



The SupportRTT Timeline

Supported Return to Training is here to help you find your feet after 3 months or more away from training. The programme offers a range of resources which enable trainees to create a bespoke package of support for their return.

Planning an OOP

3-6 months pre-OOP

Discuss your options for support during/after your OOP with your educational supervisor (ES).* In some cases (such as sickness absence) you may not be able to plan an OOP in advance. In such cases, where possible, organise a pre-absence meeting as soon as you are able to once the OOP time begins.

Pre-Absence Meeting

3 months pre-OOP

Plan a meeting with your ES* to **complete the SRTT pre-absence form**. This meeting is an opportunity to discuss your return plans and highlight educational activities you may wish to undertake during your period of leave. If you are taking parental leave, start to plan KIT or SPLIT day activities if you wish to take advantage of these.

OOP Begins

This is the point at which your time away from training begins.

OOP RTT activities

During your period of leave we encourage you to engage in RTT educational activities to help renew and maintain skills and knowledge.

Pre-return Meeting

3 months pre-return

Arrange a meeting with your ES* around 3 months pre-return to training to **complete your pre-return form**. This is a good opportunity to re-visit your original return plan, identify training needs and to make adjustments as needed. At this meeting you may also wish to consider whether a period of enhanced supervision and/or a supernumerary period might help you to find your feet more easily when you return to training.

Pre-return RTT activities

- Check your local NHS England SupportRTT website to access information about local webinars, SIM sessions and other educational events that may help you ahead of your return to training.
- Search **SupportRTT** to access a vast array of national pre-recorded webinars and educational content.
- Consider accessing SupportRTT mentorship and professional coaching.

OOP Ends

You will return to training once your OOP comes to an end. A period of enhanced supervision +/- supernumerary period will give you the time and flexibility to settle in.

1-2 weeks after returning

The **return review meeting** with your ES* is to ensure you are ready to take on usual duties. If you need more support, this can be agreed during this meeting.

Please visit the [national SupportRTT pages](#) to access a wide range of resources including:

- **Webinars**
- **Podcasts**
- **Immersive simulation resources**
- **e-learning**

If you have any questions or concerns, or for signposting to SupportRTT resources please contact your **SupportRTT champion**.



*Or another appropriate educator.