgent action required if any essential DOPS remain					



- ▶ Home
- ▶ Foreword
- ▶ Using the Trajectory
- ▶ Before You Start
- ▶ ST1 1st Placement
- ▶ ST1 2nd Placement
- ▶ ST2 1st Placement
- ▶ ST2 2nd Placement
- ▶ ST3 1st Placement
- ▶ ST3 2nd Placement
- ▶ **OOH Expectations**
- ▶ Useful Links
- ▶ Useful Contacts
- ▶ Courses
- ▶ Courses 2
- ▶ Courses 3

# Out Of Hours Expectations

---

The number and frequency of out of hours sessions to be completed whilst working in a training practice is defined in Form B for each post. This is usually, but not always, at least one session of at least 4 hours in a 4 week period. This might vary if the training post had modular attachments in other services where there might be some out of hours experience. Arrangements for fulfilling the out of hours commitments might vary between different areas where service provision arrangements are quite different.

As a trainee you need to discuss with your trainer - and / or educational supervisor how you are going to fulfil your out of hours commitments during your induction to the training practice. Leaving this until later might reduce your opportunities to complete a sufficient number of sessions toward the end of your post and create problems when an ARCP panel assesses your portfolio.

There needs to be an appropriate balance between telephone consultations and face to face consultations in your out of hours experience. You should discuss this with your trainer at induction and review your progress through the post. Consulting on the telephone is an important skill and should not be neglected. As a guide it might be considered that between a third and a half of your out of hours sessions should focus on telephone consulting. This might vary depending on how much telephone consulting is experienced in the practice in normal hours and the rate of competency progression.

A separate but related issue is the development of the competencies detailed in chapter 7 of the GP curriculum - Care of Acutely Ill People. These competencies can be developed in a number of settings in primary and secondary care and within working hours as well as out of hours. Working in an out of hours setting provides a different and important experience in managing acutely ill people. When your portfolio is assessed by an ARCP panel evidence of satisfactory competence progression in a variety of settings will be required.

Finally you should remember that some out of hours centres and some sessions tend to be busier than others. It may be the case that in order to demonstrate all the required competencies you might need to do more sessions than those specified in form B or more daytime "on call" activity. You should discuss this with your trainer and educational supervisor sooner rather than later and not leave it until an ARCP panel advises that your portfolio does not demonstrate sufficient coverage of the curriculum in this area.

Written by Dr Adrian Dunbar

Associate Postgraduate Dean for Assessment



- ▶ Home
- ▶ Foreword
- ▶ Using the Trajectory
- ▶ Before You Start
- ▶ ST1 1st Placement
- ▶ ST1 2nd Placement
- ▶ ST2 1st Placement
- ▶ ST2 2nd Placement
- ▶ ST3 1st Placement
- ▶ ST3 2nd Placement
- ▶ OOH Expectations
- ▶ **Useful Links**
- ▶ Useful Contacts
- ▶ Courses
- ▶ Courses 2
- ▶ Courses 3

## Useful Links

---

Please see the follow links which should prove useful;

The Yorkshire and The Humber Deanery Web Site — [www.yorksandhumberdeanery.nhs.uk](http://www.yorksandhumberdeanery.nhs.uk)

The Royal College of General Practitioners (RCGP) — [www.rcgp.org.uk](http://www.rcgp.org.uk)

RCGP ePortfolio Login Page — [www.eportfolio.rcgp.org.uk](http://www.eportfolio.rcgp.org.uk)

Postgraduate Medical Education and Training Board (PMETB) — [www.pmetb.org.uk](http://www.pmetb.org.uk)

General Medical Council (GMC) — [www.gmc-uk.org](http://www.gmc-uk.org)

British Medical Association (BMA) — [www.bma.org.uk](http://www.bma.org.uk)



- ▶ Home
- ▶ Foreword
- ▶ Using the Trajectory
- ▶ Before You Start
- ▶ ST1 1st Placement
- ▶ ST1 2nd Placement
- ▶ ST2 1st Placement
- ▶ ST2 2nd Placement
- ▶ ST3 1st Placement
- ▶ ST3 2nd Placement
- ▶ OOH Expectations
- ▶ Useful Links
- ▶ Useful Contacts
- ▶ Courses
- ▶ Courses 2
- ▶ Courses 3

# Useful Contacts

Here are various contacts which you may find useful during your training scheme;

## Admin

Janet Bell	CPD and Assessment Officer	01142 264494	janet.bell@yorksandhumber.nhs.uk
Andrea Pearson	Medical Workforce Officer (Education)	01482 660712	andrea.pearson@yorksandhumber.nhs.uk
Lee Belfield	GP Administrator for Assessment and Training	01133 433599	lee.belfield@yorksandhumber.nhs.uk

## Associate Postgraduate Deans (GP)

Dr Mike Tomson	South Yorkshire	01142 264424	mike@tomson.plus.com
Dr Paul Johnson	North Yorkshire and North East Lincolnshire	01947 820888	paul.johnson@gp-B82017.nhs.uk
Dr Adrian Dunbar	West Yorkshire	01133 31703	adrian.dunbar@yorksandhumber.nhs.uk

## Training Programme Directors by Area

Dr Helen Morris	Barnsley	Dr Helen Wilkinson	Airedale
Dr John Corlett	Doncaster	Dr Ramesh Mehay	Bradford
Dr Chris Myers	Rotherham	Dr Richard Adams	Dewsbury
Dr Sandra Brinkley	Sheffield	Dr Simon Hall	Leeds
Dr Jutta Meiwald	Grimsby	Dr Matt Smith	Pennine
Dr Chris Walsh	Harrogate	Dr David Brown	Pontefract
Dr Dan Roper	Hull	Dr Terry Gair	Wakefield
Dr Roger Higson	Northallerton	Dr Patricia Webster	Scunthorpe
Dr Jon Chadwick	Scarborough	Dr Stuart Calder	York

## Training Programme Administrators

Glenise Hatton	Barnsley	Irene Wilson	Airedale
Lynn Sandford	Doncaster	Vicky Baxter	Bradford
Anne Watson	Rotherham	Jane Matthews	Dewsbury
Linda Latif	Sheffield	Danielle Scott	Leeds
Bridget Nelson	Grimsby	Elaine Lodge	Pennine
Lisa Adams	Harrogate	Moira Fearnley	Pontefract
Ann Brown	Hull	Joyce Yates	Wakefield
Wendy Buch	Northallerton	Rachel Wright	Scunthorpe
Kathy Underwood	Scarborough	Beverley Johnson	York



- ▶ Home
- ▶ Foreword
- ▶ Using the Trajectory
- ▶ Before You Start
- ▶ ST1 1st Placement
- ▶ ST1 2nd Placement
- ▶ ST2 1st Placement
- ▶ ST2 2nd Placement
- ▶ ST3 1st Placement
- ▶ ST3 2nd Placement
- ▶ OOH Expectations
- ▶ Useful Links
- ▶ Useful Contacts
- ▶ Courses
- ▶ Courses 2
- ▶ Courses 3

# Courses

Please note—this page is currently under construction and will be updated shortly

Here are various courses which you may find useful during your training scheme;

[Courses Continued](#)

**Courses**

Course Name & Provider	Description
<b>Induction Course</b> (most schemes)	Details vary between schemes as do the days on which these are provided - they are usually of 2-3 days' duration. The objectives of this course will normally include material covered in chapters 1 and 2 of the GP curriculum plus developing the study skills and group work skills necessary for GP and adult learning.
<b>Contraception and HRT in the consultation</b> (Pennine Scheme)	This excellent one day course is aimed at GPSTs new to General Practice. It's a very practical course which helps equip you with the knowledge and skills for managing contraception and HRT issues which commonly arise in GP consultations
<b>AKT preparation course</b> (Provided by local RCGP faculties)	Focussed preparation for the knowledge based examination is only part of the course. A significant part of the course is aimed at improving critical appraisal of evidence and accessing / understanding common data appropriately and successfully.
<b>Care of the Acutely ill</b> (All localities from late 2010)	The Course focuses on Common and Serious conditions that may present as an emergency in the Primary Care setting. It should enable GPR's to be well prepared prior to attending sessions with their Clinical Supervisor in Out of Hours (OOH) Care. The Course itself has the following broad educational aims for GPStR: 1. To be able to recognise serious symptoms and manage emergency conditions presenting in daytime and OOH 2. To develop Telephone Consultation Skills in order to Triage Calls 3. To be able to make appropriate outcome / referral decisions (Patient Disposal) 4. To deal with some of the challenging patient scenarios that may present in the Unscheduled Care setting.
<b>Emergencies in General Practice</b> (Pennine Scheme)	This course covers medical and non-medical emergencies which can occur in primary care. Subjects include: roadside emergencies, emergencies in the air, medical emergencies (e.g. anaphylaxis, MI, hypo, fitting, febrile convulsion, meningitis etc) , non-medical emergencies (practice Manager falling ill, computer crash, sewage in the practice, break-in resulting in loss of drugs/keys/scripts etc.). It also covers CPR, AEDs and allows you to obtain your CPR certification for nMRCGP.
<b>CPR and AED training</b> (All Schemes)	All GPs are expected to maintain appropriate life support skills for the posts that they are undertaking. This will include PLS for those doing Paediatrics and BLS for hospital posts. They must complete their training with a certificate of cardiopulmonary resuscitation (CPR) and AED (automatic electronic defibrillator) competence.
<b>CSA preparation</b> (All Schemes)	There are various different preparation courses available in the deanery. In collaboration with the local faculties there is a college approved trainee preparation course. There is also ( in WYLO) a CSA familiarisation course which is designed for trainers and GPSTRs. For those who have failed CSA there is a special course which used the feedback statements to and group reflection and sharing to develop skills All schemes in addition provide a CSA practice day at scheme level annually to support the preparation for CSA.
<b>CSA Feedback ( re-takers)</b>	Normally run about 4 weeks after each set of CSA results and specifically tailored to use the feedback that those who have not passed have received. This course is run for the whole deanery and all those who have failed CSA will normally be invited. Administrator for this course is Leanne Sorby in the Leeds office



- ▶ Home
- ▶ Foreword
- ▶ Using the Trajectory
- ▶ Before You Start
- ▶ ST1 1st Placement
- ▶ ST1 2nd Placement
- ▶ ST2 1st Placement
- ▶ ST2 2nd Placement
- ▶ ST3 1st Placement
- ▶ ST3 2nd Placement
- ▶ OOH Expectations
- ▶ Useful Links
- ▶ Useful Contacts
- ▶ Courses
- ▶ Courses 2
- ▶ Courses 3

# Courses

Please note—this page is currently under construction and will be updated shortly

[Courses Continued](#)

Here are various courses which you may find useful during your training scheme;

## Courses continued

Course Name & Provider	Description
<b>Musculoskeletal (MSK) Disorders in Primary Care</b> (Sheffield & Airedale Schemes)	These courses aim to improve the management of MSK disorders presenting in primary care including back pain, long term conditions/chronic pain, upper limb disorders, neck pain, hip & groin Pain, lower limb disorders.
<b>Family Planning Theory Course – has been replaced with the new DFSRH training package</b> (all schemes)	As of January 2010 the Diploma in Family Planning has been replaced by a new blended learning package, underpinned by an e-portfolio which will be used as a record of progress and as a learning tool in its own right. The training programme consists of the following elements; E-SRH (electronic learning package) approx 20 hours, the online learning must be completed before proceeding to Part 2 Course of 5 sessions, comprising 5 one hour sessions with fixed content Clinical experience, which may take place in a variety of locations including community clinics and general practice Trainees should start the diploma at a suitable point in their training, and will be expected to be able to perform basic procedures such as pelvic examination and giving intramuscular injections before they proceed to Part 3, clinical assessments.
<b>Family Planning Practical Sessions</b> (all schemes)	All trainees who have previously obtained the Diploma in Family Planning Theory Course have 3 years in which to undertake their practical sessions. You should arrange these sessions yourself with the Central Health Clinic and claim reimbursement from the GPSTP office in the usual way.
<b>STIF (Sexually Transmitted Infections Foundation) Course</b> (Various providers)	Equips participants with the relevant knowledge, skills and attitudes for the effective management of Sexually Transmitted Infections in general practice.
<b>Pre Hospital Obstetric Emergencies Training (POET) Course</b> (ALS group - see national website)	This Advanced Life Support (ALS)-style course covers the pre-hospital management of significant problems that occur in both early and late pregnancy and in the immediate postnatal period. Candidates will be required to complete the on-line learning component and pass an MCQ prior to attending the 2-day instructor-led programme. The 2-day programme consists of interactive case discussions, hands-on skill stations and scenario-based small group learning.
<b>Minor surgery</b> (many schemes & local RCGP faculty)	Providing skills to ensure safe GP surgical practice, core skills and compliance with normal primary care health and safety regulations.
<b>Safeguarding Children Course</b> (Sheffield Scheme)	The first day of this course looks at how to identify potential safeguarding issues, how to broach the subject and how to ensure a successful referral. The second day looks at the community orientation aspect of child protection, the importance of knowing who else is likely to be involved and what the GPs role may be.
<b>Language, Culture and Diversity</b> (Bradford Scheme)	This course is aimed at international medical graduates (IMGs) in GP specialist training. It is designed to help attendees develop the linguistic and cultural capital necessary for proficient GP consultations and competency for MRCGP CSA. The course also helps deepen awareness of diversity issues relevant to UK practice.
<b>Dermatology Course</b> (Sheffield Scheme)	This 2 day course runs twice a year in May and November. Attendance would be very appropriate during any hospital or final GP post. It is not recommended that trainees attend the dermatology course during their first 4 months in general practice. GPSTs planning to do so may wish to discuss this with their educational supervisor and/or GP trainer first.



- ▶ Home
- ▶ Foreword
- ▶ Using the Trajectory
- ▶ Before You Start
- ▶ ST1 1st Placement
- ▶ ST1 2nd Placement
- ▶ ST2 1st Placement
- ▶ ST2 2nd Placement
- ▶ ST3 1st Placement
- ▶ ST3 2nd Placement
- ▶ OOH Expectations
- ▶ Useful Links
- ▶ Useful Contacts
- ▶ Courses
- ▶ Courses 2
- ▶ Courses 3

# Courses

Please note—this page is currently under construction and will be updated shortly

Here are various courses which you may find useful during your training scheme;

[Previous Courses](#)

## Courses

Course Name & Provider	Description
<b>'Do you Speak English' Course</b> (Sheffield )	Consultations with patients who have limited English can be more challenging and more time consuming than the average. The use of interpreters can also introduce added challenge. This course includes presentations, DVDs and exercises and includes working in small groups on simulated consultations involving patients with limited spoken English and with the use of various kinds of interpreter.
<b>Child Health Surveillance Course</b> (Most schemes)	These 2-3 day courses are aimed primarily at GP registrars seeking a general introduction to the theory and practice of CHS. Subjects covered include: faltering growth, screening (hearing loss, visual disorders, congenital dislocation of the hip, congenital heart disease etc), vaccination and Immunisation updates, child abuse, neglect and safeguarding children, communication difficulties and disorders, behaviour problems etc.
<b>1-day Courses for GPSTs in Hospital Posts</b> (Bradford, Mid-Yorkshire schemes & others)	A number of schemes run one-day courses for GPSTs in hospital posts where attendance at half day release is more difficult.. These events are often also available to trainees from other schemes. One day courses are provided in subjects such as consultation skills (using GP approaches in your hospital posts), AKT, Child Safeguarding, Fitness to Practise, Ethics, Significant Event Analysis, Making things better in the workplace (patient safety / managing change / managing conflict), Communication skills for patients with limited English language skills, Improving your eportfolio.
<b>ENT course</b> (Sheffield Scheme)	This 1 day course runs once or twice a year and covers a key topic area in general practice. It is delivered by a 'GP with a special interest' (GPwSI) in ENT
<b>Consultation Skills Courses</b> (Local RCGP faculties & various schemes including Bradford & Pennine)	There are a number of consultation skills courses available to trainees within the deanery.
<b>Exit (post CSA) Course</b> (several locations inc. Bradford, Pennine)	2-3 day courses on working life after GP specialist training. Topics include how to get a job, life as a locum or salaried GP or partner, avoiding professional isolation, career development, managing the transition from GPST to GP, appraisal and recertification, interview preparation and financial planning.