

Foundation Training and beyond what next?

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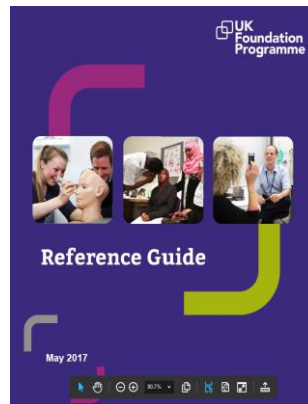
Developing people
for health and
healthcare

www.hee.nhs.uk



Foundation programmes

- 2 year training programmes for newly qualified doctors
- F1 leads to full registration with GMC
- F2 develops clinical and other skills further
- Essential to enable further training in UK



GMC registration

Provisional

- **Essential** to start F1
- If award of provisional registration is delayed, cannot start F1 and will need to reapply for the following year
- Can only be held for 3 years and 30 days
- Apply early if previous issues

Provisional

Full

- Awarded at the end of F1, subject to satisfactory ARCP
- Necessary to work in UK outside the Foundation Programme
- Very hard to obtain if FP left early
- All doctors need to revalidate with GMC

Full

Foundation Curriculum

- Competency based and there is an emphasis on team working and personal development
- Have to complete a defined time period
- HORUS E -portfolio
- Clinical supervisor, Educational supervisor and Foundation Training Programme Director

Foundation Year 1

- Pivotal role in team
- Usually greater time spent with patients than any of the rest of team
- Organise investigations and chase up results
- Liaise with relatives
- Interaction with MDT

Other aspects

See and do as much as you can !!!

Be organised

Ask for help if you are not sure

Teaching

ALS

Horus ePortfolio NHS Health Education England

Home Supervising Forms (start now) Help P.Street Log out

Erica Cobbles, F1

Foundation doctor details

Foundation doctor	Erica Cobbles
Email	ec_1@example.com
GMC	1000005

Last logged in: 07-Sep-2017

F1: Erica Cobbles (2016-17) ▾

- Close Portfolio
- Overview
- Contents
- Curriculum
- PDP
- Reflection
- TAB
- Mandatory Certificates
- e-LH



Prescribing Safety Assessment (PSA)

- Passing the PSA is now necessary to complete F1
- All new F1s should sit PSA before starting F1
- Those who fail/unable to sit (e.g. overseas graduates) are offered remedial SCRIPT on-line modules
- October 2020 - PSA sitting for anyone who has not sat/passed
- PSA resit later in year

Boundaries and Pitfalls

- Probity and health
- Sleep pattern and punctuality
- Professionalism
- Information Governance
- Dangers of social media



North West London FS

4 acute Trusts (some have more than one site)

Chelsea and Westminster

Hillingdon

Imperial

North West London University Healthcare

2 mental health trusts

235 programmes



North West London School

- fair and transparent
- trainees now access help through the portal
- <https://lasepgmdesupport.hee.nhs.uk/support/home>
- fortnightly email bulletins – available via phone, tablet and online
- FD representatives
- Website for further information visit <http://lonkssfoundation.hee.nhs.uk/stfs>
- Or telephone 02078663216

Programme composition

- 2 years in the same or 2 different places
 - Some trusts have more than one site
- Most trainees will have only 1 year in the teaching hospital
- Aim not to repeat same specialities in year 1 and 2
- In F2 most trainees due A and E or an acute medicine job

Community and Psychiatry posts

- Psychiatry -22.5% of F1s and 22.5% of F2s have a 4/12
- Community - all rotations should have a community post ,the majority are in GP . There are some in F1 and F2.
- Trainees should not repeat specialities in year 1 and 2
- Spreadsheet of programmes available on line and are displayed today

Programme composition and linkages

3 x 4/12 posts in each year

F1 programme

(e.g. 4/12 anaesthetics/ 4/12 gastroenterology/ 4/12 T &O at Hillingdon)

linked to F2 programme

(e.g. 4/12 emergency medicine / 4/12 GP / 4/12 cardiology at St Marys)



Less than full time training (LTFT)

- Eligibility category 1:
 - Disability or health
 - Parental responsibility
 - Caring responsibilities

- Eligibility category 2:
 - Unique opportunities
 - Religious commitment
 - Non-medical development

Application must be submitted to HEE and is assessed against criteria.

FSD must be made aware.

Less than full time training(LTFT)

- Reflects the same balance of work as their full-time colleagues. Day-time working, on-call and out-of-hours duties will normally be undertaken on a basis pro rata to that worked by fulltime trainees
 - Working 50-80%
- Trainees are able to flex up/down but there is a notification time of 16 weeks
- Required to achieve the same competencies as FT and the equivalent time period (e.g if doing 60% will need to complete 6 4/12 rotations)

Programme Allocation

- Deadline for ranking
- Rank as many as you can
- Programme Preferencing – 13th March-3rd April
 - Allocation is by Application Score
- Notification of Programme Allocation -9thApril

Programme Allocation Red flags

Access to internet

Check site, some trusts have more than one site

Check subspecialty

If you decline your allocation of either Foundation School (UoA) or programme, you must withdraw from this years application process

Future programme development

Potential changes

- We try to ensure accurate descriptions – but service reconfigurations on-going
- It is a generic programme and we will ensure that your 2 years can meet curricular requirements



What should you be aiming for?

- **Breadth**
 - specialty
 - location
 - ways of working
- **Opportunities to try out specialties**
- **Gain relevant competences / develop your portfolio**
- **Complementary areas**



Careers and allocation ??

Know what
you want
to do?

- Test it
 - post
 - tasters
- Complementary areas
- Plan B

Not sure?

- Sample different areas
- Reflection
- Observe and ask
- Tasters

Should I apply for rotations similar to my long term career plans?

- Foundation school might suggest that generic general skills more important so no
- In practice may help you interview better
- A chance to confirm whether you are making the right career decision
- Encourage use of tasters towards of F1

What about taking year out after Foundation Programme? Being an F3

- May need a break
- Try working in another country
- Need to improve application for core training
- Bad idea to take year out if no structure and just doing locums

What happens in August 2019

- Your employment contract is with the Trust you work for
- They are responsible for
- Pay, banding and rots
- Arranging shadowing
- Start date is 05-08-2020

Induction is usually in the last week July and is a minimum of 4 days and it is mandatory to attend

