

Return to Acute Clinical Practice in Obstetrics and Gynaecology Resource Pack for Returning During the Covid-19 Pandemic

Return to Acute Clinical Practice in O&G Zoom meetings

Tuesday 7th April 2020 at 11.00am

Meeting ID: 753-267-5801

Password: 340590

Tuesday 7th April 2020 at 17.30 pm

Meeting ID: 753-267-5801

Password: 340590

Friday 10th April 2020 at 10.30am

Meeting ID: 753-267-5801

Password: 340590

Return to Acute Clinical Practice in Obstetrics and Gynaecology Resource Pack for Returning During the Covid-19 Pandemic

This resource pack aims to collate some of the many resources that doctors may find useful when returning to work during the Covid-19 pandemic. As well as links to Covid-19 specific resources we have pulled together resources on topics that, in our experience of running the pan London Return to Work Course, people find useful. These include clinical topics such as CTG interpretation and obstetric emergencies. There are also resources on generic return to work topics including working less than full time and returning to work as a parent. In the autumn of 2019 the RCOG introduced a new curriculum and e-portfolio and links to learning resources on these can be found here. Finally there is information on how to apply for SuppoRTT funding to help support your return to practice.

The resources here have been compiled in good faith and have been vetted, but we cannot be held responsible for inaccuracies of content. We hope you will find the information listed here useful in making a smooth return to practice. If you need any help or support during your return to work your educational supervisor, college tutor or TPD can help or you can contact your Trust or School SuppoRTT champion (LSSOG can contact k.tompsett@nhs.net if you need help).

Feel free to join our Zoom meetings with experienced facilitators from the Pan London O&G return to work course.

Section 1: Resources to Help with the Process of Return to Work

National SuppoRTT page with contacts for all HEE regions .

- <https://www.hee.nhs.uk/our-work/supporting-doctors-returning-training-after-time-out>

HEE SuppoRTT resources:

SuppoRTT during Covid-19 response

The Supported Return to Training programme (SuppoRTT) will continue to support all trainees to safely and confidently return to training during this period. You may be coming back at short notice due to COVID-19 and so HEE London and the Southeast are operating a more streamlined process.

Most trainees successfully return to training within two or three weeks with modest support. It is expected that during COVID-19 this will be similar, and trainees will return equally – if not more – quickly. During the COVID-19 response, the return plan can be agreed by email or phone with your supervisor, TPD, SuppoRTT champion, or another appropriate consultant. You do not need to arrange a face-to-face meeting.

The HEE London and Southeast SuppoRTT page with information on how to access funding to support your return to work can be found here:

- <https://www.lpmde.ac.uk/professional-development/inductreturnretain/rtp/srft-response-to-covid-19>

London & KSS SupportTT Guide: Return to training (COVID-19)

- <https://www.lpmde.ac.uk/professional-development/inductreturnretain/rtp/files/srft-guidance-for-doctor-returning-in-covid-19>

HEE information for trainees about Covid-19 and aspects of training

- <https://www.hee.nhs.uk/coronavirus-information-trainees>

Return to work online resources from HEE

Information aimed at helping you return to work safely and confidently during the COVID-19 pandemic. This includes online clinical updates, wellbeing and COVID-19 resources and links for training and recruitments dates. This site is updated regularly with new resources.

- <https://www.lpmde.ac.uk/professional-development/inductreturnretain/rtp/rtw-online-resources>

Webinar and online knowledge refresher sessions for doctors returning to work in the Covid-19 pandemic run by HEE

- <https://www.hee.nhs.uk/news-blogs-events/events>

My support website: database has over 300 national resources for supporting doctors and dentists returning to training including useful videos and stories

- <https://mysupportt.com/>

Case Studies of doctors returning to training after time out for various reasons

- https://www.lpmde.ac.uk/professional-development/inductreturnretain/rtp/copy_of_case-studies#_Case_Study_3

Useful videos from the London School of Paediatrics on topics such barriers and solutions to returning to acute clinical practice, sleep and less than full time training but relevant to all

- <https://londonpaediatrics.co.uk/current-trainees/returning-to-clinical-practice/pracp-videos/>

RCOG Return to work Resources

General advice and guidance for those returning after retirement to help in the covid crisis but has some useful general information

- https://www.rcog.org.uk/en/guidelines-research-services/coronavirus-covid-19-pregnancy-and-womens-health/educational-and-support-resources-for-coronavirus-covid-19/return-to-work/?utm_source=Royal%20College%20of%20Obstetricians%20and%20Gynaecologists&utm_medium=social&utm_campaign=coronavirus-covid-19

[m_medium=email&utm_campaign=11456399_Coronavirus%20update%20%7C%20UK%20%7C%203%20April%202020%20%7C%20EW&utm_content=%3E%20View%20guidance&dm_i=15N0,6TJTb,XRFVR,RGBPR,1#clinical](https://www.rcog.org.uk/en/careers-training/workplace-workforce-issues/return-work-toolkit/trainees/)

RCOG return to work toolkit with information for trainees and trainers:

Includes links to information about:

1. Preparing for an absence
2. Planning a return to work and assessing readiness to practice
3. Financial implications

<https://www.rcog.org.uk/en/careers-training/workplace-workforce-issues/return-work-toolkit/trainees/>

Section 2: Wellbeing, Contractual and Pay

Staff wellbeing

Professional Support Unit-offer lots of resources such as coaching and support for mental health concerns

- <https://www.lpmde.ac.uk/professional-development>

(If you are not a London Trainee visit your local postgraduate/ HEE website for details of local resources including the PSU).

Free access to various wellbeing resources for NHS staff during the Covid-19 pandemic:

- Headspace: <https://work.headspace.com/nhs-clinical/member-enroll>
- Unmind: <https://nhs.unmind.com/signup>
- Oneyou: <https://www.nhs.uk/oneyou/>
- Sleepstation: <https://www.sleepstation.org.uk/key-workers/>

LTFT and Contractual Matters

RCOG resources on less than full time training

- <https://www.rcog.org.uk/en/careers-training/resources--support-for-trainees/training-guidelines/less-than-full-time-ltft-training/>

NHS employers website, designed for medical staffing teams but lots of useful information about contractual issues.

- <https://www.nhsemployers.org/pay-pensions-and-reward/medical-staff/doctors-and-dentists-in-training>

BMA Guidance

Information on the junior doctor's contract 2002 and 2016 from the BMA

- <https://www.bma.org.uk/pay-and-contracts/contracts/junior-doctor-contract/junior-doctor-contract-in-england>

Rostering Guidance

- <https://www.bma.org.uk/pay-and-contracts/working-hours/work-schedule/rostering-guidance-for-junior-doctors-in-england>

Pay scales, pay banding, expenses and understanding your payslip

- <https://www.bma.org.uk/pay-and-contracts/pay#junior-doctors-pay-scales>

Maternity, paternity and adoption matters: includes links to interviews with advice from working medical parents

- <https://www.bma.org.uk/pay-and-contracts/maternity-paternity-and-adoption>

Section 3: Clinical Resources

Generic Covid-19 Related Resources

PHE You tube videos on types of PPE and Donning and Doffing PPE

- https://www.youtube.com/watch?v=kKz_vNGsNhc

Open WHO-excellent modules on Covid-19

- <https://openwho.org/courses/severe-acute-respiratory-infection>
- <https://openwho.org/courses/eprotect-acute-respiratory-infections>

e-LfH modules relevant to Covid-19

- <https://www.e-lfh.org.uk/programmes/coronavirus/>

Includes modules on:

1. Essential guidance from the NHS and Government
2. Infection prevention and control
3. Public Health England-Personal Protective Equipment
4. Anaesthetic college info
5. [https://icmanaesthesiacovid-19.org/Critical care resources](https://icmanaesthesiacovid-19.org/Critical%20care%20resources)

Looking after Covid patients for non ITU doctors video

- <https://youtu.be/5oJdjvpz1rE>

Prescribing-refresher on common drugs

- <http://www.safeprescriber.org>

Information on infection prevention and control

- https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/876577/Infection_prevention_and_control_guidance_for_pandemic_coronavirus.pdf

NICE rapid guidance related to Covid-19

- <https://www.nice.org.uk/guidance/published?type=cov,coa>

Covid-19 expert-A crowd-sourced collection of online medical resources to support doctors treating COVID-19 patients

- https://covid.expert/?utm_source=messly&utm_medium=banner&utm_campaign=covidhttp://

Royal College of Physicians Ethical guidance published for frontline staff dealing with pandemic

- <https://www.rcplondon.ac.uk/news/ethical-guidance-published-frontline-staff-dealing-pandemic>

RCOG Covid-19 Related Resources

Latest Covid-19 guidelines (rapidly changing so check regularly)

1. Educational and support resources for coronavirus (COVID-19)
2. Coronavirus and gynaecological services
3. Coronavirus (COVID-19) infection and pregnancy including information for women and occupational health guidance for pregnant women and
4. Guidance for maternity and antenatal services on service organisation during the COVID-19 pandemic.
5. Education, training and CPD during the pandemic

You can also sign up for Covid related update emails here

- <https://www.rcog.org.uk/en/guidelines-research-services/coronavirus-covid-19-pregnancy-and-womens-health/>

Obstetrics and Gynaecology Specific Resources: what you need to know for your first on call shift!

Electronic fetal monitoring

NICE summary of interpretation of CTG

- <https://www.nice.org.uk/guidance/cg190/resources/interpretation-of-cardiotocograph-traces-pdf-248732173>
- <https://www.nice.org.uk/guidance/cg190>

e-Learning for Health fetal monitoring package as recommended by the RCOG

Includes modules on:

1. Background and Practical Issues
2. Care in Normal Labour
3. Normal and Non-normal CTGs
4. Management issues
5. Education and Governance
6. Case studies-27 case studies
7. Assessments

- <https://www.e-lfh.org.uk/programmes/electronic-fetal-monitoring/>

K2 training package –maybe available from your trust-ask for login details and can be completed remotely

Fetal physiology in relation to electronic fetal monitoring

1. Excellent summary of physiological interpretation of CTGs written by the East Midlands Maternity Clinical Network & Senate
- <https://www.england.nhs.uk/midlands/wp-content/uploads/sites/46/2019/07/Fetal-Physiology-Handbook-13.02.19.pdf>

Recommendations on improving CTG from ‘each baby counts’

- <https://www.rcog.org.uk/en/guidelines-research-services/audit-quality-improvement/each-baby-counts/implementation/improving-fetal-monitoring/>

Useful links related to electronic fetal monitoring

- <https://www.rcog.org.uk/en/guidelines-research-services/audit-quality-improvement/each-baby-counts/implementation/improving-fetal-monitoring/further-resources/>

FIGO intrapartum fetal monitoring guidelines

- <https://www.figo.org/news/available-view-figo-intrapartum-fetal-monitoring-guidelines-0015088>

StratOG e-learning on intrapartum care including CTG

- <https://elearning.rcog.org.uk/obstetrics/electronic-fetal-monitoring>

Online guidance for some of the most common conditions; this collection is not exhaustive.

- <https://www.rcog.org.uk/en/careers-training/workplace-workforce-issues/return-work-toolkit/resources/online-resources/>

Basic Practical Skills e learning

Gynaecology-Anterior abdominal wall-video

- <https://elearning.rcog.org.uk/gynaecology/anterior-abdominal-wall/video>

Surgical Scrubbing

- <https://elearning.rcog.org.uk/general-principles/surgical-scrubbing/sterile-surgical-scrub-techniques>

Forceps and Ventouse including videos of simulated and real instrumentals :

- <https://elearning.rcog.org.uk/obstetrics/instrumental-delivery/conducting-forceps-or-ventouse-delivery>

FBS including video of simulated FBS:

- <https://elearning.rcog.org.uk/obstetrics/fetal-blood-sampling/fbs-procedure>

Obstetric Emergencies

Maternal resuscitation: skills drills for obstetric collapse

- <https://elearning.rcog.org.uk/tutorials/advanced-training/at-sm-labour-ward-lead/maternal-resuscitation-skills-drills-obstetric>

Maternal resuscitation: eclampsia drill

- <https://elearning.rcog.org.uk/tutorials/advanced-training/at-sm-labour-ward-lead/maternal-resuscitation-eclampsia-drills>

Intrapartum management of preeclampsia

- <https://elearning.rcog.org.uk/tutorials/core-knowledge/management-labour-and-delivery/intrapartum-management-pre-eclampsia>

Maternal resuscitation: massive obstetric haemorrhage

- <https://elearning.rcog.org.uk/tutorials/advanced-training/at-sm-labour-ward-lead/maternal-resuscitation-massive-obstetric>

Introduction to obstetric emergencies: shoulder dystocia, maternal collapse & cord prolapse

- <https://elearning.rcog.org.uk/tutorials/core-knowledge/management-labour-and-delivery/introduction-emergency-situations>

Vaginal breech

- <https://elearning.rcog.org.uk/tutorials/core-knowledge/management-labour-and-delivery/vaginal-breech>

Intrapartum management of multiple pregnancy

- <https://elearning.rcog.org.uk/tutorials/core-knowledge/management-labour-and-delivery/intrapartum-management-multiple-pregnancy>

PROMPT Training videos

Videos on shoulder dystocia, breech, sepsis, PPH and CTG

- <https://www.youtube.com/channel/UCh8PZGugxqDKBUcpTrulAfw>

Gynaecological emergencies

- <https://elearning.rcog.org.uk/tutorials/core-knowledge/gynaecological-problems-and-early-pregnancy-loss/gynaecological-emergencies>

Ectopic pregnancy

- <https://elearning.rcog.org.uk/tutorials/core-knowledge/gynaecological-problems-and-early-pregnancy-loss/ectopic-pregnancy>

Resuscitation Council Algorithms and statements

Statement on Covid-19

- <https://www.resus.org.uk/media/statements/resuscitation-council-uk-statements-on-covid-19-coronavirus-cpr-and-resuscitation/>

Adult basic life support and AED & Advanced life support

- <https://www.resus.org.uk/resuscitation-guidelines/adult-advanced-life-support/>
- <https://www.resus.org.uk/resuscitation-guidelines/adult-basic-life-support-and-automated-external-defibrillation/>

Neonatal life support

- <https://www.resus.org.uk/resuscitation-guidelines/resuscitation-and-support-of-transition-of-babies-at-birth/>

Section 5: Professional and Education

Human Factors Resources

RCOG Introduction to Human Factors as applied to obstetrics including situational awareness and stress & fatigue

- <https://www.rcog.org.uk/en/guidelines-research-services/audit-quality-improvement/each-baby-counts/ebc-2015-report/human-factors-nontechnical-skills/situational-awareness/>

RCOG video on situational awareness on the labour ward & resources on human factors

- <https://www.rcog.org.uk/en/guidelines-research-services/audit-quality-improvement/each-baby-counts/implementation/improving-human-factors/video-briefing/>

Civility Saves Lives

Resources about the science of the impact of incivility in healthcare with interesting TED talks

- <https://www.civilitysaveslives.com/>

RCOG Curriculum and e-Portfolio Resources

RCOG 2019 Curriculum Information

Each section of the site provides everything you need to know about that area of the curriculum:

- <https://www.rcog.org.uk/en/careers-training/specialty-training-curriculum/>

Assessment and progression through training: Includes information on

1. Training matrix
2. Work Place Based Assessments

- <https://www.rcog.org.uk/en/careers-training/about-specialty-training-in-og/assessment-and-progression-through-training/>

E-Portfolio : For e portfolio issues including access email: ePortfolio@rcog.org.uk

Information on the new e-portfolio: Includes information on how to access and use the new e-portfolio

- <https://www.rcog.org.uk/en/careers-training/resources--support-for-trainees/training-eportfolio/>
- <https://elearning.rcog.org.uk/new-curriculum-2019-training-resource/training-eportfolio>
- <https://elearning.rcog.org.uk/tutorials/non-technical-skills/curriculum-2019-online-resource/new-curriculum-2019-training-resource>