

Tips for ST training

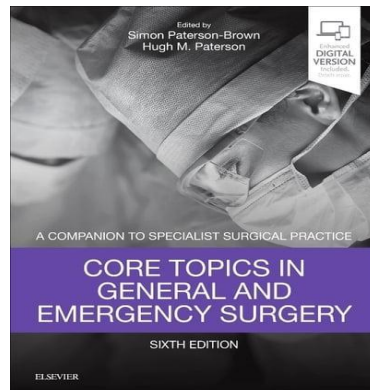
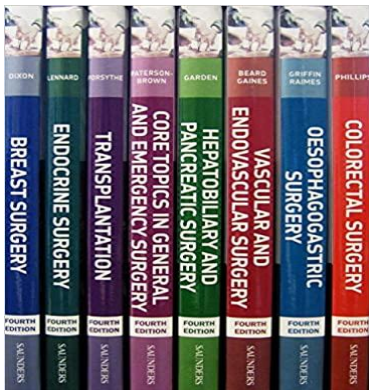
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Oncoplastic Breast and Endocrine Surgery

Things I'd wished I known when I started

- *Knowledge*
- *Research*
- *MANAGEMENT*
- *Personal development*

Companion series



RESEARCH

NW research collaborative group



MANAGEMENT



- Service improvement
- Clinical governance
- Service development

PERSONAL/ TRAINING



- Edge Hill Univ modules (Medical education, leadership & management)
- Teaching
- Mandatory CCT courses (Train the trainer & management)



Edge Hill University

Tips and Tricks to Navigating training (ISCP, ARCP/rotations)

- ISCP – new curriculum, Multi-consultant report (months 2 & 4)
- ARCP - Thorough process & fair
- Checklist – ST5 & CCT
- Indicative operative numbers – double operating & logbook coding.
- FT vs LTFT
- Mentor – advise, experience in field of interest.
- Plan ahead last 2-3 years
- Keep in touch with your TPD
- Tailor training – theatre listing, interdeanery transfer

How to develop yourself?

- CAMP – Clinical, Academic, Management & Personal
- Practice – theatre, simulation, courses...
- Logbook
- Reflection
- Find your niche
- Look at fellowship/ consultant application requirements
- Work life balance
- Mental health & Wellbeing
- Hobbies
- Enjoy your training!

THANK YOU

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