

NW SuppoRTT Quick Reference Guide

Email: england.supporttt.nw@nhs.net

Website: <https://nwpghmd.nhs.uk/supported-return-to-training>



NHS

England

Who's Eligible?

- PGDiTs who are out of programme for any reason for 3 months or more: parental leave, long-term sickness, OOPs, suspension etc. but anyone with a shorter break can access SuppoRTT if they feel it will help them!
- IMGs new to the NHS in their first training post, or started in last 6 months
- PGDiTs who have taken a break from clinical practice before starting new post (i.e. F3 etc.)

What's the Process?

- [Pre-Absence](#) meeting 6-8 weeks before time out
- [Pre-Return](#) meeting 8-12 weeks before RTT
- [Enhanced Supervision](#) period (at least 10 working days)
- [Post-Return Review](#) meeting 2-4 weeks after RTT



There are forms to support each meeting available at these links

Funding Opportunities

- [NW SuppoRTT Course](#) - virtual Day 1, sim-focused Day 2, specialty specific Day 3
- [Overcoming Imposter Feelings webinar](#)
- [RTT-A Funding](#) for activities to support return and for when study leave is unavailable (i.e. during OOPs etc.)
- [Coaching](#)

Resources

- [SuppoRTT Champions](#) in each School and Trust
- [Immersive Tech Resources](#) for Remote Consultation, Teamworking and Escalating Concerns
- [Trainee Resources](#) including Podcasts, toolkits, videos, and factsheets
- e-learning modules for [trainees](#) and [trainers](#)

Peer Support

- [Coffee Catch Ups](#) – regular Teams calls with our Regional SuppoRTT Fellow for advice or socialising
- Trainee SuppoRTT reps in each School
- NW SuppoRTT [WhatsApp Group](#)
- National SuppoRTT Programme [Facebook Group](#)
- School/Specialty/Trust WhatsApp Groups (contact [Champions](#) to find out more)