

HEE YH Foundation School Bridging the Gap Course Booklet

August 2018 – August 2019



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SPECIALTY

Life as a GP

Dates Available	17 th September 2018 – Half Day Course
Venue	Rotherham Hospital, PGMEC
Course Leader	Dr Lucie Brittain
To Book a Place Email	Zoe.woodhead@rothgen.nhs.uk
Places Available	30
Curriculum Objectives	
<ul style="list-style-type: none"> • To understand the application process • To understand the structure and organisation of GP training • To gain insight on life as a trainee • To understand why General Practice is different • To gain insight on life after GP training scheme • To gain insight into communication skills 	
Course Outline	
<p>Arrival/registration</p> <p>Changes to Recruitment process</p> <p>Life as a trainee</p> <p>Selection Centre</p> <p>Scenarios for selection centre.</p> <p>Q+A</p>	

SPECIALTY

Bridging the Gap - Psychiatry

Dates Available	21 st September 2018
Venue	Met Hotel, Leeds
Course Leader	Dr Vikram Luthra
To Book a Place Email	medicaleducationlypft@nhs.net
Places Available	40

Curriculum Objectives

- To experience career talks from Psychiatrists from a varying levels of their career and differing sub-specialities and the opportunity to ask them questions
- To have an overview of medical psychotherapy/non-biological aspects of psychiatry
- To understand the current training pathway and current developments.
- To enhance your CV for psychiatry to help with the application process.
- To understand the importance of physical health and mental illness

To offer an overview of academic psychiatry and the relevant educational and research opportunities

Course Outline

This will be the first Bridging the Gap day for Psychiatry for West Yorkshire. The Foundation Year doctors will have the opportunity to hear about psychiatry from consultants across a range of different sub-specialities including; Child and Adolescent Mental Health, Older Adult, General Adult, Forensic Psychiatry, Liaison Psychiatry and Medical Psychotherapy..

We will offer suggestions on how to apply for Psychiatry in core training and tips on how to enhance your chances of being successful in securing a post.

There will be a talk by the President of the Royal College of Psychiatrists who will discuss the current training pathway and exciting developments in the upcoming year.

SKILLS

Chest Drain Insertion Course

Dates Available:	25 th September 2018, 27 th November 2018
Venue:	Postgraduate Centre, Scarborough
Course Leader:	
To Book a Place Email:	beth.taylor@york.nhs.uk
Places Available:	8
Curriculum Objectives:	
Section 3 - Clinical care Section 4 – Safety & Quality	
Course Outline	
<p>The aim of this course is to provide you with the skills and knowledge to safely identify, prepare and insert a chest drain both open or Seldinger.</p> <p>Target competencies:</p> <ol style="list-style-type: none"> 1) Identify indications to require a chest drain 2) Identify Landmarks for insertion and areas to avoid and why 3) Identify when to insert Seldinger for small spontaneous pneumothorax or open method for trauma and why 4) Thorough understanding of the procedure for insertion using Seldinger technique 5) Thorough understanding of the procedure for insertion using open technique 6) How to manage the patient following insertion <p>Please note a £45 deposit, refundable upon arrival, will be required to secure a place on this course</p>	

SKILLS

Resuscitation Council (UK) Paediatric Immediate Life Support

Dates Available	1 st October 2018, 8 th January, 6 th February, 20 th February, 7 th March, 19 th March 2019
Venue	Resuscitation Training Room, Harrogate District Hospital
Course Leader	Paula De Souza - Service Lead for Resuscitation
To Book a Place Email	resuscitation@hdfh.nhs.uk
Places Available	12 Per Session

Curriculum Objectives

Good clinical care Recognises when patient safety is at risk and institutes changes to reduce risk; Plans appropriate strategies for investigation and management

Recognition and management of the acutely ill patient Uses an Airway, Breathing, Circulation, and Disability, Exposure (ABCDE) approach to assessing acutely unwell or collapsed patients. Recognises patients with acute illness requiring urgent/emergency treatment and initiates early management. Rapidly performs primary assessment, evaluates and recognises the severity of illness in acutely ill or collapsed patients. Takes appropriate timely action to treat a patient with abnormal physiology. Anticipates and plans appropriate action to prevent deterioration in vital signs

Resuscitation and end of life care Is trained in immediate life support (ILS or equivalent) and paediatric life support if working with children. Knows how to initiate and respond to a crash call

Course Outline

Learning outcomes
 The PILS course teaches the knowledge and skills to:

- understand the structured ABCDE approach that facilitates rapid recognition of seriously ill children;
- provide appropriate initial treatment interventions to prevent cardiorespiratory arrest;
- treat children in respiratory or cardiorespiratory arrest until the arrival of a resuscitation team or more experienced assistance;
- promote active membership of a paediatric resuscitation team

For further details see link below:
<https://www.resus.org.uk/information-on-courses/paediatric-immediate-life-support/>

SPECIALTY

Introduction to Emergency Medicine

Dates Available	3 rd October 2018, 31 st October 2018
Venue	Simulation Centre, Field House, Bradford Royal Infirmary
Course Leader	David Robinson – Consultant in Emergency Medicine
To Book a Place	Facilities.administration@bthft.nhs.uk
Places Available	Maximum of 12 trainees per session
Curriculum Objectives	
<ul style="list-style-type: none"> • Assessment and management of patients with life-threatening conditions. • Practical procedures: needle thoracocentesis, cardioversion, intraosseous access, FAST (USS) scanning, procedural sedation. • Increase awareness of human factors and patient safety. • Describe the transition from Foundation Trainee to Specialty Trainee to Consultant 	

SPECIALTY

Life as a GP

Dates Available	8 th October 2018 – Half Day Course
Venue	Friarage Hospital, Northallerton
Course Leader	Dr Lucie Brittain
To Book a Place Email	Wendy.buch@nhs.net
Places Available	30

Curriculum Objectives

- To understand the application process
- To understand the structure and organisation of GP training
- To gain insight on life as a trainee
- To understand why General Practice is different
- To gain insight on life after GP training scheme
- To gain insight into communication skills

Course Outline

Arrival/registration
 Changes to Recruitment process
 Life as a trainee
 Selection Centre
 Scenarios for selection centre.
 Q+A

SPECIALTY

Bridging the Gap – Psychiatry

Dates Available	10 th October 2018
Venue	Novotel, Fishergate, York
Course Leader	Dr Pratibha Nirodi
To Book a Place Email	Hayley.lonsdale@nhs.net
Places Available	50

Curriculum Objectives

1. We will have trainees as well as consultants who will discuss what a career in psychiatry is like.
2. Approach to the assessment and immediate management of the mentally unwell patient.
3. Working with other specialities.
4. Learning about strengthening the interface between mental and physical health care.
5. Essential information in regards to preparing and submitting an application for core psychiatry training.
6. Developing resilience as a practitioner.

Course Outline

Bridging the Gap (BTG) days are designed to "bridge the gap" between F2 and core training, and help F2s with this transition

Almost one in four (23%) British adults are experiencing a diagnosable mental health problem at any given time. This makes mental health problems the largest source of disability in the United Kingdom. However, despite the availability of effective, evidence-based interventions, most people are not receiving treatment and services are often variable and fragmented.

Mental health problems represent almost 17% of the total burden of disease in high income countries but spending on mental health services accounts for only 13% of total NHS expenditure. Bridging this gap would improve the health of the nation and improve productivity in the NHS and also reduce the considerable wider costs to society.

In the FY2 year, trainees build on the skills and competencies they acquired during FY1 training. They take on new challenges and roles including delegation, team management, referral and dealing with more complex clinical encounters.

This day is designed as part of a day of enhanced core training for FY2 trainees to expose them to some of the challenges they will face when dealing with patients with Mental illness and engage them in reflection about these new roles and responsibilities. For foundation trainees that have not had a rotation in mental health, this day will form part of an invaluable experience detailing what core training might be; what one might expect with a career in psychiatry and also dialogue around building resilience within oneself in practice.

The day will touch on **Professionalism** - team working (in terms of effective communication) as well as extended the leadership role by making decisions and dealing with complex situations; and **Good clinical care** - effective communication with other disciplines, assessing an acutely ill MH patient, issues around MH law and capacity.

SPECIALTY

Surviving Major Surgery

Dates Available	15 th October 2018
Venue	York Hospital
Course Leader	Angela Marchant
To Book a Place Email	Angela.marchant@york.nhs.uk
Places Available	10

Curriculum Objectives

Curriculum: 6.1 & 6.2 Maintaining Good Medical Practice
 Curriculum: 7: Good Clinical Care
 Curriculum: 8: Recognition & Management of the Critically Ill Patient

After attending this study day, you should understand:

- How we assess and stratify risk for patients undergoing major surgery
- The principles of cardiopulmonary exercise testing
- The perioperative challenges in subspecialty anaesthesia
- The importance of excellent postoperative care

Course Outline

09:30	Welcome and overview
09:45	Session 1: Assessing patients for major surgery Risk stratification Cardiopulmonary exercise (CPX) testing
10:45	Session 2: The specialist's perspective 4 x 20 minutes The vascular anaesthetist The colorectal anaesthetist The head and neck anaesthetist The trauma anaesthetist
12:30	Lunch break
13:30	Session 3: Practical 2 x 45 minute sessions, with half group, switching midway. CPX testing (live session) Cardiac output monitoring
15:00	Coffee break
15:20	Session 4: Postoperative care The intensivist Critical care level 1,2,3
16:20	Evaluation and close

SPECIALTY

Jump into GP

Dates Available:	22 nd October 2018 – Half day course
Venue:	Hull Royal Infirmary
Course Leaders:	Bruno Rushforth
To Book a Place Email:	Jacqui.smales@hey.nhs.uk
Places Available:	24
Curriculum Objectives:	
<p>Knowledge about the GP application process</p> <p>What's involved in GP training</p> <p>What to expect at selection centre</p> <p>Pros /Cons of life as a GP</p> <p>Career options within GP</p> <p>What it's like to be a trainee on the scheme</p>	
Course Outline	
<p>Arrival/registration</p> <p>Changes to Recruitment process</p> <p>Life as a trainee</p> <p>Selection Centre</p> <p>Scenarios for selection centre.</p> <p>Q+A</p>	

SKILLS

RAMSI (Recognition and Management of the Seriously Ill)

Dates Available:	26 th October 2018, 16 th November 2018
Venue:	Postgraduate Centre, Scarborough
Course Leader:	
To Book a Place Email:	beth.taylor@york.nhs.uk
Places Available:	4
Curriculum Objectives:	
Section 3 - Clinical care Section 4 – Safety & Quality	
Course Outline	
<p>Introduction of the principles of crisis management, teamwork and communication through ward based crisis scenarios.</p> <p>By the end of the session, along with further reading, clinical experience and reflection it is expected that the student will:</p> <ul style="list-style-type: none"> • Make patient safety a priority using the ABCDE tool for assessment • Explore leadership skills • Explore the concepts of leadership and team dynamics • Explore communication skills to minimise errors • Recognise the deterioration of sick patients in a timely manner • Identify the need to declare an emergency and call for help • Explore crisis management skills • Explore critical thinking through experiential learning and reflective practice • Self reflect on personal development and areas for future development <p>Please note a £45 deposit, refundable upon arrival, will be required to secure a place on this course</p>	

SPECIALTY

GP Patient Scenario Preparation for The F2

Dates Available	30 th October 2018
Venue	Rutland House, Thorne Road, Doncaster, DN1 2BF
Course Leader	Jill Martin
To Book a Place Email	dbth.medicaleducation@nhs.net
Places Available	30
Curriculum Objectives	
1 Professionalism	2 Relationship and communication with patient
4 Ethical and Legal Issues	6 Maintaining good medical practice
7 Good clinical care	11 Investigations
Course Outline	
<p>This half day session is for the F2 trainee planning to apply for GP training.</p> <p>This session will prepare them as to what can be expected at the Patient Scenario section of the interview process.</p> <p>The session will use scenarios involving the F2 trainees in the role of GP, Patient and Assessor in an informative and extremely interactive session. But in an informal and approachable environment.</p>	

SPECIALTY

Life as a GP

Dates Available	5 th November 2018
Venue	Health Place, Brigg
Course Leader	Dr Lucie Brittain
To Book a Place Email	Sarah.bagley1@nhs.net
Places Available	30
Curriculum Objectives	
<ul style="list-style-type: none"> • Knowledge about the GP application process • What's involved in GP training • What to expect at selection centre • Pros/Cons of life as a GP • Career options within GP • What it's like to be a trainee on the scheme 	
Course Outline	
<p>09:00-12:00</p> <p>Arrival/registration</p> <p>Changes to Recruitment process</p> <p>Life as a trainee</p> <p>Selection Centre</p> <p>Scenarios for selection centre.</p> <p>Q+A</p>	

SKILLS

Ultrasound Course

Dates Available:	6 th November 2018, 7 th November 2018
Venue:	Postgraduate Centre, Scarborough
Course Leader:	
To Book a Place Email:	beth.taylor@york.nhs.uk
Places Available:	8
Curriculum Objectives:	
Section 3 - Clinical care Section 4 – Safety & Quality	
Course Outline	
<p>The aim of this course is to introduce you to the skills and knowledge for the use of Ultrasound as a procedural aid and specifically in the insertion of central venous catheters, use of ultrasound in ALS & FAST (Focussed Abdominal Ultrasound for Trauma).</p> <p>The course will cover:</p> <ul style="list-style-type: none"> • How to achieve competency • the Physics of Ultrasound • setting and using the machine ('Knobology') • vascular access, both peripheral and central using Ultrasound for guidance • Use of Ultrasound in ALS: simple Echo • Measurement of the Aorta • principles and procedure of FAST <p>Please note a £45 deposit, refundable upon arrival, will be required to secure a place on this course</p>	

SPECIALTY

Introduction to Anaesthesia

Dates Available	14 th November 2018 (FULLY BOOKED), 23 rd January 2019 (FULLY BOOKED)
Venue	Medical Education, Harrogate District Hospital
Course Leader	Dr William Peat - F2 FTPD and Consultant Anaesthetist
To Book a Place	marcfadden@doctors.org.uk
Places Available	12

Curriculum Objectives

- To understand the basic principles of anaesthesia, the different techniques available and the basic functions of an anaesthetic machine
- To recognise the important aspects of pre-operative assessment with particular focus on assessment of the airway
- To improve basic airway skills and be introduced to more advanced airway procedures
- To understand the basic concepts and practical aspects of regional anaesthesia
- To recognise the role of the anaesthetist in areas outside the operating theatre

Course Outline

Introduction: The basics of anaesthesia - methods of anaesthesia, safety in anaesthesia, risks and complications of anaesthesia

The anaesthetic machine – basic components and their function, safety features

Pre-operative assessment – history and examination, important aspects to focus on, consent for anaesthesia

Assessment and management of the airway – history and examination for assessing the airway, predictors of a difficult airway, planning for a difficult airway, difficult airway guidelines

Practical session: Airway skills

- Basic airway skills – bag mask ventilation, simple airway adjuncts, laryngeal mask airways, intubation skills
- Advanced airway skills – Airtraq, videolaryngoscopes, fiberoptic scopes
- Rescue airway skills – needle/surgical cricothyrotomy

Regional Anaesthesia – types and approaches to regional anaesthesia, advantages and disadvantages,

risks and complications

Practical session: Regional anaesthesia

- Spinals and epidurals
- Ultrasound anatomy of peripheral nerves and nerve plexuses
- Fascia Iliaca Block

Other areas of anaesthesia – specialist areas of anaesthesia, Intensive care medicine, Pain medicine, Prehospital medicine, Transfer medicine and Perioperative medicine

Training and career - application tips, training paths, career progression and exams

Please note a £45 deposit, refundable upon arrival, will be required to secure a place on this course.

SPECIALTY

Core Skills for Psychiatry

Dates Available	21 st November 2018
Venue	Rotherham Hospital - Post Grad Centre
Course Leader	Dr Arthita Das
To Book a Place Email	Zoe.woodhead@rothgen.nhs.uk
Places Available	40

Curriculum Objectives

- Communication in difficult circumstances
- Effects of stress/ fatigue on personal performance
- Demonstrates the knowledge and skills to cope with ethical and legal issues that occur during the management of patients with medical problems or mental illness
- Considers mental illness or disturbance as being a factor in patients' presentation, as well as the impact of physical illness in patients' mental health
- Understands the challenges of providing care within a variety of clinical settings and potential difficulties of navigating boundaries between different professionals and specialties
- Manages acute mental disorder and self-harm
- Assessing self-harm in children and adolescents
- Assessment of mental health within different settings (liaison, forensic)

Course Outline

09.15 – 09.30 - Introduction to the day
 09.30 – 10.10 – Resilience/ mindfulness
 10.10 – 10.50 – Social media in psychiatry
 10.50 - 11.10 – Break
 11.10 – 12.25 – Workshop 1
 12.25 - 13.15 - lunch
 13.15 - 14.30 – Workshop 2
 14.30 – 14.45 – Break
 14.45 – 16.00 – Workshop 3
 16.00 – 16.30 – Closing comments

Trainees will be able to choose from several speciality workshops including:

- Forensic
- Child and Adolescent
- Liaison
- Clinical simulation
- Older Adult

SKILLS

Skills for Managing Trauma Patients in the Emergency Department

Dates Available	3 rd December 2018
Venue	PGME, Rotherham Hospital
Course Leader	Henry O'Brien
To Book a Place Email	Zoe.woodhead@rothgen.nhs.uk
Places Available	10

Curriculum Objectives

This bridging the gap day will be relevant for anyone considering working or planning to train in emergency medicine or trauma and orthopaedics.

The day aims to cover a few common trauma presentations that are managed initially in the emergency department (ED). We hope each candidate goes away from the day having developed their understanding of the chosen topics and developed skills specific for the early stages of the management of these patients.

The day will comprise of talks, skill demonstrations followed by time for each candidate to practice the taught skill under supervision with immediate feedback. The day will be split into three sections:

Part 1

The elderly patient who has had a fall and is unable to weightbear is a common ED presentation. Often the cause for this will be a neck of femur fracture and the patient is referred onto orthopaedics for their ongoing care. If there are no contraindications then a fascia iliac block should be performed to provide analgesia on admission and again pre-operatively depending on the time from presentation to their surgery. A consultant anaesthetist and a pain specialist nurse will lead the training on the fascia iliac blocks.

Part 2

The ATLS approach has been shown to improve outcomes in trauma. There is little experience gained in the management of the multiply injured trauma patient for foundation year one doctors but is an area that trainees going into emergency medicine or trauma and orthopaedics will begin to see more regularly the senior they become. One of the emergency medicine consultants participating will lead a talk and discussion on the management of a trauma patient.

Part 3

Slipping or tripping over and falling onto an outstretched hand and attending the ED with wrist pain is a common presentation. Following confirmation of a distal radius fracture with a wrist x-ray then some patients will require manipulation followed by application of a cast.

A short talk providing an overview of wrist fractures and manipulation techniques will be followed by learning and practicing how to provide analgesia in the form of a haematoma and Bier's block for fracture manipulation and the application of a backslab cast.

The day will run from 0900 to 1630. Lunch will be provided.

Course Outline

Welcome and registration

Part one

1. The elderly patient with hip pain and neck of femur fractures talk
2. How to perform a fascia iliac block for analgesia in neck of femur fracture patients

Tea/Coffee Break (provided)

Part two

1. Trauma calls, ATLS (Advanced Trauma Life Support) principles and trauma imaging talk

Lunch (provided)

Part three

1. Distal radius fracture talk and principles of manipulation of distal radius fractures talk
2. How to perform a haematoma block and Bier's block for manipulation of a wrist

How to apply a backslab cast to a distal radius fracture

SKILLS**Basic Skills in Urology and Orthopaedic Surgery for Foundation doctors**

Dates Available	19 th December 2018
Venue	Clinical Skills Centre – Hull Royal Infirmary
Course Leader	Dr Saman Habib
To Book a Place Email	Jacqui.smales@hey.nhs.uk
Places Available	16

Curriculum Objectives**Urology:**

1. Insertion of Suprapubic catheter (SPC)
2. Change of SPC
3. Performing circumcision
4. Scrotal examination
5. Scrotal exploration and fixation

Orthopaedics:

1. Examination of Hip and knee
2. Reading X-rays for bony fractures
3. Knee and ankle aspiration
4. Thomas splint application for Femoral fractures

Course Outline

There will be two sessions of urology and two sessions of orthopaedics. The delegates will be divided into two groups of eight FY2s. First group will start with urology from 9am to 1pm and will have orthopaedic session from 1pm to 5pm, and the second group will start with orthopaedics and finish with urology.

The outline of the day is as follows:

08:00 - Registration, coffee/breakfast and faculty meeting

08:30 – Introduction and housekeeping

Morning session**Urology:**

09:00 – 09:30: Presentations 1, Topics: * Scrotal examination + videos
* SPC + videos

09:30 – 10:30: Practical session 1 (SPC and scrotal examination)

10:30 – 10:45: Coffee break

10:45 – 11:15: Presentations 2, Topics: * Scrotal exploration
* Circumcision

11:15 – 12:15: Practical session 2 (Scrotal exploration and circumcision)

12:15 – 13:00: Lunch

Orthopaedics:

09:00 – 09:30: Examination of Hip and Knee

09:30 – 10:30: Knee and ankle aspiration (practical session)

10:30 – 10:45: Coffee break

10:45 – 11:15: Reading X-rays for bony fractures

11:15 – 12:15: Thomas splint application for Femoral fractures

12:15 – 13:00: Lunch

Afternoon session

Urology:

13:00 – 13:30: Presentations 1, Topics: * Scrotal examination + videos

* SPC + videos

13:30 – 14:30: Practical session 1 (SPC and scrotal examination)

14:30 – 14:45: Coffee break

14:45 – 15:15: Presentations 2, Topics: * Scrotal exploration

* Circumcision

15:15 – 16:15: Practical session 2 (Scrotal exploration and circumcision)

16:15 – 17:00: Course conclusion and feedback

Orthopaedics:

13:00 – 13:30: Examination of Hip and Knee

13:30 – 14:30: Knee and ankle aspiration (practical session)

14:30 – 14:45: Coffee break

14:45 – 15:15: Reading X-rays for bony fractures

15:15 – 16:15: Thomas splint application for Femoral fractures

16:15 – 17:00: Course conclusion and feedback

SKILLS

Consent Training

Dates Available	11 th January 2019 - Half day course (1 in am, 1 in pm)
Venue	Calderdale & Huddersfield Foundation Trust
Course Leader	Dr Paul Jarvis, Mr Neeraj Bhasin and Ruth Mason
To Book a Place Email	Sobia.murtaza@cht.nhs.uk
Places Available	Maximum of 15 trainees per session This is a half day course, AM & PM
Curriculum Objectives	
<ul style="list-style-type: none"> • To ensure legal and ethical framework related to consent is outlined to trainees • For trainees to gain an understanding of consent from the patient's perspective • For trainees to gain an understanding of consent for children • To gain an understanding of trainees concerns regarding consent issues 	
Course Outline	
<p>The programme will be split into 7 distinct sessions:</p> <ul style="list-style-type: none"> • <i>How do YOU feel about the consent process?</i> This will be an opportunity for junior doctors to air their honest feelings and concerns regarding obtaining consent from patients. • <i>How do patients feel about the consent process?</i> A DVD of patients talking candidly about their experience of the consent process will be shown. The audience will be asked to note any themes of topics that they had not considered as they watch the video. • <i>Feedback and Discussion.</i> This session will be used to highlight any discrepancies between what the doctors thought and what the patients wanted. Emphasis will be put on encouraging the doctor to consider the patient's concerns and needs and not just their own. • <i>Obtaining Consent.</i> A 30-minute presentation will be given by Dr Jarvis and Mr Bhasin on the practical, legal and ethical elements of obtaining consent, such as the Mental Capacity Act, obtaining consent in children and a patient's right to refuse treatment. <p>The remainder of the session will consist of 3 scenarios where a doctor has to obtain consent from a professional actor simulating a patient. 3 distinct scenarios will be used. :</p> <p>The session will be consolidated by listening to what the doctors attending the course learnt over the course of the session.</p>	

SKILLS

Surgical Skills Day

Dates Available	15 th January 2019 (FULLY BOOKED)
Venue	Medical Education Centre, Barnsley
Course Leader	Dr B Karbhari and Dr A Daoub
To Book a Place Email	tony.whitelam@nhs.net
Places Available	20

Curriculum Objectives

- To understand preoperative handwashing and gown/gloving via tutorial
- To learn about different instruments, their uses and correct handling
- To be able to understand the principles of surgical knot tying and be able to undertake knot variations
- To understand the principles of excision biopsy and undertake this on supplied jigs
- To understand the principles of opening and closing an abdomen and undertake this on jig
- To understand the principles of opening an abdomen and undertaking this on a jig.
- Gaining an introduction on laparoscopy and develop basic skills on a laparoscopic trainer
- Gain an insight into core surgical training application and optimising CV
- Learn about collaborative surgical research

Course Outline

Registration
Introduction
Gowning and Gloving tutorial and Practical
Surgical Instruments and Handling
Knots - Instrument and hand + Tying at depth
Different techniques - Needles, incisions, simple, mattress, continuous, subcuticular
Refreshments
Further practice and common problems
Lunch
Excision biopsy
Opening an Abdomen
Refreshments
Introduction to Laparoscopy
Preparing your CV for Core Surgical Interviews
Collaborative Surgical Research
Feedback and close

SPECIALTY

Paediatric Emergencies – FULLY BOOKED

Dates Available	23 rd January, (FULLY BOOKED) 12 th April 2019 (FULLY BOOKED)
Venue	Garland Gallery, Leeds General Infirmary, Great George Street, Leeds, LS1 3EX
Course Leader	Nalini Malarklan
To Book a Place Email	Deborah.warden1@nhs.net
Places Available	Maximum number of trainees per session 10
Curriculum Objectives	
<ul style="list-style-type: none"> • Designed to cover the initial management of a range of Paediatric Emergencies. • We use high-tech manikins to simulate paediatric patients and delegates will have the opportunity to be able to practice a variety of essential skills required to manage paediatric emergencies. 	
Course Outline	
<p>The programme will cover the following</p> <ul style="list-style-type: none"> • Airway problems • Breathing problems • Circulatory insufficiency • Neurological problems • Know when to call for help • Be able to initiate emergency management of a patient until help arrives • Be able to give a SBAR handover • Develop an awareness of Human Factors 	

SPECIALTY

End of Life and Fundoscopy Awareness

Dates Available	25 th January 2019 (FULLY BOOKED), 10 th May 2019 (FULLY BOOKED)
Venue	Medical Education Centre, Barnsley
Course Leader	Dr Vedder Mr Attia
To Book a Place Email	tony.whitelam@nhs.net
Places Available	20

Curriculum Objectives

End of Life session will cover

- Advanced care planning; when is it appropriate to do this, having ACP discussions including discussion about DNACPR and issues around feeding and hydration
- Role of specialist palliative care and accessing services
- Recognising dying and appropriate management and communication in the context
- Focus on feeding and hydration, and use of medication that may be sedative

Fundoscopy session will cover

- Familiar with local policy
- Identify the correct equipment for the task
- Demonstrate theoretical knowledge/safe technique of how to use a Direct Ophthalmoscope
- Learn how to examine an Ophthalmic patient's fundus
- Try diagnosing Posterior Segment Pathology, if any!

Course Outline

Morning session – End of Life

- Advanced care planning and DNACPR decision-making
- Group-work
- Recognising dying and care in last days of life

Afternoon session – Fundoscopy

- Introduction to Fundoscopy and correct usage of Direct Ophthalmoscope.
- Role play patient scenarios to correctly diagnose diseases and other problems

SKILLS

Consent Training

Dates Available	25 th January 2019 - Half day course (1 in am, 1 in pm) (FULLY BOOKED)
Venue	Calderdale & Huddersfield Foundation Trust
Course Leader	Dr Paul Jarvis, Mr Neeraj Bhasin and Ruth Mason
To Book a Place Email	Sobia.murtaza@cht.nhs.uk
Places Available	Maximum of 15 trainees per session This is a half day course, AM & PM
Curriculum Objectives	
<ul style="list-style-type: none"> To ensure legal and ethical framework related to consent is outlined to trainees For trainees to gain an understanding of consent from the patient's perspective For trainees to gain an understanding of consent for children To gain an understanding of trainees concerns regarding consent issues 	
Course Outline	
<p>The programme will be split into 7 distinct sessions:</p> <ul style="list-style-type: none"> <i>How do YOU feel about the consent process?</i> This will be an opportunity for junior doctors to air their honest feelings and concerns regarding obtaining consent from patients. <i>How do patients feel about the consent process?</i> A DVD of patients talking candidly about their experience of the consent process will be shown. The audience will be asked to note any themes of topics that they had not considered as they watch the video. <i>Feedback and Discussion.</i> This session will be used to highlight any discrepancies between what the doctors thought and what the patients wanted. Emphasis will be put on encouraging the doctor to consider the patient's concerns and needs and not just their own. <i>Obtaining Consent.</i> A 30 minute presentation will be given by Dr Jarvis and Mr Bhasin on the practical, legal and ethical elements of obtaining consent, such as the Mental Capacity Act, obtaining consent in children and a patient's right to refuse treatment. <p>The remainder of the session will consist of 3 scenarios where a doctor has to obtain consent from a professional actor simulating a patient. 3 distinct scenarios will be used. :</p> <p>The session will be consolidated by listening to what the doctors attending the course learnt over the course of the session.</p>	

SPECIALTY

Basic Principles in Trauma & Orthopaedics

Dates Available	11 th February 2019 (FULLY BOOKED)
Venue	Medical Education Centre, Barnsley
Course Leader	Mr A Bhosale Dr A Daoub
To Book a Place Email	tony.whitelam@nhs.net
Places Available	16

Curriculum Objectives

Basic Principles of Trauma and Orthopaedics

Course Outline

Topics covered will be

- 1) Manipulation of fractures –Colles and ankle fractures
- 2) Joint aspirations and injections
- 3) Application of Thomas’ splint
- 4) Basic principles of arthroscopy
- 5) Internal fixation of fracture with plating- The Lag principle—Hands-on saw bones
- 6) Tendon repair
- 7) Interpretation of Trauma radiographs
- 8) Assessment of polytrauma patients- Orthopaedic perspective
- 9) Principles of reduction of dislocated joints—ankle, shoulder, elbow, hip
- 10) Plastering techniques

SKILLS

Time Management (SOSSLED)

Dates Available	12 th February 2019
Venue	York Hospital
Course Leader	Anne Waddington
To Book a Place Email	Angela.marchant@york.nhs.uk
Places Available	10

Curriculum Objectives

- Professionalism
- Time management

Course Outline

09:30 - Registration and coffee
 10:00 - Time management 1
 11:00 – Coffee
 11:15 - Time management 2
 12:30 - Lunch
 13:15 – Complaints
 14:30 – Coffee
 14:45 – Legal talk – Consent and DVLA
 15:45 – Wash up
 16:00 – Disperse

Time management

How to stay on time and up to date with all your jobs.
 Creating the time to do the things you need to do.
 Avoiding the distractions.

Complaints

How to deal with the inevitable complaint.
 Things you can do that will help in answering complaints.
 Things to do to avoid complaints.
 The cost to the NHS of the complaints we get.

Legal aspects and the DVLA

Common medical problems and DVLA rules - avoiding the pitfalls of advising patients.
 The mental health act and the patients we see every day.

SKILLS

Chest Drain

Dates Available	21 st February (FULLY BOOKED), 5 th April (FULLY BOOKED), 11 th April 2019 (FULLY BOOKED)
Venue	Suture Centre, Castle Hill Hospital
Course Leader	Dr Joshil Lodhia
To Book a Place Email	Jacqui.smales@hey.nhs.uk
Places Available	12

Curriculum Objectives

- Understand the indications for a chest drain
- Be able to insert a surgical and a Seldinger chest drain
- Know the complications related to chest drain insertion
- Be able to make decisions related to drain management

Course Outline

- Introductions and presentations about indications of chest drains (Inc. BTS guidelines).
- Presentation about the complications of chest drains
- Presentation describing the procedure (inc. surgical and Seldinger)
- Practical session in pairs with pig half chest walls.
- Final presentation regarding chest drain management (when to consider suction/ drain removal)

SKILLS

Practical Skills – FULLY BOOKED

Dates Available	22 nd February, (FULLY BOOKED) 26 th April 2019 (FULLY BOOKED)
Venue	LIMIT 3rd Floor Chancellors Wing, St James's University Hospital
Course Leader	Nalini Malarklan
To Book a Place Email	Deborah.warden1@nhs.net
Places Available	Maximum of 12 trainees per session
Curriculum Objectives	
<ul style="list-style-type: none"> • The course covers four practical skills CVC, LP, Chest drains and Ascitic drains. • The course will develop knowledge on these four skills with a focus of hands on practice. 	
Course Outline	
<p>Knowledge</p> <ul style="list-style-type: none"> • Indications • Contraindications • Complications • Aftercare, investigations, infection control if applicable <p>Skill</p> <ul style="list-style-type: none"> • Ability to perform the skill on a manikin under direct supervision <p>Knowledge Base</p> <ul style="list-style-type: none"> • Covered in small group teaching before practical demonstration of skill by facilitator <p>Skill Base</p> <ul style="list-style-type: none"> • Demonstrated by the instructor using a talk through approach • Tip and tricks (provided by in instructor) • Undertake procedure (with direct observation) • Post Procedure feedback 	

SPECIALTY

Ophthalmology Training Day

Dates Available	4 th March 2019
Venue	Calderdale Royal Hospital
Course Leader	Dr Rehna Khan - Consultant Ophthalmologist
To Book a Place Email	Sobia.murtaza@cht.nhs.uk
Places Available	Maximum of 36 trainees per session

Curriculum Objectives

By the end of this training day the candidate will be able to

- Take a focussed ophthalmic history
- Identify common ophthalmology presentations of a) emergencies b) relating to dry eyes c) in children
- List the meaning of common abbreviations in the eye clinic
- Document an ophthalmic history and examination findings in the case notes using a traditional format (record keeping)
- Check a Snellen visual acuity
- Use a slit lamp to examine the eye and its surrounding structures including the ocular surface and the anterior segment (eye lids, tear drainage system, cornea, lens, iris)
- Understand the use of fluorescein staining of the cornea in diagnosis of ocular surface pathology and removal of corneal and sub tarsal foreign bodies
- Use the correct and safe method of administering eye drops to a patient (e.g.: dilating drops and anaesthetic drops)
- Understand the theory of IOP measurement using Goldman applanation tonometry and see a demonstration in order to be prepared to start practicing this skill immediately once in post
- Take a conjunctival swab
- Examine ocular movements
- Use a direct ophthalmoscope to examine a fundus
- Recognise other gadgets in the eye clinic (biometry, automated visual field analyser, OCT machine, fundus cameras)

Course Outline

- Welcome, Registration, provide delegates with course book with hand-outs and space for notes.
- Lecture: Introduction to the day
- Basic Toolbox
- Taking an ophthalmic history, common abbreviations used in eye clinic, correct documentation, measuring IOP, Slit lamp examination, staining patterns
- Dry Eyes
- Ocular Emergencies
- BREAK
- Ophthalmic disease in children (including squint, amblyopia and cover tests)
- LUNCH
- WORKSHOPS
- Feedback, Close & Certificates of attendance

SKILLS

Essential Surgical Skills

Dates Available:	7 th & 8 th March 2019 (FULLY BOOKED) You must be able to attend both days. This is a 2 day course but will only count as 1 Bridging the Gap session.
Venue:	LIMIT Suite, 3rd Floor, Chancellor’s Wing, St James’s University Hospital
Course Leader:	Mr Shekhar Biyani
To Book a Place Email:	laura.brown61@nhs.net
Places Available:	Maximum number of places – 24

Curriculum Objectives:

The overall aim of the course is to prepare FY2s for their transition to Core Surgical Training offering them the opportunity to practice common elective and emergency procedures, which they will be asked to perform in their new clinical role.

Course Outline

Urology Skills
Circumcision, Suprapubic Catheterisation, Acute Scrotum and Scrotal fixation and Scrotal Examination

General and Vascular Surgery Skills
Laparoscopic Appendicectomy Small Bowel Anastomosis, Formation Ileostomy, Open Hernia repair and Vascular vein patch.

Orthopaedic Skills
Reducing Shoulder Dislocation, Plastering techniques, Knee Injection and aspiration and Thomas Splint and plate fixation of long bones.

SKILLS

Clinical Skills

Dates Available	8 th March 2019
Venue	Education Centre, Diana, Princess of Wales Hospital, Grimsby
Course Leader	Susy Shields
To Book a Place Email	Susy.shields@nhs.net
Places Available	Maximum of 25 trainees per session
Curriculum Objectives	
<p>By the end of the day the trainee will have had Clinical Skills training and have the opportunity to perform the procedures on Clinical Skills models under expert supervision:-</p> <ul style="list-style-type: none"> • Lumber puncture • Insertion of Laryngeal Mask and Endotracheal Tube • Insertion of Central Venous Pressure line • Peripheral intravenous access and blood gas sample using Ultrasound machine 	
Course Outline	
<p>Morning Session Lectures on Lumber Puncture and use of Ultrasound machine Followed by hands-on session in Lumber Puncture and using ultrasound for performing peripheral intravenous access and blood gas sample.</p> <p>Afternoon Session Lecture on CVP insertion and Airway Management Hands-on session in CVP insertion and practice using Airway adjuncts</p>	

SKILLS

Finding the Evidence and Critical Appraisal (CANCELLED)

Dates Available	11 th March 2019
Venue	York Hospital
Course Leader	Anne Waddington
To Book a Place Email	Angela.marchant@york.nhs.uk
Places Available	10

Curriculum Objectives

Section 1: 4 Personal Behaviour & Trust
 Section 4: 20 Safety & Quality

Course Outline

Learning outcomes:
 To get the best out of this session and to check your own learning, you should ensure that by the end of the session you are able to demonstrate a working knowledge of:

- NHS OpenAthens and how to access the national and local Athens resources
- How to access electronic journals using an NHS OpenAthens account
- The NICE Evidence Search site and its features
- Effective searching of healthcare databases using the HDAS interface and free text and subject headings
- How to limit results
- How to save and print search results and strategies
- How to obtain full text articles via the results links and Library services
- How to save your searches
- The need for critical appraisal
- Some basic statistical measures frequently used in the critical appraisal process
- How to find critical appraisal tools and other helpful resources

SPECIALTY

Public Health Taster Day

Dates Available	13 th March 2019
Venue	Blenheim House, Duncombe Street, LEEDS, LS1 4PL
Course Leader	Suzi Coles – Public Health England
To Book a Place Email	christine.jones@phe.gov.uk
Places Available	Maximum of 30 attendees
Curriculum Objectives	
<p>This taster day aims to provide participants with an introduction to the range of</p> <ul style="list-style-type: none"> • a) Public Health Services, and • b) Career/development opportunities in public health available across Yorkshire and Humber. 	
Course Outline	
<p>Consultants and Specialty Registrars will present interactive sessions describing their work on different aspects of public health practice.</p> <p>Content will focus on key elements of foundation training curriculum relevant to public health practice, such as mental health, prevention of infections, academic research, national screening and immunisation programmes.</p> <p>Foundation doctors and Specialty Registrars will also provide an outline of training pathways and share their experiences.</p>	

SPECIALTY

'It Could Only Happen to a Doctor!' - GMC Guidance and Medical Ethics in Action

Dates Available	15 th March 2019
Venue	Hull Medical Education Centre
Course Leader	Helen Collinson / Ian Wilson
To Book a Place Email	Jacqui.smales@hey.nhs.uk
Places Available	20
Curriculum Objectives	
<p>Geared to FY2 doctors and applicable to any career area of future training Will cover and refresh upon key aspects of a day in the life of a doctor, focussing on duties of a doctor including: Acting Professionally Behaving in accordance with ethical and legal requirements Making patient safety a priority in clinical practice Assessment of mental capacity to give consent Understand the risks of legal and disciplinary action if a doctor fails to achieve the necessary standards of practice.</p>	
Course Outline	
<p>Full day, which would be a range of video and interactive case studies around the following areas of GMC guidance and medical ethics: Fitness to practice Prescribing Consent and capacity Use of social media Personal beliefs Duty of Candour Raising concerns End of life care On line support</p> <p>Objectives would be to refresh on and reinforce GMC guidance and some ethical issues with examples of real life situations, and chance to discuss these and other similar issues which delegates may have come across or be likely to come across in the future. Time for discussion with an expert from GMC On completion of the day the trainee would have increased competence in demonstrating knowledge, skills and behaviours necessary to apply the professional duties, principles and responsibilities set out in Good Medical Practice.</p> <p>Feedback from previous delegates included: Excellent speaker- much more engaging than I thought! Thank you very much for your brilliant session Please advertise this day on larger scale Good recap of GMC issues</p>	

SPECIALTY

Essential Skills for End of Life Care

Dates Available	20 th March 2019
Venue	Calderdale & Huddersfield NHS Foundation Trust
Course Leader	Dr Mary Kiely - Palliative Medicine Consultant
To Book a Place Email	Sobia.murtaza@cht.nhs.uk
Places Available	Maximum of 60 attendees

Curriculum Objectives

- To gain a better understanding of the role of Specialist Palliative Care clinicians and how these services work across hospital, community and hospice settings;
- To recognise the role of the multidisciplinary team in planning and delivering care at the end of life;
- To increase skills and confidence in managing patients in the last year of life.
- Attendees will explore the nature and skills of expert communication on pertinent end of life care issues;
- Attendees will gain a better understanding of the ethical and legal framework in areas such as cardiopulmonary resuscitation and artificial nutrition and hydration at the end of life;
- Attendees will be able to prescribe appropriately for the management of symptoms in the last days of life.

Course Outline

Education will be delivered by a team of experienced clinicians through a programme of didactic lectures, interactive workshops, and simulated consultations (but without role play on the part of the attendees).

Exploring these issues can be thought-provoking, and the teaching environment will be both relaxed and safe, and by a process of negotiated learning, attendees will be able to explore the skills inherent in both communicating with, and delivering care to, patients at the end of life (from any time within the last year to the last days of life).

There will be ample opportunity to gain insight and knowledge from specialist nurses and doctors on various aspects of clinical care, and of the ethical and legal frameworks that support this care.

In planning the day, the organisers have paid particular attention to the following areas within the curriculum mapping process:

Relationship and communication with patients: 2.2 and 2.3 Communication with patients and communication with patients in difficult circumstances;

Good Clinical Care: 7.5 Safe prescribing; 7.9 Interface with different specialities and with other professionals;

9.2 End of Life Care and DNACPR decisions

Patients with Long Term Conditions (LTCs): 10.1 and 10.4 Management of LTCs and discharge planning

SPECIALTY

Critical Care & Anaesthesia Skills Day

Dates Available	28 th March 2019
Venue	Clinical Skills Centre, R Floor, Royal Hallamshire Hospital, Glossop Road, Sheffield, S10 2JF
Course Leader	Dr Ajay Rainhat and Dr Shalini Kurian
To Book a Place Email	rachel.titterton@sth.nhs.uk
Places Available	28
Curriculum Objectives	
<p>A full day course outlining key skills used within critical care and anaesthesia, including exposure to core practical skills and techniques. There will be a series of core lectures followed by a set of skills stations which you will rotate through in smaller groups. You will gain exposure to techniques including advanced airway management and advanced vascular access. There will also be simulation experience in core clinical areas of sepsis and trauma. Faculty will include experienced consultants able to provide guidance on careers within critical care and anaesthesia.</p>	
Course Outline	
<p>08:30 - 9:00: Coffee and Registration</p> <p>9:00 – 09:15: Introduction</p> <p>09:15 - 09:35: Anatomy of Vascular Access</p> <p>09:35 - 10:00: Basics of CVS Physiology</p> <p>10:00 – 10:35: A Career in Intensive Care Medicine</p> <p>10:35 – 10:50 Coffee Break</p> <p>10:50 – 11:20 Basics of Echocardiography</p> <p>11:20 – 11:35: Shock case studies</p> <p>11:35 - 12:30: LUNCH</p> <p>You will be split into 4 groups who will rotate through the following stations:</p> <p>12:30 – 15:15</p> <p>Station 1 (Echocardiography)</p> <p>Station 2 (Central line insertion/Vascular Access)</p> <p>Station 3 (Airways/cricothyroidotomy)</p> <p>Station 4 (Spinal/Lumbar Puncture + ORSIM airway simulator)</p> <p>15:15 - 15:25: Coffee Break</p> <p>15:25 - 16:15: Station 4: Simulation Scenario</p> <p>16:15-16:30: Questions, Feedback and Close</p>	

SKILLS

Surgical Skills Day

Dates Available	18 th April 2019
Venue	Suture Centre, Castle Hill Hospital
Course Leader	Dr Joshil Lodhia
To Book a Place Email	Jacqui.smales@hey.nhs.uk
Places Available	20

Curriculum Objectives

- Be able to glove and gown in an aseptic manner
- Be able to knot tie with left and right hands
- Be able to name instruments and understand their uses
- Safe handling of such instruments
- Understand how different tissues handle and how they heal
- Know the various techniques used to close skin and suture materials available
- Excise a skin lesion and a sebaceous cyst

Course Outline

- Introduction and demonstration of gloving, gowning and knot tying
- Practical session for gowning & gloving and knot tying
- Practical session on making an incision and suturing using different techniques
- Discussion during the practical sessions regarding uses of different instruments and correct usage of these
- Lunch
- Repeat knot tying
- Practical session on excising a skin lesion and a sebaceous cyst

09:00 - 17:00