

SuppoRTT Virtual Café for Shielding Trainees

15th September 2020



SuppoRTT & PSU links & resources



Developing people
for health and
healthcare

www.hee.nhs.uk

SuppoRTT overview

- Individualised training package from menu of options
- Structured & systematic process
- National overview & regional delivery



[SuppoRTT Animation](#)

SuppoRTT Eligibility



Currently on a Training Programme with a National Training Number (NTN)

Accepted onto a Training Post due to start after their absence

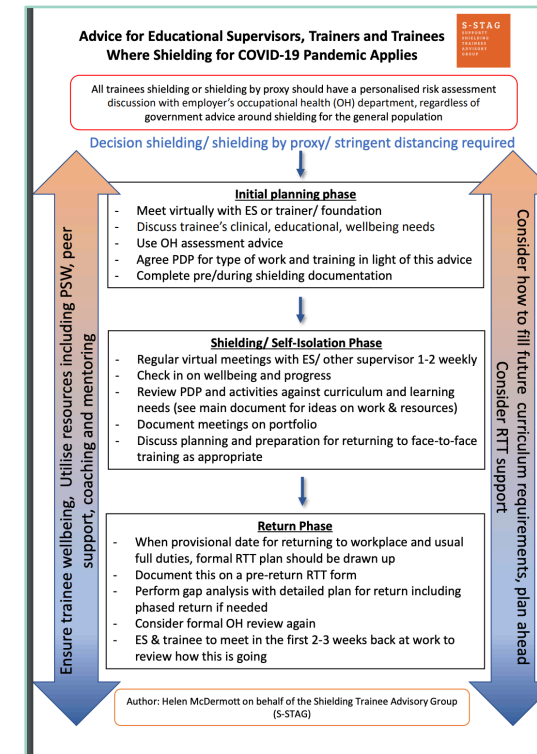
Absence duration
> 3 months & < 3 years

COVID response

- Deployed to other specialty during COVID
- During/after shielding

Advice for trainees & supervisors

- Employer risk assessment
- Occupational health when needed
- Pre-absence and pre-return planning
- Ongoing support while shielding



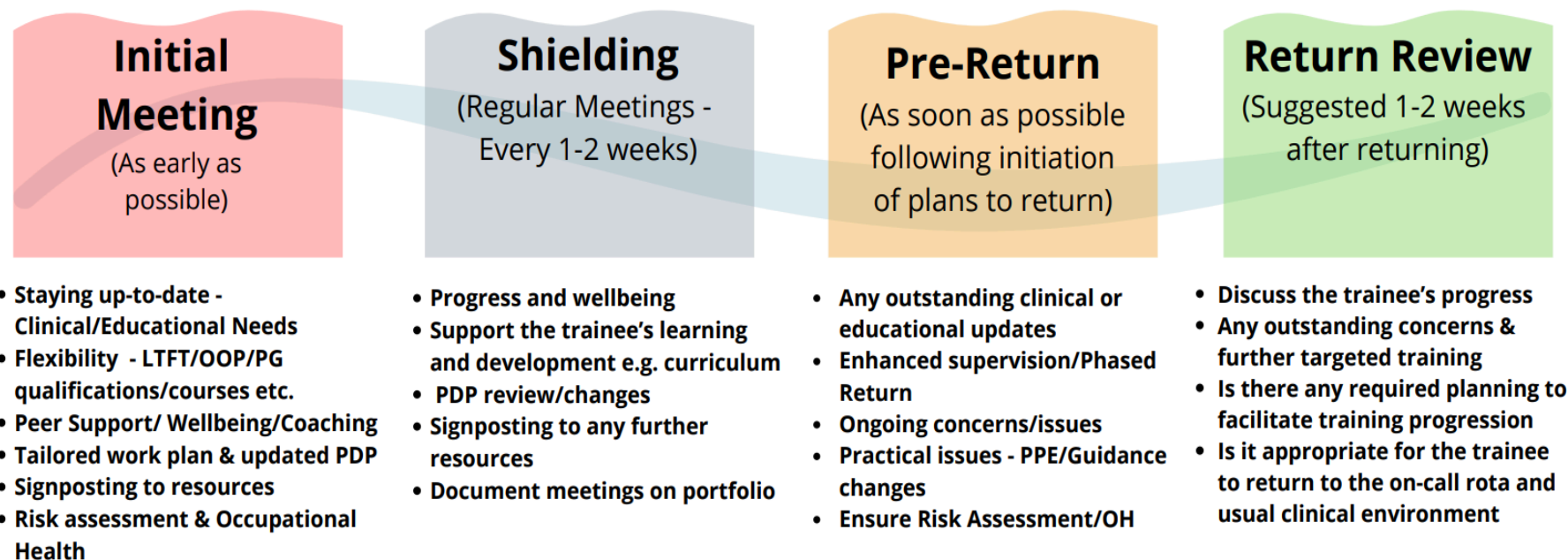
SUPPORTED RETURN TO TRAINING FOR SHIELDING TRAINEES

Guidance for Trainers' and Supervisors

S - S T A G
SUPPORTT
SHIELDING
TRAINEES
ADVISORY
GROUP

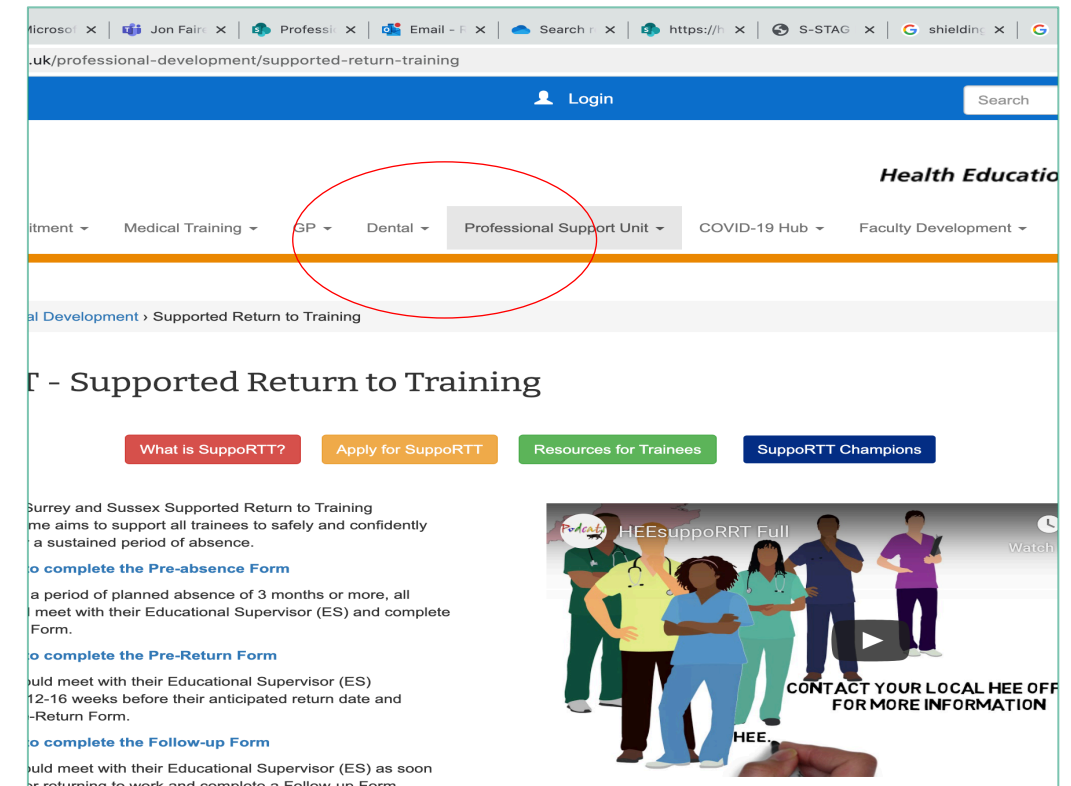
This Supervision checklist accompanies the guidance document *"Support for Trainees Shielding due to Covid-19"* and aims to highlight some useful points for discussion when supervising shielding or stringently social distancing trainees. The lead for supervision meetings should be an experienced trainer who is accessible for regular supervision meetings during shielding. This may be a clinical supervisor/educational supervisor but will vary between region and specialty and it may be more appropriate for a Training Programme Director, Head of School or other appropriate nominated person to take a lead role.

- To ensure maximum support for the trainee during the time they are shielding
- To optimise their education, training & development (including progression)
- To reduce the impact of their return to training (on the doctor, on the service/workplace, and on the resources of HEE SupportT)



SuppoRTT Resources

- [L&KSS](#) and [National](#) websites
- [SuppoRTT Champions](#)
- How to apply for SuppoRTT: [video](#)
- [Shielding resource list \(L&KSS\)](#)
- [Webinars & podcasts](#)
- [MySuppoRTT](#)
- [Video Case Studies](#)



#SuppoRTT

Local SuppoRTT offer

London & KSS: up to £3000/Trainee

- Enhanced Supervision on return
 - Shadowing
 - Supervised clinics/lists
- Coaching & Mentorship (via PSU)
- Accelerated Learning & Refresher Courses
 - Generic or specialty specific
- Networking Events: Conferences



COVID specific SuppoRTT

- V space for trainees returning to training
 - 2 sessions of Coach facilitated peer mentoring
- Virtual cafes for shielding trainees (today is the first!)
- National SuppoRTT Shielding guidance & Webinars
 - Models of Peer Support, Activities whilst Shielding
 - Guidance for Trainers & Supervisors
 - Resource list & Webinar series
- Knowledge Refresher Webinars
- PSU Pandemic Podcasts
- COVID Wellbeing Hub



The Professional Support Unit

Some resources available to you



The Professional Support Unit

- Provides free support for doctors & dentists in London & Kent, Surrey, Sussex
- Works entirely through self-referral
- Is somewhere trainees can come to discuss issues confidentially away from the workplace
- Information about all our services at the PSU website:
<https://london.hee.nhs.uk/professional-development>

Careers Support

PSU Careers Unit:

<https://london.hee.nhs.uk/professional-development/careers-unit>

1:1 Careers Support - application form:

<https://london.hee.nhs.uk/professional-support-and-development/careers-unit/apply-careers-advicecontact-us/careers-application-form>

Covid-19 Support

Online Wellbeing Resources:

<https://london.hee.nhs.uk/covid-19-hub/online-well-being-resources>

PSU Pandemic Podcasts:

<https://london.hee.nhs.uk/covid-19-hub/online-well-being-resources/podcast-homepage>

One-to-one Support:

<https://london.hee.nhs.uk/covid-19-hub/11-support>

Covid-19 Support

SPOC (Single Point of Contact) rapid access confidential conversations with senior leads:
<https://london.hee.nhs.uk/professional-development/professional-support-unit/psu-application>

Virtual Group Support including "Drop-in" groups & "V-space" groups:
<https://london.hee.nhs.uk/covid-19-hub/virtual-group-support>

Online Courses - PSU courses and workshops moved to virtual space:
<https://london.hee.nhs.uk/covid-19-hub/online-courses-and-training>

Support for examinations

Individual Support Team:

<https://london.hee.nhs.uk/professional-development/individual-support-team>

Performance anxiety - Stress & examinations workshop:

<https://london.hee.nhs.uk/professional-development/professional-support-unit/courses-and-conferences>

Oral presentation and simulation practice - course information:

<https://london.hee.nhs.uk/professional-development/professional-support-unit/courses-and-conferences>

Relationships support

Specialist Clinical Communications & Linguistics Support (1:1):

<https://london.hee.nhs.uk/professional-development/specialist-clinical-communication-linguistic-services>

PSU Coaching Service (1:1):

<https://london.hee.nhs.uk/professional-development/coaching-service>

Assertiveness for clinical practice workshop:

<https://london.hee.nhs.uk/professional-development/professional-support-unit/courses-and-conferences>

Psychological support

Feeling overwhelmed? Feeling Distressed? You're not alone.
Sources of help & support:

<https://london.hee.nhs.uk/professional-development/trainee-doctors-dentist-support-service-tddss>