

Guy's and St Thomas' VTS

Guy's and St Thomas' (GSTT) GP Training Programme

Guy's and St Thomas' NHS Foundation Trust
Guy's Hospital
Great Maze Pond
London
SE1 9RT

Half Day Release: Tuesday (at the Sherman Centre at Guy's Hospital)

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Introduction to scheme

Our VTS is a creative, innovative, highly regarded GP training scheme based in Southwark and Lambeth. The scheme is highly rated by current and past trainees for the experiences they gain in innovative posts and the supportive network of peers they develop throughout their training.

For trainees the VTS is the thread that connects up all of their GP training, as well as offering regular opportunities for support and peer connections. The VTS is growing and currently has a community of just under **70 trainees** and two Program Directors as well as Sharon who is our admin support.

Posts

ST1s and ST2s will complete one year of hospital posts (3x4 month placements) and one year as GP with ITP (innovative training post) – this 12 months is split between GP and a speciality – with the equivalent of 3 months full time placement in a speciality.

The ST3 year (GP registrar year) is spent in one practice within the Lambeth and Southwark area.

The hospital posts are mostly located in Guys and St Thomas' Hospital.

Hospital posts range from Paediatrics at the Evelina Hospital, Sexual Health, Obstetrics and Gynaecology, Community Psychiatry, Diabetes and Frailty, Stroke, General Medicine and A&E. We also have new posts in ENT, Dermatology and MSK which have been very well received.

The GP based year involves 6 months of straight GP and 6 months in an Innovative Training post (ITP). We have some very exciting longstanding and new ITPs including the 'Homeless + Rootless' post which is based in Camberwell with a particular focus on Drug and Alcohol misuse and involves taking the RCGP Pt 1 Drugs and Alcohol Certificate Course.

Others include a Palliative care ITP based in GP and in Guys Hospital Palliative Care Community team, a frailty ITP where trainees spend two days a week at the 'hospital at home service' and a GUM ITP involving two days a week working in local sexual health services which can include working towards the DSRH and/ or the LoC in Implants or IUCDs.

We are excited to expand the ITP posts in 2026 to include Medical Education and Population Health.

ST3s all work in GP practices in Southwark and Lambeth. We are very proud of our cohort of experienced trainers who offer high quality support and training.

The VTS sessions

The VTS take place in the Sherman Centre, 4th floor, Guys Hospital every week from 2.00pm and is hosted by the three Program Directors.

We meet 30 weeks per year during academic term time. Trainees often say that the most valuable learning they do on the scheme was learnt through their peers and the space created by our meetings on Tuesday afternoons. The VTS invites outside speakers in, based on a trainee-led learning agenda. We also utilise in-house expertise from the PDs and VTS trainees.

Integral to our approach is the use of reflective groups and peer support. The tea break is an essential time to make connections, hear about next posts and catch up with peers. We also recognise the value of being out of our usual working environment and how this can promote fresh ways of approaching familiar problems. To this end we hold several off site events each year ('Away days') which focus on a topic in more detail.

The Programme Directors (PDs)

Current TPD are Dr Rachel Ibberson, and Dr Tom Mtandabari, who are both experienced GP educators and trainers working in London. They provide pastoral and administrative support to residents on the VTS. Each year group will be specifically assigned to a TPD as their main contact on joining the scheme

Innovations

Interprofessional Reflective Practice Project (IRPP). We have forged a training relationship with the Department of Psychology at City University, who have provided trainees from the Doctorate of Counselling Psychology course to facilitate reflective groups for GSTT GP trainees. The objective is to see how their approach can lead to new insights into managing challenging clinical and professional encounters. The groups meet 6 times over the course of 12 months.

Interprofessional learning events. We have run events connecting with trainees from other parts of the NHS (eg Pharmacy trainees, Dental trainees, Psychology trainees) to learn from each other and foster better multidisciplinary working in the future.

Remotely run SCA practice sessions. We are proud of our high exam success rate on the scheme. As part of the ST3 half day release we have introduced an annual SCA virtual exam session with support from RCGP examiner which has been positively received by our recent cohorts

Contacts

Admin and information

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