

Foundation Programme Curriculum Resource (2021)



This additional 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 2021; it is important to note however, that this resource does not provide additional information underpinning every element of becoming a successful doctor. This resource is not exhaustive but highlights national guidance and protocols available to support each of the curriculum's foundation professional capabilities.

There are a wealth of resources available to help consolidate and develop knowledge and skills to deliver safe and effective patient care. This resource lists many of those freely available evidence-based resources.

With helpful web links and guidance notes, it draws on a range of sources including e-Learning for Healthcare (e-LfH), British Medical Journal (BMJ) and Drs.net. Logins are required for all sites.

We hope that you find this additional resource helpful and that it adds value to your training.

The UKFPO are committed to ensuring that this resource is as up-to-date as possible. If you are aware of any expired links within the resource or wish to highlight any other free guidance that could be included please email:

curriculum@foundationprogramme.nhs.uk

This document is intended as an interactive web resource. Printing is not advisable as the resource is updated on a regular basis.

HLO 1: An accountable, capable and compassionate doctor

HLO 2: A valuable member of healthcare workforce

HLO 3: A professional, responsible for their own practice and portfolio development

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HLO 1: An accountable, capable and compassionate doctor

Foundation professional capability (FPC)

1. Clinical Assessment: Assess patient needs in a variety of clinical settings including acute, non-acute and community

Online resources

e-LfH:

- [Medication History Taking and Prescribing on Admission](#)
- [Selection of Investigations](#)
- [Interpretation of Investigations: Practical Application](#)
- [Managing Low Urine Output](#)
- [Managing Sepsis](#)
- [Assessment and Initial Management](#)
- [Re-evaluation and Monitoring](#)
- [Arterial Blood Gas Sampling and Interpretation](#)
- [Patient with a Reduced Level of Consciousness](#)
- [Pain Management](#)
- [Oxygen Therapy](#)
- [NICE IV Fluid - Assessment](#)
- [NICE IV Fluid - Principles and Five Rs](#)
- [NICE IV Fluid - Properties](#)
- [NICE IV Fluid - More Complex Scenarios](#)
- [NICE IV Fluid - When It Goes Wrong](#)
- [Prescription Writing](#)
- [BNF Usage and Other Prescribing Information Sources](#)
- [Safe Use of Injectable Medicines \(Part 1\)](#)
- [Safe Use of Injectable Medicines \(Part 2\)](#)
- [Safe Anticoagulation](#)
- [Safe Prescribing in Renal Impairment](#)
- [Prudent Use of Antibiotics \(Part 1\)](#)
- [Prudent Use of Antibiotics \(Part 2\)](#)
- [Prudent Use of Antibiotics \(Part 3\)](#)
- [Safe Prescribing of Insulin](#)
- [Adverse Drug Effects](#)
- [Safer Medicine Use Through Concordance](#)
- [Introduction to Frailty](#)
- [Mind](#)
- [Mobility](#)

HLO 1: An accountable, capable and compassionate doctor

Foundation professional capability (FPC)

Online resources

- [Medicines](#)
- [Multicomplexity](#)
- [Managing Self Harm](#)
- [Mental Health Act](#)
- [Psychiatric Assessment and Mental State Examination](#)
- [Delirium \(Acute Confusional States\): Recognition and Causes](#)
- [Delirium \(Acute Confusional States\): Diagnosis and Management](#)
- [Psychotic Disorders](#)
- [Depression](#)
- [Bipolar Affective Disorder](#)
- [Personality Disorder](#)
- [Eating Disorders; Anorexia and Bulimia](#)
- [Assessing Mental Capacity](#)
- [Planning Ahead Using the MCA](#)
- [Best Interests](#)
- [Restraint](#)
- [Deprivation of Liberty](#)
- [Discussing 'Do Not Attempt CPR' Decisions](#)
- [Am I Dying How Long have I Got Handling Challenging Questions](#)
- [Recognising the Last Months and Days of Life and Verifying Death](#)
- [Symptom Management for the Dying Adult: Pain, and Nausea and Vomiting](#)
- [Symptom Management for the Dying Adult: Respiratory Symptoms, Diabetes Control and Anticipatory Prescribing](#)
- [Mental Capacity Act and Death Certification](#)
- [Medically Unexplained Symptoms](#)
- [Safe Practice the Doctors Perspective](#)
- [Medical Error: When Things Go Wrong](#)
- [Hospital Acquired Fever: What to do if MRSA Positive](#)
- [Hospital Acquired Fever with MRSA: What to do Next](#)
- [Infection Control: Diarrhoea in an Inpatient](#)
- [Infection Control: Air and Blood Borne Pathogens](#)
- [Infection Control: Modes of Transmission](#)
- [Communication Skills](#)

HLO 1: An accountable, capable and compassionate doctor

Foundation professional capability (FPC)

Online resources

- [Breaking Bad News](#)
- [Bereavement Process](#)
- [Cultural and Religious Diversity and Bereavement](#)
- [Management of Substance Misuse](#)
- [Management of Alcohol Misuse](#)
- [Confidentiality and Privacy](#)
- [Nutrition and Health](#)
- [Nutritional Assessment](#)
- [Options for Nutritional Care](#)
- [Multi-Disciplinary Discharge Planning](#)
- [Impact of Short-term and Long-Term Physical Problems on Daily Living](#)
- [Assessment of Ability to Self Care after Discharge](#)
- [Family Dynamics Affecting Discharge](#)
- [Management of Long Term Disease in the Community](#)
- [Alcohol Facts](#)
- [Alcohol IBA - Assessment](#)
- [Managing Obesity: Guiding and Enabling Behaviour Change](#)
- [Understanding Eating Disorders – Signs, Symptoms and Causes](#)
- [Understanding Eating Disorders – Practical Requirements](#)
- [Safe Prescribing and VTE Scenario](#)
- [Blood Transfusion and Consent Scenario](#)
- [How to Take a History Red Eye](#)
- [Red Eye Case Study 1](#)
- [What is MECC and why is it important?](#)
- [How to Have a MECC Conversation](#)
- [Signposting](#)
- [Safeguarding Adults - Level 2](#)
- [Safeguarding Children - Level 1](#)
- [Safeguarding Children - Level 2](#)

BMJ:

- [The prostate: clinical examination](#) (10051778)
- [Cranial nerve examination](#) (10051838)

HLO 1: An accountable, capable and compassionate doctor

Foundation professional capability (FPC)	Online resources
	• Wrist examination (10053465) • Elbow examination (10053110) • Shoulder examination and diagnosis (10019901) • Knee examination (10048374) • Ankle examination (10048359) • Hip examination (10047155) • Back examination: low back pain and sciatica (10060322) • Stroke: differential diagnoses (10014747)
2. Clinical Prioritisation: Recognise and, where appropriate, initiate urgent treatment of deterioration in physical and mental health	e-LfH: • Assessment and Initial Management • Re-evaluation and Monitoring • Arterial Blood Gas Sampling and Interpretation • Patient with a Reduced Level of Consciousness • Pain Management • Oxygen Therapy • Managing Low Urine Output • Managing Sepsis • NICE IV Fluid - Assessment • NICE IV Fluid - Principles and Five Rs • NICE IV Fluid - Properties • NICE IV Fluid - More Complex Scenarios • NICE IV Fluid - When It Goes Wrong • Selection of Investigations • Interpretation of Investigations: Practical Application • Managing Self Harm • Self Harm Assessment • Mental Health Act • Psychiatric Assessment and Mental State Examination • Delirium (Acute Confusional States): Recognition and Causes • Delirium (Acute Confusional States): Diagnosis and Management • Psychotic Disorders • Depression • Bipolar Affective Disorder

HLO 1: An accountable, capable and compassionate doctor

Foundation professional capability (FPC)

Online resources

- [Personality Disorder](#)
- [Eating Disorders; Anorexia and Bulimia](#)
- [Prescription Writing](#)
- [BNF Usage and Other Prescribing Information Sources](#)
- [Safe Use of Injectable Medicines \(Part 1\)](#)
- [Safe Use of Injectable Medicines \(Part 2\)](#)
- [Safe Anticoagulation](#)
- [Safe Prescribing in Renal Impairment](#)
- [Prudent Use of Antibiotics \(Part 1\)](#)
- [Prudent Use of Antibiotics \(Part 2\)](#)
- [Prudent Use of Antibiotics \(Part 3\)](#)
- [Safe Prescribing of Insulin](#)
- [Adverse Drug Effects](#)
- [Safer Medicine Use Through Concordance](#)
- [Introduction to Frailty](#)
- [Mind](#)
- [Mobility](#)
- [Medicines](#)
- [Multicomplexity](#)
- [Competency in Practice](#)
- [Senior Advice Who When and Why?](#)
- [Senior Advice: When to Stop for Help](#)
- [Medical Error: When Things Go Wrong](#)
- [Hospital Acquired Fever: What to do if MRSA Positive](#)
- [Hospital Acquired Fever with MRSA: What to do Next](#)
- [Infection Control: Diarrhoea in an Inpatient](#)
- [Infection Control: Air and Blood Borne Pathogens](#)
- [Infection Control: Modes of Transmission](#)
- [HIV Testing](#)
- [Communication Skills](#)
- [Breaking Bad News](#)
- [Bereavement Process](#)
- [Cultural and Religious Diversity and Bereavement](#)

HLO 1: An accountable, capable and compassionate doctor

Foundation professional capability (FPC)

Online resources

- [Good Handover Practice](#)
- [Management of Substance Misuse](#)
- [Management of Alcohol Misuse](#)
- [Understanding Eating Disorders – Signs, Symptoms and Causes](#)
- [Understanding Eating Disorders – Practical Requirements](#)
- [Safe Prescribing and VTE Scenario](#)
- [Blood Transfusion and Consent Scenario](#)
- [How to Take a History Red Eye](#)
- [Red Eye Case Study 1](#)
- [Patient Autonomy and Related Ethics](#)
- [Confidentiality and Privacy](#)
- [Nutrition and Health](#)
- [Nutritional Assessment](#)
- [Options for Nutritional Care](#)
- [Handling Complaints](#)
- [Multi-Disciplinary Discharge Planning](#)
- [Impact of Short-term and Long-Term Physical Problems on Daily Living](#)
- [Medically Unexplained Symptoms](#)
- [Mental Capacity Act and Death Certification](#)
- [Discussing 'Do Not Attempt CPR' Decisions](#)
- [Am I Dying How Long have I Got Handling Challenging Questions](#)
- [Recognising the Last Months and Days of Life and Verifying Death](#)
- [Symptom Management for the Dying Adult: Pain, and Nausea and Vomiting](#)
- [Symptom Management for the Dying Adult: Respiratory Symptoms, Diabetes Control and Anticipatory Prescribing](#)
- [Assessing Mental Capacity](#)
- [Planning Ahead Using the MCA](#)
- [Best Interests](#)
- [Restraint](#)
- [Deprivation of Liberty](#)
- [Errors and Experiences in Healthcare](#)
- [Minimising Risk in Healthcare Organisations](#)
- [Learning from Complaints](#)

HLO 1: An accountable, capable and compassionate doctor

Foundation professional capability (FPC)	Online resources
	• Safeguarding Adults - Level 2 • Safeguarding Children - Level 1 • Safeguarding Children - Level 2 • VTE Prevention in Secondary Care Drs.net: • Oral anticoagulation in adults - direct oral anticoagulants • Bridging (periprocedure) Antithrombotic Treatment • Thromboprophylaxis for the Prevention of Hospital-acquired Thrombosis BMJ: • Airways management course (10057539)
3. Holistic Planning: Diagnose and formulate treatment plans (with appropriate supervision) that include ethical consideration of the physical, psychological and social needs of the patient	e-LfH : • Selection of Investigations • Interpretation of Investigations: Practical Application • Keeping the Patient at the Centre of Care • Seeing the Whole Picture • Prescription Writing • BNF Usage and Other Prescribing Information Sources • Safe Use of Injectable Medicines (Part 1) • Safe Use of Injectable Medicines (Part 2) • Safe Anticoagulation • Safe Prescribing in Renal Impairment • Prudent Use of Antibiotics (Part 1) • Prudent Use of Antibiotics (Part 2) • Prudent Use of Antibiotics (Part 3) • Safe Prescribing of Insulin • Adverse Drug Effects • Safer Medicine Use Through Concordance • Communication Skills • Breaking Bad News • Effective Referrals to Other Clinical Teams • Holding an Outpatient Consultation

HLO 1: An accountable, capable and compassionate doctor

Foundation professional capability (FPC)

Online resources

- [Safe Practice the Doctors Perspective](#)
- [Infection Control: Modes of Transmission](#)
- [Risk Factors in Disease](#)
- [HIV Testing](#)
- [Organ Donation and Related Communication Skills](#)
- [Bereavement Process](#)
- [Cultural and Religious Diversity and Bereavement](#)
- [Good Handover Practice](#)
- [Ward Laboratory Interface](#)
- [Ward and Imaging Interface](#)
- [Ward and Therapy Services](#)
- [Ward and Social Services](#)
- [Management of Substance Misuse](#)
- [Management of Alcohol Misuse](#)
- [Patient Autonomy and Related Ethics](#)
- [Safeguarding Vulnerable Adults](#)
- [Confidentiality and Privacy](#)
- [Depression](#)
- [Bipolar Affective Disorder](#)
- [Managing Low Urine Output](#)
- [Managing Sepsis](#)
- [Assessment and Initial Management](#)
- [Re-evaluation and Monitoring](#)
- [Arterial Blood Gas Sampling and Interpretation](#)
- [Patient with a Reduced Level of Consciousness](#)
- [Pain Management](#)
- [Oxygen Therapy](#)
- [Nutrition and Health](#)
- [Nutritional Assessment](#)
- [Options for Nutritional Care](#)
- [Handling Complaints](#)
- [Multi-Disciplinary Discharge Planning](#)
- [Impact of Short-term and Long-Term Physical Problems on Daily Living](#)

HLO 1: An accountable, capable and compassionate doctor

Foundation professional capability (FPC)

Online resources

- [Assessment of Ability to Self Care after Discharge](#)
- [Family Dynamics Affecting Discharge](#)
- [Management of Long Term Disease in the Community](#)
- [NICE IV Fluid - Assessment](#)
- [NICE IV Fluid - Principles and Five Rs](#)
- [NICE IV Fluid - Properties](#)
- [NICE IV Fluid - More Complex Scenarios](#)
- [NICE IV Fluid - When It Goes Wrong](#)
- [Personality Disorder](#)
- [Alcohol IBA - Assessment](#)
- [Managing Obesity: Guiding and Enabling Behaviour Change](#)
- [Understanding Eating Disorders – Signs, Symptoms and Causes](#)
- [Understanding Eating Disorders – Practical Requirements](#)
- [Eating Disorders; Anorexia and Bulimia](#)
- [Medically Unexplained Symptoms](#)
- [Introduction to Frailty](#)
- [Mind](#)
- [Mobility](#)
- [Medicines](#)
- [Multicomplexity](#)
- [Safe Prescribing and VTE Scenario](#)
- [Blood Transfusion and Consent Scenario](#)
- [Mental Capacity Act and Death Certification](#)
- [Discussing 'Do Not Attempt CPR' Decisions](#)
- [Am I Dying How Long have I Got Handling Challenging Questions](#)
- [Recognising the Last Months and Days of Life and Verifying Death](#)
- [Symptom Management for the Dying Adult: Pain, and Nausea and Vomiting](#)
- [Symptom Management for the Dying Adult: Respiratory Symptoms, Diabetes Control and Anticipatory Prescribing](#)
- [Errors and Experiences in Healthcare](#)
- [Minimising Risk in Healthcare Organisations](#)
- [Learning from Complaints](#)
- [Safeguarding Adults - Level 2](#)

HLO 1: An accountable, capable and compassionate doctor

Foundation professional capability (FPC)	Online resources
	• Safeguarding Children - Level 1 • Safeguarding Children - Level 2 • VTE Prevention in Secondary Care Drs.net: • Basic Blood Gas interpretation BMJ: • Chest x ray: an essential guide to interpretation (10009899) • Arterial blood gases: a guide to interpretation (5004327) • Liver function tests: interpreting abnormal results (5003197) • Basic life support (10056682)
4. Communication and Care: Provide clear explanations to patients/carers, agree a plan and deliver health care advice and treatment where appropriate	e-LfH: • Medication History Taking and Prescribing on Admission • Holding an Outpatient Consultation • Communication Skills • Communicating Treatment Risks to Patients • Explaining Evidence/Guidelines/Protocols to Patients • Guidelines in Clinical Practice • Patient Autonomy and Related Ethics • Hospital Acquired Fever: What to do if MRSA Positive • Hospital Acquired Fever with MRSA: What to do Next • Infection Control: Diarrhoea in an Inpatient • Infection Control: Air and Blood Borne Pathogens • Infection Control: Modes of Transmission • Disease Notification • Risk Factors in Disease • Screening • HIV Testing • DVLA • Organ Donation and Related Communication Skills • Cultural and Religious Diversity and Bereavement • Primary, Secondary Care Interface

HLO 1: An accountable, capable and compassionate doctor

Foundation professional capability (FPC)

Online resources

- [Ward Laboratory Interface](#)
- [Ward and Imaging Interface](#)
- [Ward and Therapy Services](#)
- [Ward and Social Services](#)
- [Depression](#)
- [Bipolar Affective Disorder](#)
- [Effective Referrals to Other Clinical Teams](#)
- [Management of Alcohol Misuse](#)
- [Evidence Based Medicine in Clinical Practice](#)
- [Common Study Designs in Clinical Research](#)
- [Re-evaluation and Monitoring](#)
- [Nutrition and Health](#)
- [Nutritional Assessment](#)
- [Options for Nutritional Care](#)
- [Quality and Safety in the NHS](#)
- [Keeping the Patient at the Centre of Care](#)
- [Seeing the Whole Picture](#)
- [Team Working and Patient Safety](#)
- [Team Dynamics](#)
- [Effective Team Working](#)
- [Clinical Governance](#)
- [Outcomes and Patient Experience](#)
- [Handling Complaints](#)
- [Errors and Experiences in Healthcare](#)
- [Minimising Risk in Healthcare Organisations](#)
- [Learning from Complaints](#)
- [Multi-Disciplinary Discharge Planning](#)
- [Impact of Short-term and Long-Term Physical Problems on Daily Living](#)
- [Assessment of Ability to Self Care after Discharge](#)
- [Family Dynamics Affecting Discharge](#)
- [Management of Long Term Disease in the Community](#)
- [NICE IV Fluid - Assessment](#)
- [NICE IV Fluid - Principles and Five Rs](#)

HLO 1: An accountable, capable and compassionate doctor

Foundation professional capability (FPC)

Online resources

- [NICE IV Fluid - Properties](#)
- [NICE IV Fluid - More Complex Scenarios](#)
- [NICE IV Fluid - When It Goes Wrong](#)
- [Prescription Writing](#)
- [BNF Usage and Other Prescribing Information Sources](#)
- [Safe Use of Injectable Medicines \(Part 1\)](#)
- [Safe Use of Injectable Medicines \(Part 2\)](#)
- [Safe Anticoagulation](#)
- [Safe Prescribing in Renal Impairment](#)
- [Prudent Use of Antibiotics \(Part 1\)](#)
- [Prudent Use of Antibiotics \(Part 2\)](#)
- [Prudent Use of Antibiotics \(Part 3\)](#)
- [Safe Prescribing of Insulin](#)
- [Adverse Drug Effects](#)
- [Safer Medicine Use Through Concordance](#)
- [Safe Prescribing and VTE Scenario](#)
- [Blood Transfusion and Consent Scenario](#)
- [Personality Disorder](#)
- [Managing Obesity: Guiding and Enabling Behaviour Change](#)
- [Eating Disorders; Anorexia and Bulimia](#)
- [Understanding Eating Disorders – Signs, Symptoms and Causes](#)
- [Understanding Eating Disorders – Practical Requirements](#)
- [Medically Unexplained Symptoms](#)
- [Introduction to Frailty](#)
- [Mind](#)
- [Mobility](#)
- [Medicines](#)
- [Multicomplexity](#)
- [Alcohol Facts](#)
- [Alcohol IBA - Assessment](#)
- [Very Brief Advice on Smoking: ASK, ADVISE, ACT](#)
- [Mental Capacity Act and Death Certification](#)
- [Discussing 'Do Not Attempt CPR' Decisions](#)

HLO 1: An accountable, capable and compassionate doctor

Foundation professional capability (FPC)	Online resources
	• Am I Dying How Long have I Got Handling Challenging Questions • Recognising the Last Months and Days of Life and Verifying Death • Symptom Management for the Dying Adult: Pain, and Nausea and Vomiting • Symptom Management for the Dying Adult: Respiratory Symptoms, Diabetes Control and Anticipatory Prescribing • Assessing Mental Capacity • Planning Ahead Using the MCA • Best Interests • Restraint • Deprivation of Liberty • Completion of the Medical Certificate of Cause of Death Part 3 • Safeguarding Vulnerable Adults • Safeguarding Adults - Level 2 • Safeguarding Children - Level 1 • Safeguarding Children - Level 2 Drs.net: • Alcohol Use Disorders: Screening, Brief Interventions and Wernicke Prevention BMJ: • How to calculate treatment risks and help patients make informed decisions (10017705) • Breaking bad news: a how to do it guide (10056755) • Communication skills (10056676) • Complaint management (10013164)
5. Continuity of Care: Contribute to safe ongoing care both in and out of hours	e-LfH: • Good Handover Practice • Competency in Practice • Senior Advice Who When and Why? • Senior Advice: When to Stop for Help • Safe Prescription and Risk Management • Human Factors and Analysis of Adverse Events • Effective Referrals to Other Clinical Teams • Team Working and Patient Safety

HLO 1: An accountable, capable and compassionate doctor

Foundation professional capability (FPC)

Online resources

- [Clinical Governance](#)
- [Outcomes and Patient Experience](#)
- [Managing Self Harm](#)
- [Mental Health Act](#)
- [Psychiatric Assessment and Mental State Examination](#)
- [Delirium \(Acute Confusional States\): Recognition and Causes](#)
- [Delirium \(Acute Confusional States\): Diagnosis and Management](#)
- [Psychotic Disorders](#)
- [Hospital Acquired Fever: What to do if MRSA Positive](#)
- [Organ Donation and Related Communication Skills](#)
- [An Underperforming Colleague - What To Do](#)
- [Stress - Bullying](#)
- [Primary, Secondary Care Interface](#)
- [Ward Laboratory Interface](#)
- [Ward and Imaging Interface](#)
- [Ward and Therapy Services](#)
- [Ward and Social Services](#)
- [Assessment and Initial Management](#)
- [Re-evaluation and Monitoring](#)
- [Introduction to Patient Safety](#)
- [Quality and Safety in the NHS](#)
- [Keeping the Patient at the Centre of Care](#)
- [Seeing the Whole Picture](#)
- [Multi-Disciplinary Discharge Planning](#)
- [Impact of Short-term and Long-Term Physical Problems on Daily Living](#)
- [Assessment of Ability to Self Care after Discharge](#)
- [Family Dynamics Affecting Discharge](#)
- [Management of Long Term Disease in the Community](#)
- [Prescription Writing](#)
- [BNF Usage and Other Prescribing Information Sources](#)
- [Safe Use of Injectable Medicines \(Part 1\)](#)
- [Safe Use of Injectable Medicines \(Part 2\)](#)
- [Safe Anticoagulation](#)

HLO 1: An accountable, capable and compassionate doctor

Foundation professional capability (FPC)	Online resources
	• Safe Prescribing in Renal Impairment • Prudent Use of Antibiotics (Part 1) • Prudent Use of Antibiotics (Part 2) • Prudent Use of Antibiotics (Part 3) • Safe Prescribing of Insulin • Adverse Drug Effects • Safer Medicine Use Through Concordance • Safe Prescribing and VTE Scenario • Blood Transfusion and Consent Scenario • Mental Capacity Act and Death Certification • Team Dynamics • Effective Team Working

HLO 2: A valuable member of healthcare workforce

Foundation professional capabilities	Online resource
6. Sharing the Vision: Work confidently within and, where appropriate, guide the multiprofessional team to deliver a consistently high standard of patient care based on sound ethical principles	e-LfH: • Team Working and Patient Safety • Clinical Governance • Competency in Practice • Feedback for Personal Development • Team Dynamics • Effective Team Working • Senior Advice Who When and Why? • Senior Advice: When to Stop for Help • Organ Donation and Related Communication Skills • Health (Blood Borne Infection) and Handling Stress • Safeguarding Vulnerable Adults • Introduction to Patient Safety • Quality and Safety in the NHS • Keeping the Patient at the Centre of Care • Seeing the Whole Picture • Outcomes and Patient Experience BMJ: • How to get the best out of your team (10061459) • Understanding resilience in the workplace (10060244) • Building professional relationships (10061504)
7. Fitness to Practise: Develop the skills necessary to manage their own personal wellbeing	e-LfH: • Stress - Mental Health • Health (Blood Borne Infection) and Handling Stress • An Underperforming Colleague - What To Do • Stress – Bullying
8. Upholding Values: Act as a responsible employee including speaking up when others do not act	e-LfH: • Medical Error: When Things Go Wrong • Communicating Treatment Risks to Patients • Hospital Acquired Fever with MRSA: What to do Next

HLO 2: A valuable member of healthcare workforce

Foundation professional capabilities	Online resource
in accordance with the values of the healthcare system	• Infection Control: Diarrhoea in an Inpatient • Stress - Mental Health • Health (Blood Borne Infection) and Handling Stress • Raising Concerns About Patient Safety • Handling Complaints • An Underperforming Colleague - What To Do • Errors and Experiences in Healthcare • Minimising Risk in Healthcare Organisations • Learning from Complaints
9. Quality Improvement: Take an active part in processes to improve the quality of care	e-LfH: • Audit • Evidence Based Medicine in Clinical Practice • Common Study Designs in Clinical Research • Explaining Evidence/Guidelines/Protocols to Patients • Guidelines in Clinical Practice • Searching the Literature and Locating Papers • How to Review a Paper BMJ: • Introduction to managing others through change
10. Teaching the Teacher: Teach and present effectively	e-LfH: • How do Adults Learn? • Teaching - Delivering a Formal Teaching Session • Teaching - Clinical Practice: Bedside or Opportunistic Moment • Principles of Assessment • Making the Best Use of Multi-Source Feedback: A Trainee Guide • Getting the Most from Direct Observation of Procedural Skills (DOPS) • Getting the Most from a Case Based Discussion (CBD) • Getting the Most from a Mini-Clinical Evaluation Exercise (Mini-CEX) • Getting the Most Out of Supervised Learning Events: Feedback and Reflection • Getting the Most Out of Supervised Learning Events: Reflection After Feedback • Searching the Literature and Locating Papers • How to Review a Paper

HLO 3: A professional, responsible for their own practice and portfolio development

Foundation professional capabilities	Online resources
11. Ethics and Law: Demonstrate professional practice in line with the curriculum, GMC and other statutory requirements through development of a professional portfolio	e-LfH: • How to Avoid the GMC Disciplinary Committee • Medical Error: When Things Go Wrong • Disease Notification • Screening • Health Needs, Demands and Resource • DVLA • Organ Donation and Related Communication Skills • Stress - Bullying • GMC Registration and Post Graduate Observation • Management of Substance Misuse • Patient Autonomy and Related Ethics • Safeguarding Vulnerable Adults • Confidentiality and Privacy • Assessing Mental Capacity • Planning Ahead Using the MCA • Best Interests • Restraint • Deprivation of Liberty • Data Security Awareness - Level 1 Drs.net: • Equality and Diversity
12. Continuing Professional Development: Develop practice including the acquisition of new knowledge and skills through experiential learning; acceptance of feedback and, if necessary,	e-LfH: • How to Avoid the GMC Disciplinary Committee • Principles of Assessment • Making the Best Use of Multi-Source Feedback: A Trainee Guide • Getting the Most from Direct Observation of Procedural Skills (DOPS) • Getting the Most from a Case Based Discussion (CBD) • Getting the Most from a Mini-Clinical Evaluation Exercise (Mini-CEX)

HLO 3: A professional, responsible for their own practice and portfolio development

Foundation professional capabilities	Online resources
remediation; reading and, if appropriate, by research	• Getting the Most Out of Supervised Learning Events: Feedback and Reflection • Getting the Most Out of Supervised Learning Events: Reflection After Feedback • GMC Registration and Post Graduate Observation • Evidence Based Medicine in Clinical Practice • Common Study Designs in Clinical Research • Explaining Evidence/Guidelines/Protocols to Patients • Guidelines in Clinical Practice • How do Adults Learn? • Teaching - Delivering a Formal Teaching Session • Teaching - Clinical Practice: Bedside or Opportunistic Moment • Searching the Literature and Locating Papers • How to Review a Paper • Feedback for Personal Development • What is MECC and why is it important? • How to Have a MECC Conversation • Signposting Drs.net: • Learning and Studying Efficiently
13. Understanding Medicine: Understand the breadth of medical practice and plan a career	e-LfH: • Health Needs, Demands and Resource • GMC Registration and Post Graduate Observation • What is MECC and why is it important? • How to Have a MECC Conversation • Signposting • National Immunisation Policy and Programmes

Core Foundation Learning Topics

Topics	Online resources
Mental health including mental illness	E-LfH: • Delirium (Acute Confusional States): Recognition and Causes • Delirium (Acute Confusional States): Diagnosis and Management • Mind (Frailty - Delirium, dementia and depression) • Depression • Bipolar Affective Disorder • Psychotic Disorders • Personality Disorder • Assessing Mental Capacity ○ Planning Ahead Using the MCA ○ Best Interests ○ Restraint ○ Deprivation of Liberty • Eating Disorders; Anorexia and Bulimia ○ Understanding Eating Disorders – Signs, Symptoms and Causes ○ Understanding Eating Disorders – Practical Requirements • Managing Obesity: Guiding and Enabling Behaviour Change • Management of Substance Misuse • Management of Alcohol Misuse • Medically Unexplained Symptoms
Health promotion and public health	E-LfH: • What is MECC and why is it important? • How to Have a MECC Conversation • Signposting • Prudent Use of Antibiotics (Part 1) • Prudent Use of Antibiotics (Part 2) • Prudent Use of Antibiotics (Part 3) • National Immunisation Policy and Programmes BMJ: • How does physical activity produce health benefits? (10051877) • The importance of physical activity (10051859)

Core Foundation Learning Topics

Topics	Online resources
Leadership	E-LfH: • Feedback for Personal Development • Team Dynamics • Effective Team Working • Team Working and Patient Safety BMJ: • Emotional intelligence (10060745) • The Art of Effective Feedback (10060330) • How to get the best out of your team (10061459)
Quality improvement methodology	e-LfH: • Audit • Evidence Based Medicine in Clinical Practice • Common Study Designs in Clinical Research • Explaining Evidence/Guidelines/Protocols to Patients • Guidelines in Clinical Practice
Appraisal of evidence	E-LfH: • Searching the Literature and Locating Papers • How to Review a Paper • Evidence Based Medicine in Clinical Practice • Common Study Designs in Clinical Research • Explaining Evidence/Guidelines/Protocols to Patients • Guidelines in Clinical Practice
Integration of acute illness into chronic disease management and multiple co-morbidities	E-LfH: • Management of Long Term Disease in the Community • Impact of Short-term and Long-Term Physical Problems on Daily Living • Primary, Secondary Care Interface • Assessment of Ability to Self Care after Discharge • Managing Low Urine Output • Managing Sepsis • Assessment and Initial Management • Re-evaluation and Monitoring • Arterial Blood Gas Sampling and Interpretation

Core Foundation Learning Topics

Topics	Online resources
	• Patient with a Reduced Level of Consciousness • Pain Management • Oxygen Therapy Drs.net: • Adult Epilepsy • Age-related Macular Degeneration and Diabetic Retinopathy • Autism Spectrum Disorder in Children and Adolescents • Chronic Daily Headache • Diagnosis and Initial Management of Type 2 Diabetes • Diagnosis and Management of Benign Prostatic Hyperplasia (BPH) • Glaucoma • Heart Failure for Primary Care • Non-alcoholic Fatty Liver Disease • Tremor • Urticaria and Angioedema BMJ: • Hospital presentations: acute kidney injury and chronic kidney disease (10054296) • Chronic obstructive pulmonary disease: diagnosis and assessment of severity (10032711)
Frailty	E-LfH: • Introduction to Frailty • Mind • Mobility • Medicines • Multicomplexity
End of life care	E-LfH: • Am I Dying How Long have I Got Handling Challenging Questions • Recognising the Last Months and Days of Life and Verifying Death • Symptom Management for the Dying Adult: Pain, and Nausea and Vomiting • Symptom Management for the Dying Adult: Respiratory Symptoms, Diabetes Control and Anticipatory Prescribing

Core Foundation Learning Topics

Topics	Online resources
	Drs.net: • Palliative Care BMJ: • Palliative care during the out of hours period: in association with Macmillan Cancer Support (10025220) • Ask the consultant: Palliative care medicine (10056884) • Advance decisions (5004469)
High risk prescribing	E-LfH: • Prescription Writing • BNF Usage and Other Prescribing Information Sources • Safe Use of Injectable Medicines (Part 1) • Safe Use of Injectable Medicines (Part 2) • Safe Anticoagulation • Safe Prescribing in Renal Impairment • Prudent Use of Antibiotics (Part 1) • Prudent Use of Antibiotics (Part 2) • Prudent Use of Antibiotics (Part 3) • Safe Prescribing of Insulin • Adverse Drug Effects • Safer Medicine Use Through Concordance Drs.net: • Clinical Blood Transfusion BMJ: • Survival Guide: Safe Prescribing for patients in hospital • Injectable medicines: prescribing, preparing, and administering (10009161) • Starting patients on anticoagulants in secondary care: how to do it (10056761) • Drug errors in hospital practice (5003179)
Teaching skills	E-LfH: • How do Adults Learn?

Core Foundation Learning Topics

Topics	Online resources
	• Teaching - Delivering a Formal Teaching Session • Teaching - Clinical Practice: Bedside or Opportunistic Moment
Patient safety	E-LfH: • Safe Prescription and Risk Management • Safe Practice the Doctors Perspective • Communicating Treatment Risks to Patients • Prescription Writing • BNF Usage and Other Prescribing Information Sources • Safe Use of Injectable Medicines (Part 1) • Safe Use of Injectable Medicines (Part 2) • Safe Anticoagulation • Safe Prescribing in Renal Impairment • Prudent Use of Antibiotics (Part 1) • Prudent Use of Antibiotics (Part 2) • Prudent Use of Antibiotics (Part 3) • Safe Prescribing of Insulin • Adverse Drug Effects • Safer Medicine Use Through Concordance Drs.net: • Patient Safety BMJ: • Patient Safety
Safeguarding	E-LfH: • Safeguarding Vulnerable Adults • Safeguarding Adults - Level 2 • Safeguarding Children - Level 1 • Safeguarding Children - Level 2