

### **Tips for Trainees – How to Get the Most Out of IMT1 Boot Camp**

1. Take advantage of the accommodation budget – even if you live in Edinburgh or Glasgow – bootcamp is busy and can be tiring. Reserve your energy and avoid sitting in traffic! Apply via TURAS (this is not taken off your standard study budget).
2. It's best to arrive a little early – if the day starts late it can run over. Staying locally will help with this.
3. Liaise with other IMT trainees and arrange dinner together if staying locally. Get to know IMT trainees from around the country and share stories. Recommended restaurants; Tea House (Chinese) and Gulnar Tandoori (Indian).
4. Spend plenty of time on the pre-course material for Mastery Learning. When you attend the workshops, you're not taught how to do it again, although you can practise with the kit prior to the assessment. The session runs better for trainees and tutors if the pre course videos are watched.
5. If you are experienced at LP/ascitic/pleural procedures you will still benefit from doing the pre-course work – it provides a summary of up to date standards expected for undertaking these procedures. The aim is to encourage all IMT trainees to promote best practice in clinical areas.
6. This is a great opportunity to get all off your procedural skills required for IMT1 signed off for portfolio – take advantage!
7. Reflect on the simulation scenarios and workshops in your portfolio – there is plenty to talk about and they can be linked to curriculum outcomes such as managing end of life, delivering effective resuscitation, dealing with ethical and legal issues etc.
8. Enjoy having time away from work to enhance your learning and remind you why you're undertaking IMT!