



Tips and tricks for success: “What I wish I had known when I started”

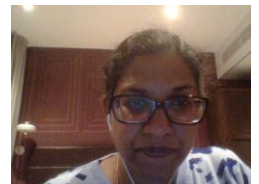
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Fellow

Content

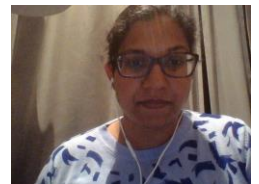
- Things I wish I had known when I started
- ARCPs
- Making maximum use of ISCP
- Research
- OOP
- Examinations
- Preparing for CCT
- Fellowships



Training

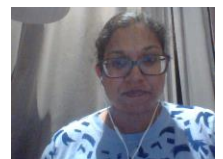
- You may find your interest or niche during this time
- Keep an open mind
- Pursue curiosities if you wish to – leadership, teaching, research etc, overseas work etc.

YOU ARE AT YOUR PRIME TO LEARN, EXPLORE AND INNOVATE!



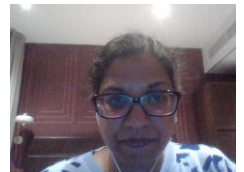
Things I wish I had known when I started

- Your colleagues are your support
- It is ok to face problems and setbacks
- Time flies
- A problem will not go away unless faced
- The exam is like discussing cases with a Consultant colleague



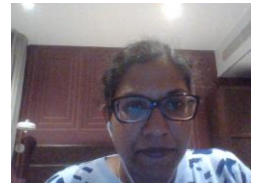
ARCPs

- 2 “meetings a year”
- Usually one is in your absence and one face-to-face
- Make sure you prepare early
- Deadline for uploading information, if missed inform TPD and administrator, give reason, Form R
- Use the ARCP to ensure your logbook, account is updated
- You will get an early reminder, ensure you look at curriculum and requirements every year and meet them.
- SMART objectives

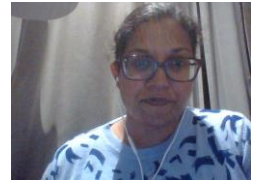


ARCP outcomes

- 1 – Satisfactory progress
- 2 – Development of specific competencies required – no extra time
- 3 – Additional time required
- 4 – Released from training programme
- 5 – Incomplete evidence
- 6 - CCT



Making maximum use of the ISCP

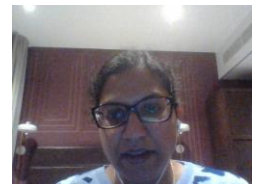


- Pay the fee
- WBAs – make sure you use the reflection section
- Upload reflections in the miscellaneous section – they will be useful for any complaints or complications and learning points. But please get advice of reflective practice.
- Upload certificates/ presentations/ attendances as soon as you can
- Positions of responsibility, update CV for each ACRP
- Look at Deanery website and check certification guidance, this is also available from the JCST website

Research – Do them in your early years

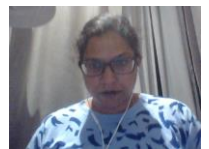
- 1 audit per year, 2 closed loop
- You must have:
 - GCP
 - Research methods course
 - Journal club participation
- AND 2 of the following
 - Higher degree
 - Authorship in 2 PUBMED papers – any position but not case reports
 - Minimum of 2 presentations
 - Recruiting 5 or more patients into an approved study (REC approved) or 10 or more patients into a multi-centre observational study
- **Best way, collaboration!**

Remember, these are the minimum.....



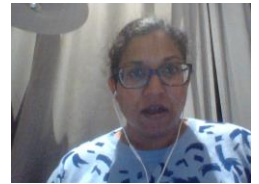
Time out of training (OOP)

- OOP for Clinical Training (OOPT) – prior approval by GMC
- OOP for Clinical Research (OOPR)
- OOP for Clinical Experience (OOPE) – does not count towards CCT
- OOP for Career Break (OOPC)
- Out of Programme Pause (OOPP) - step off the training ladder and undertake work in the NHS or a similar patient-facing role in the UK. Experience and competences gained outside of training may be then considered on the trainee's return to their training programme.



OOP – important points

- <https://www.nwpgmd.nhs.uk/time-out-of-programme>
- Need an outcome 1 or 2
- Notice of 6 monts

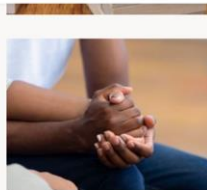


Other matters

- LTFT
- Illness
- Parental leave
- Fertility issues
- Carer responsibility



Careers Congress Learning & Events Policy & Engage



Miscarriage / Stillbirth

The loss of a pregnancy is a bereavement for the parents regardless of the time since the positive pregnancy test. You are entitled to sick leave and should take time to look after yourself and recover and not feel under pressure to return to work until you are ready.



Difficulties with Conception/Fertility Treatment

Female surgeons tend to have their families later and have increased rates of fertility treatment compared to the general population. Fertility decreases with age and therefore if you are over the age of 35 NICE recommends referral to a fertility service earlier than the usual one year of trying to conceive.



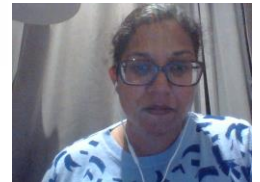
Managing Symptoms

Pregnancy can be a rough time for some and a smooth ride for others. If you are finding theatre challenging see if you can be doubled up with another registrar to allow you as much operating opportunity as possible or if this is not possible it is no weakness to swap lists for clinics – although a busy clinic is no rest!



Risk Exposure

There is no legal obligation to use radiation in pregnancy. Should a trainee wish to continue using radiation the IRMER radiation officer for the host trust should be contacted.



Supported Return to Training (SupportTT)

SupportTT in the North West

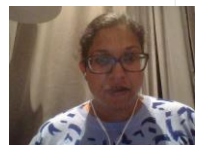
Welcome to the Supported Return to Training (SupportTT) pages for HEE in the North West.



SupportTT is a national programme designed to improve the return to training experience for all trainees who have been out of training for 3 months or more.

Many trainees take time out of training for a number of reasons which can often vary in duration. This can include; parental leave, OOPs, career breaks, carer's leave and sickness.

HEE understands that regardless of the reason, returning back into training can be a difficult and stressful time for a trainee. However, you are not on your own; Health Education England, your School and your host Trust are here to support and guide you through this process.



Keep in Touch Days - KIT Days

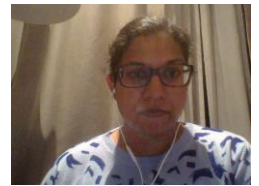
When trainees go on maternity leave they are regarded as being “Out of Post” (OOP) and as such, there is no legal obligation for the trainee to maintain their e-Portfolio or do any work towards passing the WPBA part of the MRCGP. However, they can take the CSA and/or the AKT parts of the MRCGP. If they so wish to do so, the trainee must sit the examination during a “Keep in touch”(KIT) day.

A trainee may work for up to a maximum of 10 KIT days during her maternity leave. The work does not have to be consecutive and can include training or other activities that enable the employee to keep in touch with the workplace. These keeping in touch days do not normally count towards the 36 months training requirement. It should be noted that there is no central funding or reimbursements to support KIT days.

Although there is no obligation to maintain the e-portfolio it is considered beneficial if some entries are added – reading, professional conversations from KIT days, etc – this would demonstrate ongoing engagement in the learning process, whatever decision the trainee makes about their future.



Examinations



- You have to do mandatory examinations to get you CCT.
- You can plan early and start early.

- Not everyone is the same. Find a suitable learning method for you.
- There will be a suitable time for you sit your examination.
- Work with colleagues.
- Be positive and try again if you fail the exam.
- Keep preparing if waiting for an exam spot.

- Remember that it is like work and you are discussing cases with a Consultant colleague so experience is important.

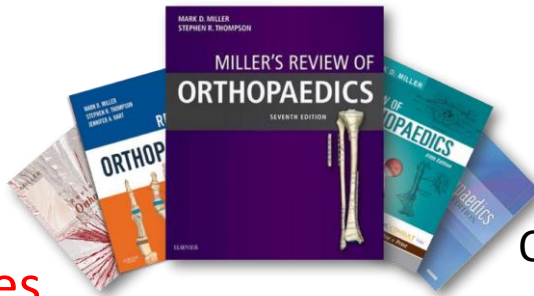
Deanery
teaching



Local
courses/
workshops

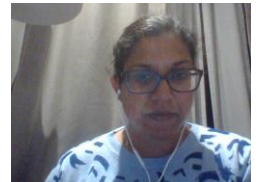
OXFORD COMPREHENSIVE
ORTHOPAEDIC REVIEW COURSE
— BASED ON MILLER'S ORTHOPAEDIC REVIEW —

Alder Hey
paediatric
course



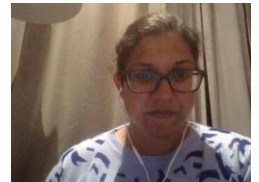
OR-UK courses

Online
free
webinars

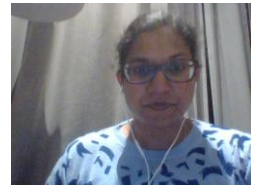


Stepping up and ensuring CCT

- Check your ISCP, and complete what is needed.
- Some places will allow independent lists.
- Confidence – cognitive simulation
- Network, travel
- Fellowships – apply early
- POG if no fellowship
- Consultant post
- Health and family life



Take home message



- Work together to get there
- If something does not work, change tactic
- Be open and communicate issues

- There are champions for different causes:
 - LTFT
 - SuppoRTT
 - Diversity, equity and inclusion

- Make sure you stick to the rules and ask
- Pursue your curiosities – just because other's haven't or did not, does not mean you cannot

THANK YOU

