

GPST INDUCTION IMG 2022



welcome
selamat datang
degemer mad
tere tulemast
dobrodošli
karibuni
murakaza neza
chào mừng
ようこそ
тавтай морилогтун
benvenuti
vekömö
ékabô
eguahé porá
ngiyanemukela
benvenguts

binvignut
환영합니다
benvinguts
tervetuloo
benvido
mikouabô
bem-vindos
laipni lūdzam
welkom
𐎔𐎕𐎗𐎚
xush kelibsiz
willkommen
karibu
bine aṭi venit
добре дошли
welkomma

vítejte
wëllkom
καλῶς ἔρθατε
fáilte
ਜੀ ਆਇਆ ਨੂੰ
bienvenue
velkomin
sveiki atvykę
tonga soa
mishto-avilian tú
歡迎
добро пожаловать
aayuboovan
nodé
шчыра запрашаем
benènnidu

velkommen
mirë se vini
zupinje z te videtite
bienvéni
merḥba
üdvözlöm
welkom
maligayang pagdating
miawezon
witamy
bienvenidos
swagata
स्वागत
добрэдојдовте
kenang ka kgotso
haere mai

Được tiếp đãi ân cần
المرس و الوداء
bonavinuta
boyeyi bolamu
歡迎光臨
ne y waoongo
vālkomna
מיאבה מיכורב
mauya
ยินดีต้อนรับ
mirë se vjen
maayong pag-abot
Üdvözlet
soo dhowow
hoş geldiniz
aloha

Welcome to GP Training in the NW

Aims for the day

Effective Use of Teams

Ask as many questions as you want – chat function

Introductions

Agenda

- Life in the UK
- What is the NHS?
- Lead Employer
- Life as an IMG
- The GMC
- The BMA
- Life as a GPST
- Questions

Agenda

- 08:45 Registration. Please arrive before the start of the 9am welcome.
- 09:00 Welcome, introduction and aims for the day Dr Rob Stokes, Head of NW GP School
- 09:15 Linguistics in the UK Rob Chambers (EFL Teacher and Trainer)
- 10:15 Life in the NHS Dr Catherine Morgan, Associate Dean NW
- 11:15 Break

- 11:30 HR Session Gemma Lasikiewicz, HR Advisor, Lead Employer
- 12:30 Hear from an existing IMG Trainee Mugdha Wakodkar, ST3
- 13:00 Lunch
- 13:30 Life as a GPST Dr Rob Stokes
- 14:15 The role of the DA Champions 14:45 Reciprocal Mentoring Dr Lucy Wictome NW
- 15:00 British Medical Association Session Kirsty Rhodes & Debbie O'Rourke, BMA
- 15:30 Break
- 15:45 GMC Session Tarryn Lloyd Payne GMC
- 17:00 Question & Answer Session 17:30 Close

We are here to help

- <https://www.youtube.com/watch?v=8ieJ7AqKvuM>
- Clinical Supervisor
- Educational Supervisor
- Programme Director
- Associate Dean
- Deanery staff gptraining.nw@hee.nhs.uk
- Employer lead.employer@sthk.nhs.uk
- BMA
- Occupational Health
- Counselling service

Enjoy the day

What is the NHS?

- The **National Health Service (NHS)** is the umbrella term for the publicly-funded healthcare systems in the UK since 1948.
- Second largest single health service after Brazil.
- NHS England annual budget £140 billion = £2500 per person
- 1.6 million people work for NHS England

What is the NHS?

- Set up by Aneurin Bevan, Health Secretary
- 3 principles
 - That it meet the needs of everyone
 - That it be free at the point of delivery
 - That it be based on clinical need, not ability to pay

What is the NHS?

- NHS Constitution
- Working together for patients.
- Respect and dignity.
- Commitment to quality of care.
- Compassion.
- Improving lives.
- Everyone counts
- <https://www.gov.uk/government/publications/the-nhs-constitution-for-england>

Life as a GPST

- Structure of training
- E portfolio
- AKT
- Assessment of Consultation Skills
- WPBA
- Form R

Life as a GPST

- **Are you feeling worried? Apprehensive? A little scared? Don't know what you have signed up for?**
- Don't worry! These are perfectly normal feelings most GP trainees experience when they start.
- Yes, there is an awful lot to cover, but remember – **YOU HAVE LOTS OF TIME TOO!!!**
- Turn that emotion into an exciting feeling – because you'll be learning lots of new and wonderful things!

Life as a GPST

- 3 years
- 12 months in secondary care
- 24 months in GP
 - 12 months in ST 1 or 2
 - 12 months in ST3 working with your ES
 - Not everyone will be able to do this due to capacity

Life as a GPST

- Register with the RCGP as an AiT
- www.rcgp.org.uk
- How much will my membership cost?
- One-off initial registration fee: £284
The membership subscription year runs from 1 April - 31 March.
- Full time or less than full time training over 76%: £413
- Less than full-time (under 76%): £207
- On maternity, parental or adoption leave: £207

Life as a GPST

- Keep a note of professional expenses as they can be offset against your tax bill
- <https://www.rcgp.org.uk/about-us/membership/become-a-member/ait-trainee-gps.aspx>
- Exam costs
- AKT £459 RCA £1050

Life as a GPST Early Tips

- Look at the RCGP curriculum – do not print it off!
- <https://www.rcgp.org.uk/training-exams/training/gp-curriculum-overview.aspx>
- Understand what reflective learning is
- <https://www.youtube.com/watch?v=OYvcFFqpCFA>
- <https://www.ed.ac.uk/reflection/reflectors-toolkit/reflecting-on-experience/gibbs-reflective-cycle>

Life as a GPST Early Tips

- Attend programme induction
- Think about courses and study leave
- <https://www.nwpgmd.nhs.uk/general-practice-education-north-western-deanery>
- Read a consultation book in ST1
 - The Naked Consultation Liz Moulton
- Meet your Clinical Supervisor
- Contact your Educational Supervisor

Study Leave


- 30 days per phase of training
- Need to use SL to attend GP teaching
- Attend courses via the SL team
- [GPST Study Leave | Health Education North West \(nwpgmd.nhs.uk\)](http://nwpgmd.nhs.uk)
- Up to 7 days self directed learning in each phase of training. Includes 3 days before sitting the AKT

Policies

- [Policies & Guidance | Health Education North West \(nwpgmd.nhs.uk\)](http://nwpgmd.nhs.uk)
- Please do complete the dyslexia self assessment

Life as a GPST

- E-portfolio – Fourteen Fish
- <https://www.rcgp.org.uk/training-exams/training/mrcgp-trainee-eportfolio.aspx>
- <https://www.fourteenfish.com/>
- Record all of your learning, assessments, educational reviews, exams, ARCP



In the new Portfolio
trainees and ESs can
easily see how many
capabilities and CEGs
the trainee has tagged
during this review

Life as a GPST

- Trainee Portfolio – Fourteen Fish
- Arrange access
- Start to enter evidence
- View each piece of evidence as a pixel building up a picture of your progression



Life as a GPST

- The e-portfolio will be covered in more depth on your Programme Induction and Structured Education Programme

Life as a GPST

- Teaching – Full Time
- In hospital 8 hours / month and attending GP teaching
 - Departmental teaching
 - Teaching from GP team
- In GP you have 12 hours education time a week
 - 2 hour tutorial
 - 2 hour personal study
 - 4 hours structured education programme
 - 4 hours other education

Life as a GPST

- **Applied Knowledge Test**
- Sit in second half of ST2 at earliest
- The AKT is a computer-based test of three hours and ten minutes duration comprising 200 question items. It is delivered three times a year at 150 Pearson VUE professional testing centres across the UK.
- Approximately 80% of question items will be on clinical medicine, 10% on critical appraisal and evidence based clinical practice and 10% on health informatics and administrative issues.

Life as a GPST

- **Applied Knowledge Test**
- **Recorded Consultation Assessment currently**
- **We do expect one sitting of each exam in normal training time**

Applied Knowledge Test

- All questions address important issues relating to UK general practice and focus mainly on higher order problem solving rather than just the simple recall of basic facts
- Start studying 4 months before exam
- Read widely – NICE, SIGN, BNF, BJGP, BMJ, GMC, DVLA
- Read RCGP website – will tell you what questions were answered badly and will be asked again
- <https://www.pckb.org/> Knowledge Boost Podcasts

Life as a GPST

- **Recorded Consultation Assessment**
- In ST3
- Do not know what exam you be sitting
- Assessment of consultation skills
- <https://www.rcgp.org.uk/training-exams/mrcgp-exam-overview/mrcgp-recorded-consultation-assessment.aspx>
- Submit 13 consultations of 10 minutes in length
 - Face to Face, Video and Telephone

Life as a GPST

- The best preparation for the RCA is experience in general practice and seeing patients.
- Not reading books, attending courses etc.
- Use WPBA observations such as COTs and CBDs and from feedback from your Clinical and Educational Supervisors.

Life as a GPST

- **WPBA**
- Just as important as the exams!
- Regular learning log entries
- Roughly 36 Case Review type of Learning Log Entries every year
= 18 per 6m post = 3 per month = about 1 a week
- <https://www.rcgp.org.uk/training-exams/training/new-wpba/assessment-requirements.aspx>

Life as a GPST

- **ST1 and ST2**
- Mini CEX / COT LEA
- CBD ESR
- MSF -10 responses CSR 1 / post
- CEPS ongoing
- Learning logs 36 case reviews
- Placement planning meeting 1 per post
- QIP 1 if in GP
- SEA if at GMC level

Life as a GPST

- **ST3**
- COT LEA
- CAT ESR
- MSF 2 – 1 leadership Leadership
- CEPS 5 intimate + others Prescribing
- Learning logs 36 case reviews PSQ
- Placement planning meeting 1 per post
- QIP 1 if in GP if not done in ST1
- SEA if at GMC level

Life as a GPST

- **You are responsible** for knowing and organising which assessments need to be completed in each post and arranging them.
- **Give your trainer/hospital consultant adequate notice** (*“Can we do a CBD next week?”*).
- **Pace yourself**; your trainer or hospital consultant won't be happy if you try and squeeze all the assessments into the last few weeks of your post.

Life as a GPST

- **Please do not see ‘needs further development’ as a failure.**

In fact, it is THE EXPECTED GRADE for many of you in ST1 and ST2. We expect you to have quite a few ‘needs further development’. If you had all “competent” or “excellent” grades in ST1 or ST2, we’d be worried – how can you have no learning needs at such an early stage in your training?

Life as a GPST

- Complete the minimum number of **assessments before at least 1 month BEFORE the end of your post.** They need to all in place before your Educational Supervision meeting. Otherwise, the Educational Supervisor cannot sign you off.
- Remember, the minimum number of assessments IS **THE MINIMUM NUMBER.** You should be aiming to do lots more
- **ESR Meetings**

Life as a GPST

- Urgent and Unscheduled Care
- Safeguarding – Adult and Child
- BLS / Defib
- Personal Development Plan
- **Form R**

Life as a GPST

You need to do 36 Case Review type of Learning Logs every year (previously called Clinical Encounters), This equates to about 1 a week.

But you still need to write logs about other things like learning from teaching, reading, reflections on the post etc. However, you can't include them in the 36 figure because they are not Case Reviews. Case Reviews are essentially learning from your clinical encounters with patients at your place of work.

Life as a GPST

- **Structured Learning Events** – Just do them as and when appropriate/relevant.
- **CBDs & COT / CATs** – preparation is necessary. Don't just do them last minute because case selection is very important. Different cases will allow demonstration of different Capabilities, and you need to cover all of them to complete GP training.

Life as a GPST

- **Mini-CEXs** are done in hospital posts and not in GP posts. Skills, attitudes and behaviour. In GP posts, you do **COTs** instead.
- **CEPS** – need to provide evidence of 5 intimate and other ceps.
- **PSQs** will only be assessed in the primary care setting.
- **MSF** will involve clinical raters only when in secondary care BUT both clinical and non-clinical raters (e.g. admin team) when in primary care.

Life as a GPST

- **ARCP**
- Review on an annual basis to assess progress. Must have an ESR before the review.
- You will receive at least 6 weeks notice of your panel review.

Life as a GPST

- Enough !
- Remember help and support is available
- ASK SOONER RATHER THAN LATER

Life as a GPST

