

Welcome to the 7th edition of your Foundation Newsletter

Welcome to the new training year. If you are a new Foundation trainee we wish you a warm welcome to the Scottish Foundation School. We are aware that these first few months are filled with excitement and achievement however we also understand that these feelings are mixed with concerns and maybe even trepidation about your new working life. You will likely be on a very steep learning curve getting use to your new environment, colleagues and getting to grips with e-portfolio and the requirements you need to meet to successfully complete F1.

For some of you, you will have moved into your second year of Foundation Training and you will be thinking about the next stages in developing your career.

This newsletter is published three times per year and in each edition we focus on essential issues about your Foundation training at key stages and highlight training opportunities available to you in Foundation.

We hope this newsletter provides you with some hints and tips for success in achieving your competencies.

Still need to pass the Prescribing Safety Assessment (PSA)?

The next sitting is on 13th March 2020 at 1pm. If you are an F1 who has not passed the PSA within two years of commencing the Foundation Programme you will already have had an opportunity to attend a sitting in September and will be provided with further information if you need to re-sit in March. It is recommended that trainees appointed to an F2 standalone post should sit the PSA if they have not already done so. Any queries should be directed to gillian.carter@nes.scot.nhs.uk. You can visit the [Learning in Foundation Training \(LIFT\)](#) pages on the Foundation School webpage where you can complete the Pharmacy modules. You should also link to your FPD who will be able to provide support.

UKFPO Foundation Academic Conference

Congratulations to Scottish AFP F2 trainee Luke Chan (pictured) who won Best Poster (Medical Education) at the UKFPO Foundation Academic Conference on 17th May 2019.

KEY CONTACTS

NATIONAL

For all General Enquiries
sfas@nes.scot.nhs.uk

[Christine Rea](#)

Foundation School Manager

[Gillian Carter](#)

Foundation School Administrative Officer

EAST

[Jennifer Duncan](#)

Training Programme Team Leader

[Dr Fiona Cameron](#)

Associate Postgraduate Dean (Foundation) & Foundation School Director (FSD)

NORTH

[Dianne Morrison](#)

Training Programme Team Leader

[Dr Joy Miller](#)

Associate Postgraduate Dean (Foundation)

[Mr Yatin Patel](#)

Consortium Lead

SOUTH EAST

[Jackie Aitken](#)

Training Programme Team Leader

[Dr Duncan Henderson](#)

Associate Postgraduate Dean (Foundation)

[Dr Alistair Milne](#)

Consortium Lead

WEST

[Karen Cairnduff](#)

Training Programme Team Leader

[Dr Caroline Whitton](#)

Associate Postgraduate Dean (Foundation)

[Dr Joseph Sarvesvaran](#)

Consortium Lead — Programmes W01 - W08

[Dr Brian Neilly](#)

Consortium Lead — Programmes W09 - W16

[Dr Edgar Brincat](#)

Consortium Lead — Programmes W17 - W24



Annual Review of Competence Progression (ARCP)

We understand that most of you will have just started your new year of training, but it is never too early to think about evidence for your portfolio and the national ARCP requirements. Full requirements can be found [here](#) and the list of ARCP outcomes can be found [here](#).

The deadline for submitting evidence to your Portfolio is 31st May 2020.

Engagement in Learning

You should attend a minimum of 60 hours of teaching during F1 and 60 hours during F2; this is a **mandatory** requirement for ARCP. At least 30 hours of this teaching should be the Deanery Delivered Educational Programme which is usually face-to-face sessions. Attendance at teaching is to be recorded on TURAS. No other attendance record will be accepted.

In addition to the Delivered Educational Programme you are required to attend a further 30 hours of teaching or learning. This can include departmental teaching, ward rounds, e-learning and many other types of learning of your choice. Statutory and mandatory teaching and ILS/ALS/equivalent **cannot contribute** to the 60 hours. You will be able to record this in your portfolio.

Please see the new “How To” Guides on the Foundation School website for help with e-Portfolio.

You will also find other helpful information on the Foundation School website.

Remote and Rural Trainee Testimonies

The Scottish Foundation School has several programmes which offer placements in remote and rural settings. Some of our current trainees have shared their experiences of these programmes.

As an F2 in Caithness General Hospital, I have gained a valuable experience in remote and rural healthcare. My job role has involved surgical and medical cover, as well as working within a busy emergency department. Throughout my four month placement, I have developed new procedural skills, been involved in arranging transfer of deteriorating patients to hospitals within the Scottish Major Trauma Network and gained an appreciation of the limitations of a remote hospital. I have been supported at all times by my colleagues and would thoroughly recommend a remote and rural placement for all junior doctors. **Stuart McIntosh (F2) N06**

I found working in Western Isles Hospital both challenging and rewarding. There are the obvious difficulties of working in a peripheral, rural hospital such as lack of a few specialist provisions and social care. However, learning to deal with these challenges, finding independence in your practice (such as staffing A&E alone on the weekend) and living with your colleagues made the placement so worthwhile. **Rohan Banerjee (F2) N08**

The placement in Western Isles Hospital has been very positive. The rural nature of the hospital/ placement has been uniquely beneficial to my training. Quite often you get the opportunity to act up/ manage conditions you wouldn't normally get routine exposure to in larger hospitals (Thrombolysis for stroke, STEMI, GI bleed, Intracranial bleed etc.). Particularly in this, my last placement as an F2, I feel well prepared and confident to make the transition to core training. **Anand Alagappan (F2) N08**

I thoroughly enjoyed working in the Western Isles. With smaller teams I was given more responsibilities than I would otherwise get in larger hospitals with the opportunity to lead ward rounds and see patients in A&E. This allowed me to build on my skills gained during my foundation years, with senior support that was both knowledgeable and approachable. **Robin Holliday (F2) N08**

FOUNDATION YEAR 1 — WHAT DO I NEED TO KNOW?

Key Contacts Explained

Clinical Supervisor (CS) - This is normally one of the consultants who is based in your unit or department. Their name will be noted on your e-portfolio. You should aim to contact them in the first week of your post if they do not contact you first. Any concerns about your rota, leave or clinical responsibilities should be made directly to your CS.

Educational Supervisor (ES) - Again this is likely to be a consultant based on the unit or ward in which you are working. In most posts the clinical and educational supervisor will be the same person. Your ES will ensure that the post offers the required opportunities to allow you to complete the educational aspects of the post. It is your responsibility to ensure that you maximise the educational opportunities. Again, their name will be noted in your e-portfolio.

Foundation Programme Director (FPD) - Your FPD may be based in a different hospital and will not necessarily be based in any of the units or wards in which you are working. Your FPD will provide overall supervision of your educational progress throughout your two-year programme. They will provide you with pastoral support and ensure that you meet the curriculum requirements to complete Foundation. They will also assess the quality of the work you submit as evidence of learning throughout your posts. They may ask to meet you at key times in your training and will assess the evidence that you submit for your Annual Review of Competence Progression (ARCP). You should meet your FPD in August and keep in touch with them over both years. They are a valuable support for you.

Consortium Lead - In some of the regions (North, South East and West) you may also have a Consortium Lead who looks after a small group of foundation programmes which may be geographically close. These individuals can also provide you with valuable support.

Useful Links

[Scottish Foundation School website](#)

[Portfolio "How To" Guides](#)

[Turas Platform - Portfolio](#)

[Scottish Medical Training website](#)

[The Foundation Programme \(UKFPO\) website](#)

Learning in Foundation Training (LIFT)

The Scottish e-Learning modules can be accessed through LIFT which is available through the top line tab in your e-portfolio. Modules are available which are of relevance to your Foundation curriculum and can be used as part of your additional learning.

E-Learning for Health (eLfh)

You should have received an e-mail regarding setting up your eLfh account. If you have not received this, please contact sfas@nes.scot.nhs.uk. Updates regarding featured modules will be sent to you periodically by e-mail from the Foundation School.

Click [here](#) for Training Courses and Events

FOUNDATION YEAR 2 — WHAT DO I NEED TO KNOW?

Speciality Recruitment

The adverts for ST1 and CT1 posts will appear on Thursday 31st October 2019 and applications will open at 10am on Thursday 7th November 2019. Please see the [Scottish Medical Training](#) website for details and links to the speciality recruitment person specifications. Posts and programmes are advertised on [Oriol](#) and most core/speciality interviews take place in January/February — please keep an eye on your Oriol account.

You will need to ensure that you are prepared for shortlisting and interview. You should be starting to prepare your e-portfolio and application from August onwards. Keep an eye on [Oriol](#) and the [Scottish Medical Training](#) website and look at College websites for career advice and specialty-specific recruitment advice. Please also read the [Medical Speciality Recruitment 2020 Applicant Handbook](#) section on “Interviews and Selection Centres” under “Interviews and Offers”.

Broad-Based Training Programme Scotland - One Core Programme, 4 career options!

[Dr Wendy Leeper, TPD BBT](#)

2 year programme after F2 - 6 months in 4 specialities.

BBT will again be recruiting to 14 places spread through 7 Scottish Health Board areas from August 2020.

6 months in each specialty - **General Practice, Psychiatry, Internal medicine and Paediatrics**. During each of the four posts, 10% of training time is spent in one of the other three specialties giving flexibility of experience to the trainees.

The programme allows trainees time to develop skills and confidence before having to commit to a career choice and allows **direct entry into second year of training** in any of the four specialities without further interview. GMC recognised Programme, Remote and Rural options available. Highly regarded by current trainees!

Tasters

You should think about planning a taster session. The Foundation School expect that you will undertake tasters in your own region. We will not approve a taster outside your region unless your region does not offer that specialty. Tasters cannot be done overseas and are not opportunities to get yourself known in your preferred department. The exception to out-of-region tasters is for rural GP tasters. Your first step is to secure leave from your department then apply through Turas for study leave. You should co-ordinate this by approaching the department you wish to visit to make sure it is suitable for them. If you are having trouble organising this your FPD can help. You should consider asking to meet the TPD for the specialty as they have access to career advice in their specialty. Further information about tasters can be found [here](#).

Undecided what you wish to do after Foundation?

Career advice is available to you from your educational supervisors, your FPD and, if you have not been able to source the information you require, in each region there is an Associate Postgraduate Dean with a specific remit of offering career advice. Their details can be found on the [Scotland Deanery website](#).