

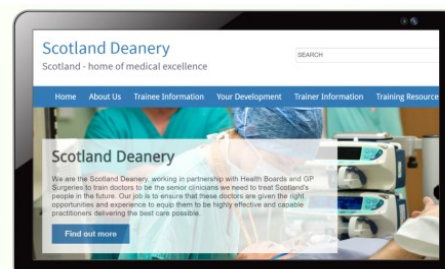
Welcome to the 9th edition of your Foundation newsletter

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.



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](#).

Useful Links

[Scotland Deanery website](#)

[Turas e-Portfolio](#)

[Scottish Medical Training website](#)

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

What do you want to see in future editions?

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

Ideas

Articles

Feedback

Foundation Interim Year 1 (FiY1) Doctors

Thank you to all FiY1s and all FiY1 buddies from all of the Scottish Foundation School team.

The Scottish Foundation School sends our sincere thanks to all those who worked as FiY1 doctors during summer 2020. We also want to thank those F1s and F2s who supported FiY1s as buddies. All FiY1s and buddies should now have received a certificate from the Foundation School by e-mail; if you performed one of these roles but have not yet received a certificate please contact sfas@nes.scot.nhs.uk.

If you are an F1 who did not work as a FiY1 and feel you require some additional support as you start work please do not hesitate to speak to your Educational Supervisor.

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](#).

Core and Non-Core Learning

For your ARCP, you must demonstrate a total of 60 hours of teaching attendance.

Firstly, you must demonstrate attendance at 30 hours of the formal Foundation Delivered Educational Programme (core learning). Ideally this will be face-to-face however due to challenges of COVID-19 and social distancing it may be delivered via a platform such as Microsoft Teams or Zoom. Some sessions may be recorded in advance and uploaded to your regional TURAS Learn tile or other platform in your region. You will be provided with information regarding how your teaching will be delivered.

Secondly, you must also complete 30 hours of **non-core learning**. Non-core 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.

e-learning includes modules you complete online. Recommended are the Learning in Foundation Training (LIFT) modules. They are accessed through the LEARN tile on your e-portfolio. These have been developed through the Scotland Deanery and the learning is based on your curriculum. They will count as core learning. You will also see a link to e-Learning for Health modules. You should receive a log-in for these and many are Foundation related but there is a vast range of topics. Some of the induction modules are quite England-focused as it is developed by HEE but the medical knowledge modules are very good. Record these as non-core learning. In previous years we have restricted the percentage of e-learning modules that can be used to contribute to the 60 hours to 10% i.e. 6 hours. This was to protect you from having to spend your precious time off doing modules if you were unable to attend teaching in paid work time. Given the challenges of COVID-19 and social distancing we have removed this limit, but please attend the Delivered Educational Programme preferentially and use the modules to 'top up' or to explore your interests.

If you perceive you will have difficulties in meeting the minimum of 60 hours, please raise this with your Foundation Programme Director immediately.

When you attend a teaching session you should record this in your portfolio under the Mandatory Learning Log. When you open this drop-down you will find a form which allows you to record learning as core or non-core.

Those who do not manage to attend the minimum hours of delivered education or complete the minimum hours of non-core learning may receive an outcome 5 in the first instance and may be asked to do further learning following ARCP. This will be at the discretion of the ARCP panel and dependent on the extent of the deficit, the reasons for missed teaching and the overall quality of evidence in the e-portfolio.

Further information about your ARCP Requirements can be found on the [Scotland Deanery website](#).

Placement Supervision Group (PSG)

The PSG is not a mandatory requirement this year however your supervisor should aim to complete at least 1 PSG feedback form per training year. This feedback is from senior staff members and provides you with detailed feedback and advice on your clinical skills and how you perform as a doctor. It provides additional complementary information to the TAB and you may find that it is feedback that you will want to have in your portfolio for interviews.

In this form there is a section for you and the supervisor to record areas where you have demonstrated excellence i.e. a high level piece of QI, a GREATIX, or anything else worthy of comment.

You can have 3 PSGs but we would recommend at least 1 per training year. Further guidance can be found on the [UKFPO website](#).

Study Leave

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.

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. **It is very important that you request study leave via Turas to attend your eALS/ALS course and simulation training to ensure funding is processed correctly.** 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 in 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.

Some additional guidance applies at present due to the COVID-19 pandemic. 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 Tasters is available on the [Scottish Foundation School webpages](#).

New: Information about Tasters in Psychiatry

There is now a page available within the Scottish Foundation School webpages offering information specifically about [Tasters in Psychiatry](#). The page is still under development and further information will be added to it. If you are interested in experiencing a Taster in Psychiatry, please use the contact details on the webpage to find out more.

Courses and Events

The Scotland Deanery Courses and Event webpage has moved to a new location; please click [here](#) to visit the new page and find out about the opportunities available.

Photos on e-Portfolio

Remember to add a photograph to your e-portfolio. A How-To guide is available on the [Scottish Foundation School webpages](#) to help you to do this.

In2MedSchool

In2MedSchool aims to mentor minority secondary school and college students who come from disadvantaged or underprivileged backgrounds through the process of applying to med school. If you'd like to volunteer, please fill out [this form](#) and for further information please contact j.s.rodriques@ed.ac.uk.

F2 Simulation Evaluation

F2 trainees are asked to participate in a national evaluation of immersive simulation this year by completing three short surveys which will be sent to you over the course of the year. We appreciate your involvement in this project.

Life after Foundation

Broad-Based Training Programme Scotland (BBT)

Written by Wendy Leeper, Training Programme Director for BBT

One Core Programme, opening up 4 career options!

2 year programme after F2 with 6 months in each of 4 specialties; General Practice, Psychiatry, Internal Medicine and Paediatrics.

BBT is unique and will again be recruiting to 14 places spread through 7 Scottish Health Board areas for August 2021. We are still a young programme so recruitment numbers are yet to be consistently competitive.

Entry is by successful interview at GP recruitment and BBT interview but then with direct entry into second year of any of the 4 parent specialties in your region without any further interview.

6 months in each specialty; General Practice, Psychiatry, Internal Medicine and Paediatrics. During each of the 4 attachments, 10% of training time is spent in one of the other 3 specialties giving flexibility of experience to the trainees and the chance for innovative and exciting training opportunities. The programme allows trainees time to develop skills and confidence before having to commit to a career choice. GMC recognised Programme. Remote and Rural options available. Highly regarded by current trainees!

Choose Psychiatry in Scotland

Psychiatrists are at the forefront of treating people's mental health, drawing on a combination of your scientific knowledge, medical expertise and interpersonal skills. Want to find out more? The Royal College of Psychiatrists (RCPsych) [guide](#) contains all you need to know if you are considering a career in psychiatry, including information about each specialty.

[Core Training](#) takes place over 3 years in order to reach competencies to apply for Advanced Training. These core training programmes, particularly in the North, are consistently rated highly in the GMC Annual Trainee Survey.

If you are interested in psychiatry as a career, or even if you're just curious, become a [Foundation Doctor Associate](#) of RCPsych. It's a great way to discover more about the specialty. It's **FREE** and comes with a range of benefits including free access to events and conference discounts as well as our publications and eLearning resources.

Contact [Susan Richardson](#) to find out more or for general enquiries about choosing psychiatry in Scotland.

Specialty Recruitment

Please see the [Scottish Medical Training website](#) for all information about specialty recruitment in Scotland.

Make sure you familiarise yourself with the relevant deadlines and take note of any changes to processes this year in light of COVID-19.

Taking Time Out After Foundation and Careers Advice

Approximately half of Foundation trainees choose to take time out of training after completion of their Foundation programme. There are many reasons that people make this decision – some wish to travel while others are looking for opportunities to enhance their CV, or because they just don't feel certain yet about their preferred specialty for further training. At this stage, you have full registration with the GMC, a broad base of general medical skills and you are at a natural break in your career progression. It is important to think carefully about your options: there are lots of opportunities available so pick the right one to suit your personality, skill set and aspirations. Colleagues, your Supervisors and your Foundation Programme Director can all be useful sources of advice on what specialty suits you and your life plans. All the Royal Colleges and Faculties have careers advice sections as does the BMA. Each region also has a dedicated Associate Postgraduate Dean for Careers who can give you further advice. The Scotland Deanery has developed guidance on taking time out after Foundation which can be found on the [Foundation School Careers webpage](#).

You can also join the Foundation School Alumni Group; please see details on the [Scottish Foundation School webpages](#).