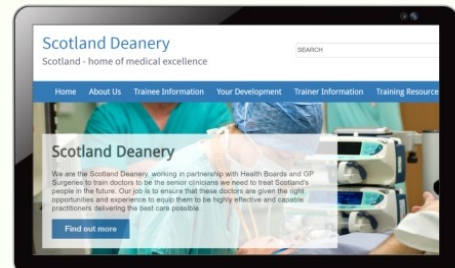


## Welcome to the 11th edition of your Foundation newsletter



[www.scotlanddeanery.nhs.scot](http://www.scotlanddeanery.nhs.scot)

### Key Contacts

**For all general enquiries:**

[sfas@nes.scot.nhs.uk](mailto:sfas@nes.scot.nhs.uk)

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

For 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](#).

Welcome to the new training year. We are delighted to welcome you to the Scottish Foundation School if you are a new or an existing trainee. We are aware that the first few months are filled with excitement and that you will be on a steep learning curve getting use to your new environment and colleagues either as a new F1 in Scotland or if you have moved into F2. You will have additional responsibilities and will also be developing your career.

In this edition the focus is on the new UK Foundation Programme Curriculum 2021 and developing your Turas portfolio to ensure you complete the requirements for your training year as well as starting to prepare for your Annual Review of Competence Progression (ARCP).

The deadline for submitting evidence to your portfolio is 31st May 2022.

**If you are a current F2 and hold full GMC Registration remember it is your responsibility to connect to NHS Education for Scotland as your Designated Body via your GMC online account.**

### What do you want to see in future editions?

We would love to receive feedback, ideas or article suggestions.

Please e-mail any comments to [sfas@nes.scot.nhs.uk](mailto:sfas@nes.scot.nhs.uk)

### Useful Links

[Scotland Deanery and the Foundation School pages](#)

[Turas e-Portfolio](#)

[Scottish Medical Training website](#)

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

### Photographs on Turas e-Portfolio

The Scottish Foundation School recommends that all Foundation trainees add a photograph of themselves to their Turas portfolio. There is a brief guide on how to do this on the Portfolio section of the [Foundation School webpages](#). Please do not hesitate to contact us if you are having difficulties adding a photograph by e-mailing [sfas@nes.scot.nhs.uk](mailto:sfas@nes.scot.nhs.uk)

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 Foundation School pages of the

[Scotland Deanery website](#).

# New UK Foundation Programme Curriculum 2021

The UK Foundation Programme Curriculum which has been approved by the GMC was relaunched in summer 2021. The curriculum provides a framework for educational progression that will help Foundation doctors demonstrate that they are competent in traditional elements of medical training as well as developing skills in communication, consulting skills, patient safety and teamworking. The curriculum sets out a holistic approach to care including physical health, mental health, social health and the skills to manage this in both acute and community settings and for patients with chronic conditions.

The Scottish Foundation School programmes are designed to develop generic clinical and professional skills through 13 Foundation Professional Capabilities (FPCs) and to prepare trainees for a medical career by providing an introduction to a number of different healthcare workplace settings through which trainees will rotate as they progress through the training programme. Most of the FPCs trainees need to gain with be through day-to-day working. The 13 FPCs are grouped into three Higher Learning Outcomes (HLOs) based on the GMC General Professional Capabilities (GPCs):

1. an accountable, capable and compassionate clinician;
2. a valuable member of healthcare workforce and;
3. a professional, responsible for their own practice and portfolio development

The Turas Portfolio has been updated to reflect changes to the relaunched 2021 curriculum. The Portfolio has been designed to allow trainees to record and collect evidence, gathered through experiential learning and self-directed learning to support development and progression through training. Trainees must present evidence from consultants and other senior professional for consideration at the ARCP. Requirements for the ARCP can be found [here](#).

There are number of resources/topics which have been developed by the four nations of the UK to support and help trainees and trainers understand what the new curriculum means for them. These are stored on the [UKFPO website](#).

1. Topic 1: Launch of the new UK foundation programme curriculum 2021
2. Topic 2: The educational supervisor; The clinical supervisor
3. Topic 3: The foundation doctor; Self development time
4. Topic 4: The role of the doctor
5. Topic 5: The Placement Supervision Group (PSG)
6. Topic 6: Supervised Learning Events (SLEs)
7. Topic 7: The LEARN form
8. Topic 8: The summary narrative
9. Topic 9: Giving feedback
10. Topic 10: Supporting the foundation doctor (including minority groups)
11. Topic 11: Building a portfolio
12. Topic 12: The annual review of competence progression (ARCP)

The Scottish Foundation School webpages also host Scotland-specific information to support development.

F1 trainees who commenced in August will all commence training on the 2021 Curriculum and all trainees who moved into F2 in August 2021 will move to the 2021 Curriculum.

**There are a number of existing trainees who are “out-of-sync” for various reasons and they will have been advised by their Foundation Programme Director (FPD) if they have been moved to the new curriculum or the date they will be moved to the new curriculum. This will also be reflected in the trainees’ portfolio view. Trainees should direct any queries to their FPD or local administrator.**

## Foundation Trainee Reps

Each region has Foundation trainee representatives who are a point of contact for questions and someone with whom you can share both positive and negative feedback to allow them to be brought to the attention of the Foundation School. Trainee reps from all regions are represented at the Scottish Foundation Trainees Forum where they discuss items to feed back at a Scottish and UK-wide level and share good practice. There are a number of other Scottish meetings where trainees are represented and can raise issues including:

- Scottish Foundation Programme Board
- Foundation Curriculum and Assessment Implementation Group (FCAIG)
- Foundation Academic Group
- Foundation Wellbeing Collaborative
- Regional Training Committee meetings
- Regional Trainee Meetings

There are also UK-wide meetings where the Scottish Foundation School may ask for interested Foundation doctors from the Scottish Foundation Trainees Forum to represent the views of local trainees including:

- Foundation Doctors Advisory Board (FDAB)
- UK Foundation Board
- E-Tag (UK Portfolio Meeting)
- Other ad-hoc meeting requests

Names and e-mail addresses of trainee reps for all regions can be found [here](#). Please get in touch with the [Foundation School](#) if you would like more information about trainee reps.

### Academic Foundation Programme (AFP) Teaching

A national online teaching programme has commenced for AFP trainees. If you are an AFP trainee and cannot see the AFP Teaching Team on your Microsoft Teams account please contact [sfas@nes.scot.nhs.uk](mailto:sfas@nes.scot.nhs.uk)

### 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.

#### Courses and Events

Please click [here](#) to visit the Courses and Events page on the Scotland Deanery website.

#### e-Learning for Healthcare

have developed online resources to support Foundation training which can be linked to your Portfolio. Click [here](#) for more information.

**Looking for Careers Advice?** 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. Their details can be found on the [Foundation School Careers webpage](#).

## Other News

### Update your email address

Remember to update your personal details especially your email address in Turas TPM to allow your local trainers and Foundation School to keep you up-to-date with information that will be useful to you as you progress in training. Keep in mind that you may no longer be able to access your university email if this is what was used to register in Oriol.

### Podcasts

[theglasgowseries](#) is a series of podcasts led by junior doctors for junior doctors with the core principles: Inspirational clinicians // Memorable cases // Junior doctor led

The podcasts are available through the [website](#) or via the Spotify search handle: theglasgowseries

### Have you met with your named Clinical and/or Educational Supervisor?

You should have already met with your named Clinical and/or your named Educational Supervisor to complete your initial induction meeting form. You should also have created your Personal Development Plan (PDP). All forms are available in your Turas Portfolio.

If you do not have a named Clinical and/or Educational Supervisor please inform your FPD and administrator to allow them to update your record.

### In2MedSchool - Opportunities to mentor Widening Participation pupils

In2MedSchool is a widening participation initiative that consists of over 2,500 medical student and doctor volunteers from across the UK wanting to give back to their communities. The initiative aims to support students from widening participation backgrounds with their journey into university, with a focus on medical school applications. Alongside mentoring, we run various webinars and provide a variety of resources to support our mentees.

We are currently looking for more mentors across Scotland looking to support S5-S6 students in their communities. Mentoring is free to the students but very useful to both mentors and mentees! You can get teaching experience but, more than that, you can help an individual with a passion to study Medicine achieve their dream.

\*[Registration](#)\*   \*[Website](#)\*   \*Enquires to [Joana Rodrigues](#), Director of Mentorship (Scotland, Wales and NI)\*

### Foundation Wellbeing Collaborative update

The Foundation Wellbeing Collaborative had its inaugural meeting on the 10<sup>th</sup> June 2021 and we were delighted to hear about projects across Scotland:

1. Thriving in Medicine (TiME): This has run as a pilot scheme and has been noted by the GMC as an area of good practice.
2. Foundation Resilience Programme of Pastoral Support (FRAPPS): This provides an opportunity for trainees to speak safely about the emotional challenges of working as a Foundation doctor.
3. F2 self-development time: As a pilot, 2 hours per week of self-development time is being introduced into all Foundation GP posts from August 2021.
4. Rotas - timeous circulation and flexible Annual Leave: We are now working on 3 improvements:
  - Adequate notice of rota provision prior to post commencement
  - Introduction of flexible annual leave
  - Improving communication between Foundation doctors and rota co-ordinators
5. Raising awareness of non-core teaching requirements
6. Near peer support and Foundation buddies: The South East already has a junior-led peer mentoring programme and a formal structure of F1 and F2 buddies will be introduced into the West from August 2021.

If you are working on wellbeing projects we would be very keen to hear from you via [sfas@nes.scot.nhs.uk](mailto:sfas@nes.scot.nhs.uk).