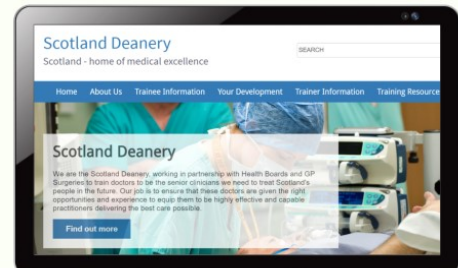


Welcome to the 8th edition of your Foundation newsletter



www.scotlanddeanery.nhs.scot

Key Contacts

For all general enquiries:
sfas@nes.scot.nhs.uk

For contact details for the Foundation School team please click [here](#).

For all administrative contacts for all training specialties in Scotland please click [here](#).

For contact details for Associate Postgraduate Deans and Consortium Leads for Foundation please click [here](#).

For contact details for Foundation Programme Directors please click [here](#).

Photographs on Turas e-Portfolio

The Scottish Foundation School recommends that all Foundation trainees add a photograph of themselves to their Portfolio. A guide which describes how to do this can be found on the [Portfolio page](#) of the Scottish Foundation School webpages. This page also contains various other How-To guides relating to the Turas Portfolio which may be helpful for you. Please do not hesitate to contact us if you are having difficulties adding a photograph to your Portfolio or if there are any other How-To guides you wish were available to help you with the completion of your Portfolio. Please email sfas@nes.scot.nhs.uk.

ARCP (Annual Review of Competence Progression) Requirements 2020

We hope you are progressing well with portfolio coverage and ARCP requirements. As a reminder, you will find a list of the requirements on the [Foundation School pages](#) of the Scotland Deanery website. The list is not exhaustive and you may wish to catch up with your FPD to ensure you are on track.

[The Foundation Programme Curriculum Resource](#) aims to assist Foundation doctors, Clinical Supervisors, Educational Supervisors and other key members involved in delivering Foundation training in improving their knowledge and understanding of the generic and clinical topics as set out in the Foundation Programme Curriculum 2016.

Additional Learning

Guidance is now available on the [Scottish Foundation School webpages](#) to help you complete your additional learning requirement including some Frequently Asked Questions. Thank you for your patience as we have developed these pages.

Useful Links

[Scotland Deanery website](#)

[Platform - e-Portfolio](#)

[Scottish Medical Training website](#)

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

What do you want to see in future editions?

Please e-mail any comments to
sfas@nes.scot.nhs.uk

Ideas

Articles

Feedback

Previous Scottish Foundation School Newsletters and other helpful information on your training in Scotland, as well as news from the UK Foundation Programme Office, can be found on the [Scotland Deanery website](#).

News

Changes to F2 stand-alone Recruitment

The eligibility criteria for F2 stand-alone applications has changed. Please see the [UKFPO website](#) where you will find a list of Frequently Asked Questions (FAQs).

Inter-Foundation School Transfer

The Inter-Foundation School Transfer (IFST) process has been revised and the process will now be managed centrally. Guidance and details of the criteria to apply can be found on the [UKFPO website](#). In the first instance, trainees are always encouraged to liaise with their Foundation Programme Director to consider options for adjustments to programmes in line with their personal circumstances. It may be that there are mechanisms of support available within your Foundation School and/or employing organisation that could assist your situation.

Transfers within Scotland

If you wish to transfer within Scotland please contact sfas@nes.scot.nhs.uk for more details.

Recording Learning on your Foundation Portfolio

For your ARCP, you must demonstrate a minimum of 60 hours of teaching attendance. Firstly, you must demonstrate attendance at 30 hours of the formal Foundation Delivered Educational Programme. Secondly, you must also complete 30 hours of additional learning. A form to record your additional learning is now available on Turas Foundation Portfolio. Guidance explaining how to record your 30 hours of additional learning can be found on the Scotland Deanery website [Portfolio page](#). Additional learning should not include statutory or mandatory training including tasters, ILS/ALS/equivalent. Statutory training is the training your Health Board requires you to do as part of your employment and varies between Boards. Examples include fire lectures, moving and handling etc. A maximum of 6 hours of e-Learning can be used to contribute to your total teaching attendance.

Study Leave and Tasters

Study Leave Reminders

F1s do not have a formal study leave entitlement other than to attend the Mandatory Delivered Educational Programme and any courses organised by the Deanery (ILS, simulation etc.) or up to 5 days for a Taster. If you still need to sit and pass the Prescribing Safety Assessment (PSA) please contact sfas@nes.scot.nhs.uk.

F2s can apply for study leave for a selected number of reasons. F2s have 2 days for eALS/ALS and up to 5 days for a Taster. Of the remaining days, much is taken up with your Mandatory Delivered Educational Programme and simulation training. Funding available for F2 study leave is used to fund the eALS/ALS course and simulation training. A further eight days may be available for appropriate Study Leave. You may apply for time to attend postgraduate exams. Study Leave in Foundation can only be used to satisfy your completion of the Foundation curriculum. You are entitled to leave for interviews however this should be taken as service leave; you are contractually entitled to this however you must give adequate notice. Please see the Foundation School webpages for the [Study Leave Policy and Operational Guide](#).

Tasters

A Taster is a period of time, usually two to five days, spent in a speciality which you have not previously worked. During your Foundation training you may apply for a maximum of two Tasters. Tasters may be taken at any time from the end of the first post in F1 through to the end of F2. Normally we would suggest that the optimum time is during the last post of F1 and the first post of F2 ahead of Speciality Recruitment applications. Tasters are usually taken in your own region unless the clinical speciality isn't available locally. Please see the [advice on Tasters](#) on the Foundation School webpages for further information. All Tasters should be requested via Turas Study Leave.

Further information about Study Leave and Tasters is available on the [Scottish Foundation School webpages](#).

The Pursuit of Progress

By Dr Sonia Joseph, Paediatric Consultant, ADME, RHSC Edinburgh and Clinical Lead for
 Induction South East Scotland

What does it take to instil kinship, camaraderie, joy at work? How do we transcend individual personal boundaries in our workforce to unite them to deliver the common purpose of outstanding patient care and the pursuit of continual progress?

The answer lies in the questions we ask the system and how we perceive the problem. Julie Andrews sang “let’s start at the very beginning, it’s a very good place to start”; and that is exactly what we have done in South East Scotland. The three medical education directorates, corporate and clinical teams have collaborated over the last 8 years in order to give the message of kinship for outstanding patient care from the start of the trainee medical careers.

The stats in 2019:

- 144 new Foundation Year 1 doctors started their 6 day paid shadowing programme in NHS Lothian.
- 38 members of the MED, corporate, Health Board and clinical workforce collaborated to learn from Foundation doctors’ feedback and incidents last year, incorporate what is new and share from good practice.
- Mapped simulation scenarios with clinical cases during workshops and online modules enable application of knowledge from the first 2 workshop days .
- Combined Deanery afternoon on 31st July with a “double act” from MED team Lothian.
- 138 at the Foundation NHS Lothian welcome evening on 2nd August .
- 2 key education co-ordinators working over 6 months to support planning.

Many reading this will think, so what? However, this approach has saved 30,000 hours of time per year, enabled innovative training solutions, corporate ownership for learning through Doctors’ Learnpro and access to team, hospital and regional information 24/7 through www.med.scot.nhs.uk.

But the greatest impact of this collaborative approach can be heard in the language used by the new Foundation doctors when they speak to our team. They walk in looking apprehensive, focusing on their own sense of uncertainty. By the end of simulation on Day 4 they say “I think **we** did a good job” and “**we** didn’t make the patient worse, and actually **we** made them better”. They know the names of their peers and, most importantly, their education co-ordinator on each hospital site and they smile.

[Julian Stodds’ work](#) discusses the next great step for humankind and that is through social empowerment and social leadership. The Corporate rebels “iceberg-of-ignorance” demonstrates our frontline team know 100% of the problem. Hence why our head of patient safety and medical director meet our Foundation doctors on their first day in order to close the systems knowledge gap, enable a sense of connection and to show humility by being open about their personal journeys.

The three medical education directorates across the South East of Scotland continue in our pursuit for progress on behalf of our trainees and our patients.

Training Courses and Events

National Foundation Doctors Presentation Day

Friday 10th January 2020

Mercure Bristol Holland House Hotel & Spa

The National Foundation Doctor's Presentation Day is a free, annual event hosted by the Severn Foundation School and supported by the UKFPO. It displays work completed by current Foundation Doctors from across the UK and Malta as oral and poster presentations under the categories; Quality Improvement, Education, Sustainability, Research/Original Work, and Case Reports.

Foundation Academic Conference

Thursday 7th May 2020

Wills Memorial Building, University of Bristol

This conference will be trainee-centred and will be of interest to academically minded medical students, Foundation trainees and any faculty or more senior colleagues who are involved with Academic Foundation trainees. The event is hoped to be of immediate practical assistance to any colleague following an academic career path and those who are advising them.

10th Scottish Medical Education Conference (SMEC)

Thursday 30th April and Friday 1st May 2020

Edinburgh International Conference Centre

Further training opportunities can be found on the Scotland Deanery website or by clicking the link below:

[TRAINING COURSES AND EVENTS](#)

Disclaimer: Allowing an event, conference or course to be advertised on our website does not imply endorsement by the Scottish Foundation School

Foundation Trainee Representatives

Please see the [Foundation School webpages](#) for contact details for your local Foundation Trainee representative or representatives.

This small network of trainees work together to raise issues and provide a channel for feedback to the Foundation School which helps to improve the experience of Foundation doctors. These individuals feed into local and Foundation School Committees.