

HEE YH Foundation School

Bridging the Gap Course Booklet

August 2019 – August 2020



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17.02.2020	Sossled: Time Management	York	10	24
20.02.2020	Resuscitation Council (UK) Paediatric Immediate Life Support	Harrogate	12	16
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SKILLS

RAMSI (Recognition and Management of the Seriously Ill)

Dates Available:	Friday 6 th September 2019 and Thursday 21 st November 2019
Venue:	Postgraduate Centre, Scarborough
Course Leader:	
To Book a Place Email:	Victoria.Spencer@YORK.NHS.UK
Places Available:	4

Curriculum Objectives:

Section 3 - Clinical care
Section 4 – Safety & Quality

Course Outline

Introduction of the principles of crisis management, teamwork and communication through ward-based crisis scenarios.

By the end of the session, along with further reading, clinical experience and reflection it is expected that the student will:

- 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

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

SPECIALTY

Jump into GP

Dates Available	Monday 9th September 2019 (Half Day Course)
Venue	Rotherham District General Hospital
Course Leader	Dr Lucie Brittain
To Book a Place Email	Zoe.Woodhead@rothgen.nhs.uk
Places Available	30

Curriculum Objectives

Understand how to apply to the GP VTS scheme
 What life as a trainee is like
 Awareness of the different career routes possible in general practice
 Out of programme opportunities within training

Course Outline

09.00 – 09.30	Registration	
09.30 – 09.50	Why GP & the application process	<i>GP Tutor, Careers & Recruitment, Y&H LETB</i>
09.50 – 10.10	Structure & Organisation of GP training	GP Tutor, Careers & Recruitment, Y&H LETB
10.10 – 10.30	What it's like to be a trainee	<i>Leadership Fellow</i>
10.30 – 11.00	Coffee	
11.00 – 12.00	Scenarios for selection centre	All
12.00 – 12.30	Feedback, Q&A, close	

SPECIALTY

Introduction to Emergency Medicine

Dates Available	Tuesday 24th September 2019 and Friday 25th October 2019
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	12
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 	

Bridging the Gap – Psychiatry

Dates Available	Wednesday 25th September 2019
Venue	Lecture Theatre, Humber Teaching NHS Foundation Trust, Willerby, Hill, HU10 6ED
Course Leader	Pratibha Nirodi
To Book a Place Email	p.nirodi@nhs.net
Places Available	40
Curriculum Objectives	
<ol style="list-style-type: none"> 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	
<p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p>	

SPECIALTY

Jump into GP

Dates Available	Monday 30th September 2019 (Half Day Course)		
Venue	Leeds General Infirmary		
Course Leader	Dr Lucie Brittain		
To Book a Place Email	foundationadmin.ltht@nhs.net		
Places Available	40		
Curriculum Objectives			
<p>Understand how to apply to the GP VTS scheme</p> <p>What life as a trainee is like</p> <p>Awareness of the different career routes possible in general practice</p> <p>Out of programme opportunities within training</p>			
Course Outline			
09.00 – 09.30	Registration		
09.30 – 09.50	Why GP & the application process	<i>GP Tutor, Careers & Recruitment, Y&H LETB</i>	
09.50 – 10.10	Structure & Organisation of GP training	<i>GP Tutor, Careers & Recruitment, Y&H LETB</i>	
10.10 – 10.30	What it's like to be a trainee	<i>Leadership Fellow</i>	
10.30 – 11.00	Coffee		
11.00 – 12.00	Scenarios for selection centre	All	
12.00 – 12.30	Feedback, Q&A, close		

SPECIALTY

Bridging the Gap – Psychiatry

Dates Available	Friday 4th October 2019
Venue	The Met Hotel, Leeds
Course Leader	
To Book a Place Email	susan.haley4@nhs.net
Places Available	40

Curriculum Objectives

- To experience career talks from Psychiatrists within 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 a 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 second Bridging the Gap day for Psychiatry for West Yorkshire, the first being in 2018.

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 the 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. (TBC for 2019)

There will be overview of the education and research opportunities offered in Psychiatry.

We will provide support, training and advice about how to develop a career in Psychiatry.

Registration link: <https://www.andrewsimscentre.nhs.uk/book-events/bridging-the-gap>

SPECIALTY

Surviving Major Surgery

Dates Available	Monday 7th October 2019 and Monday 25th November 2019
Venue	York Hospital
Course Leader	Victoria Smith
To Book a Place Email	Victoria.smithMEC@York.nhs.uk
Places Available	20

Curriculum Objectives

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

Curriculum: 6.1 & 6.2 Maintaining Good Medical Practice

Curriculum: 7: Good Clinical Care

Curriculum: 8: Recognition & Management of the Critically Ill Patient

Course Outline

0930	Welcome and overview	
0945 - 1020	Session 1:	An Introduction to Perioperative Medicine
1020 - 1040	<i>Coffee Break</i>	
10:40 - 11:10	Session 2:	Assessing Patients for Major Surgery
11:10 - 11:40	Intraoperative Management	
11:40 - 12:10	Introduction to Critical Care	
12:10 - 13:00	<i>Lunch break</i>	
1300 - 13:30	Session 3:	Analgesia and Pain
13:30 - 14:10	Ultrasound in anaesthesia	
14:10 - 14:30	<i>Coffee Break</i>	
14:30 - 16:30	Session 4:	<u>2 x 45 minute sessions, with half group, switching midway.</u>
	Cardio-pulmonary Experience Testing Demonstration & Anaesthetic Simulation	
1630	Evaluation and close	

SPECIALTY

Jump into GP

Dates Available	Monday 7th October 2019 (Half Day Course)		
Venue	Friarage Hospital, Northallerton		
Course Leader	Dr Lucie Brittain		
To Book a Place Email	wendy.buch@nhs.net		
Places Available	20		
Curriculum Objectives			
<p>Understand how to apply to the GP VTS scheme</p> <p>What life as a trainee is like</p> <p>Awareness of the different career routes possible in general practice</p> <p>Out of programme opportunities within training</p>			
Course Outline			
09.00 – 09.30	Registration		
09.30 – 09.50	Why GP & the application process	<i>GP Tutor, Careers & Recruitment, Y&H LETB</i>	
09.50 – 10.10	Structure & Organisation of GP training	<i>GP Tutor, Careers & Recruitment, Y&H LETB</i>	
10.10 – 10.30	What it's like to be a trainee	<i>Leadership Fellow</i>	
10.30 – 11.00	Coffee		
11.00 – 12.00	Scenarios for selection centre	All	
12.00 – 12.30	Feedback, Q&A, close		

SKILLS

Chest Drain Insertion Course

Dates Available:	Tuesday 8 th October 2019 and Tuesday 19 th November 2019
Venue:	Postgraduate Centre, Scarborough
Course Leader:	
To Book a Place Email:	Victoria.Spencer@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>	

SPECIALTY

Jump into GP

Dates Available	Monday 14th October 2019 (Half Day Course)	
Venue	Bassetlaw Hospital	
Course Leader	Dr Lucie Brittain	
To Book a Place Email	jill.martin11@nhs.net	
Places Available	14	
Curriculum Objectives		
<p>Understand how to apply to the GP VTS scheme</p> <p>What life as a trainee is like</p> <p>Awareness of the different career routes possible in general practice</p> <p>Out of programme opportunities within training</p>		
Course Outline		
09.00 – 09.30	Registration	
09.30 – 09.50	Why GP & the application process	<i>GP Tutor, Careers & Recruitment, Y&H LETB</i>
09.50 – 10.10	Structure & Organisation of GP training	<i>GP Tutor, Careers & Recruitment, Y&H LETB</i>
10.10 – 10.30	What it's like to be a trainee	<i>Leadership Fellow</i>
10.30 – 11.00	Coffee	
11.00 – 12.00	Scenarios for selection centre	All
12.00 – 12.30	Feedback, Q&A, close	

SKILLS

Ultrasound Course

Dates Available:	Tuesday 22 nd October 2019 and Wednesday 23 rd October 2019
Venue:	Postgraduate Centre, Scarborough
Course Leader:	
To Book a Place Email:	Victoria.Spencer@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

GP Patient Scenario Preparation for the F2

Dates Available:	Thursday 24th October 2019
Venue:	Education Centre, Doncaster Royal Infirmary
Course Leader:	
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>	

SKILLS

Resuscitation Council (UK) Paediatric Immediate Life Support

Dates Available	Monday 28 th October 2019, Monday 9 th December 2019, Wednesday 8 th January 2020, Thursday 6 th February 2020, Thursday 20 th February 2020 and Wednesday 18 th March 2020
Venue	Resuscitation Training Room, Harrogate District Hospital
Course Leader	Paula De Souza - Service Lead for Resuscitation
To Book a Place Email	resuscitation@hdfn.nhs.uk
Places Available	12 Per Session
Curriculum Objectives	
<p>Good clinical care Recognises when patient safety is at risk and institutes changes to reduce risk; Plans appropriate strategies for investigation and management</p> <p>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</p> <p>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</p>	
Course Outline	
<p>Learning outcomes</p> <p>The PILS course teaches the knowledge and skills to:</p> <ul style="list-style-type: none"> • 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 <p>For further details see link below: https://www.resus.org.uk/information-on-courses/paediatric-immediate-life-support/</p>	

SPECIALTY

Introduction to Anaesthesia

Dates Available	Thursday 31st October 2019 (FULLY BOOKED) and Thursday 28th November 2019 (FULLY BOOKED)
Venue	Medical Education, Harrogate District Hospital
Course Leader	Dr William Peat - F2 FTPD and Consultant Anaesthetist
To Book a Place	tomarjomandi@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

Jump into GP

Dates Available	Monday 4th November 2019 (Half Day Course)	
Venue	Hull Royal Infirmary	
Course Leader	Dr Lucie Brittain	
To Book a Place Email	Pam.Lewis@hey.nhs.uk	
Places Available	25	
Curriculum Objectives		
<p>Understand how to apply to the GP VTS scheme</p> <p>What life as a trainee is like</p> <p>Awareness of the different career routes possible in general practice</p> <p>Out of programme opportunities within training</p>		
Course Outline		
09.00 – 09.30	Registration	
09.30 – 09.50	Why GP & the application process	<i>GP Tutor, Careers & Recruitment, Y&H LETB</i>
09.50 – 10.10	Structure & Organisation of GP training	GP Tutor, Careers & Recruitment, Y&H LETB
10.10 – 10.30	What it's like to be a trainee	<i>Leadership Fellow</i>
10.30 – 11.00	Coffee	
11.00 – 12.00	Scenarios for selection centre	All
12.00 – 12.30	Feedback, Q&A, close	

SPECIALTY

Jump into GP

Dates Available	Wednesday 6th November 2019 – Half Day Course
Venue	Scarborough Postgraduate Education Centre
Course Leader	Dr Lucie Brittain
To Book a Place Email	Victoria.Spencer@york.nhs.uk
Places Available	25

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

Core Skills for Psychiatry

Dates Available	Friday 8th November 2019
Venue	Rotherham Hospital - Post Grad Centre
Course Leader	Dr Arthita Das
To Book a Place Email	zoe.woodhead@nhs.net
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

SPECIALTY

Anaesthetics Bridging the Gap Day

Dates Available	Tuesday 10th December 2019
Venue	Calderdale Royal Hospital
Course Leader	Dr Agnieszka Wozniak
To Book a Place	Sobia.Murtaza@cht.nhs.uk
Places Available	20

Curriculum Objectives

Aims and Objectives

- To help foundation year doctors better understand what a career in anaesthesia can involve.
- To build upon basic understanding of anaesthetic methods, Pre-operative assessment and the importance of safety in anaesthetics
- To improve basic airway skills and to show some more advance airway techniques through lecture and practical skills teaching.
- To gain an understanding and some experience of practical skills common to anaesthesia.
- To improve understanding of the application and training process

Course Outline

Anaesthetics Bridging the Gap Day CHFT December 2019

0900 – 0930 Registration and coffee

0930 – 0950 Introduction to Anaesthetics – why anaesthetics?

0950 – 1030 Drugs commonly used in anaesthesia

1030 – 1100 Break

1100 – 1130 Airway management + DAS guidelines

1130 – 1230 Practical Airway skills – small groups

Basic airway management

Advanced airway management – Video laryngoscopes, Fibreoptic scopes, surgical airways

1230 – 1315 Lunch

1315 – 1330 Principles of USS

1330 – 1530 Practical skills

CVC insertion + peripheral US guided iv access

Femoral nerve block

Epidural

1530 – 1600 Career Planning and the application process for anaesthetics.

1600 – 1615 Questions, feedback and close.

Overview

An all-day teaching event with anaesthetic consultants and trainees from Calderdale and Huddersfield Foundation trust sharing their experience and knowledge with foundation year doctors. We hope to do this through a combination of lectures and practical skills sessions which we

hope will be relevant. In this way we aspire to bridge the gap between being a foundation year doctor and becoming an anaesthetic trainee

SKILLS

Core Surgical Training Interview Preparation Course

Dates Available	Friday 20th December 2019
Venue	Postgraduate Centre, LGI
Course Leader	Ritika Rampal / Sam King
To Book a Place Email	Ritika.rampal1@nhs.net Sam.king@doctors.org.uk
Places Available	16
Curriculum Objectives	
<ul style="list-style-type: none"> • Keeps practice up to date through learning and teaching (FPC 4) • Demonstrates engagement in career planning (FPC 5) 	
Course Outline	
<p>Objectives: to better prepare foundation year doctors in Y&H for application and interview for core surgical training</p> <p>Draft Day outline:</p> <p>09:00-09:20 Registration</p> <p>09:20-09:30 Introduction</p> <p>09:30-10:15 Leadership and Management Station</p> <p>10:15-11:00 Portfolio Station</p> <p>11:00-11:20 Coffee</p> <p>11:20-12:05 Clinical Station</p> <p>12:05-13:00 Lunch</p> <p>13:00-14:15 Mock Interviews</p> <p>14:15-14:30 Coffee</p> <p>14:30-15:45 Mock Interviews</p> <p>15:45-16:00 Closing comments</p>	

SKILLS

Consent Training

Dates Available	Friday 10 th January 2020 – Half day course (1 in am, 1 in pm) Friday 24 th January 2020 – Half day course (1 in am, 1 in pm)
Venue	Huddersfield Royal Infirmary
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 9 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

Time Management (SOSSLED)

Dates Available	Monday 13th January 2020 and Monday 17th February 2020
Venue	York Hospital
Course Leader	Victoria Smith
To Book a Place Email	Victoria.SmithMEC@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.

SPECIALTY

Ophthalmology Training Day

Dates Available	Monday 13th January 2020
Venue	Calderdale Royal Hospital
Course Leader	Dr Rehna Khan - Consultant Ophthalmologist
To Book a Place Email	Sobia.murtaza@cht.nhs.uk
Places Available	30

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

Surgical Skills Day

Dates Available	Friday 17th January 2020
Venue	Medical Education Centre, Barnsley
Course Leader	Dr Helen Please, Dr Lawrence Majkowski and Dr Samuel Green
To Book a Place Email	tony.whitelam@nhs.net
Places Available	16

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

End of Life / Frailty

Dates Available	Friday 24 th January 2020 (FULLY BOOKED), Friday 8 th May 2020
Venue	Medical Education Centre, Barnsley
Course Leader	Dr Vedder – End of Life Mr Madi – Frailty
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

Frailty session will cover

- What is frailty?
- Most common geriatric presentations
- What is Comprehensive Geriatric Assessment? What is the evidence?
- Frailty Care Models - the role of ambulatory care
- A patient story
- A career in Geriatrics

The topics will be covered by the team - Dr Madi/Dr Rycroft and ANP Alyson Ripley

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 – Frailty

- Introduction to Frailty

SPECIALTY

Basic Principles in Trauma & Orthopaedics

Dates Available	Monday 10th February 2020 (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	20
Curriculum Objectives	
Basic Principles of Trauma and Orthopaedics	
Course Outline	
<p>Topics covered will be</p> <ol style="list-style-type: none"> 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

Chest Drain

Dates Available	Thursday 13 th February 2020, Thursday 12 th March 2020, Tuesday 17 th March 2020 and Friday 1 st May 2020 Please note, all above courses are half days.
Venue	Suture Centre, Castle Hill Hospital
Course Leader	Dr Joshil Lodhia
To Book a Place Email	Foundation.Year2@hey.nhs.uk
Places Available	12
Curriculum Objectives	
<ul style="list-style-type: none"> <input type="checkbox"/> Understand the indications for a chest drain <input type="checkbox"/> Be able to insert a surgical and a Seldinger chest drain <input type="checkbox"/> Know the complications related to chest drain insertion <input type="checkbox"/> Be able to make decisions related to drain management 	
Course Outline	
<ul style="list-style-type: none"> <input type="checkbox"/> Introductions and presentations about indications of chest drains (Inc. BTS guidelines). <input type="checkbox"/> Presentation about the complications of chest drains <input type="checkbox"/> Presentation describing the procedure (Inc. surgical and Seldinger) <input type="checkbox"/> Practical session in pairs with pig half chest walls. <input type="checkbox"/> Final presentation regarding chest drain management (when to consider suction/ drain removal) 	

SPECIALTY

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

Dates Available	Friday 21 st February 2020
Venue	Hull Medical Education Centre
Course Leader	Helen Collinson / Ian Wilson
To Book a Place Email	Foundation.Year2@hey.nhs.uk
Places Available	20

Curriculum Objectives

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.

Course Outline

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
- Online support

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.

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

SPECIALTY

Essential Skills for End of Life Care

Dates Available	Wednesday 4th March 2020
Venue	Calderdale Royal Hospital
Course Leader	Dr Mary Kiely - Palliative Medicine Consultant
To Book a Place Email	Sobia.murtaza@cht.nhs.uk
Places Available	60
Curriculum Objectives	
<ul style="list-style-type: none"> • 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	
<p>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).</p> <p>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).</p> <p>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:</p> <p>Relationship and communication with patients: 2.2 and 2.3 Communication with patients and communication with patients in difficult circumstances;</p> <p>Good Clinical Care: 7.5 Safe prescribing; 7.9 Interface with different specialities and with other professionals;</p> <p>9.2 End of Life Care and DNACPR decisions</p> <p>Patients with Long Term Conditions (LTCs): 10.1 and 10.4 Management of LTCs and discharge planning</p>	

SKILLS

Clinical Skills

Dates Available	Friday 6th March 2020
Venue	Education Centre, Diana, Princess of Wales Hospital, Grimsby
Course Leader	Michael Spall
To Book a Place Email	Michael.spall@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>	

SPECIALTY

Public Health Taster Day

Dates Available	Wednesday 11th March 2020
Venue	Blenheim House, LEEDS, LS1 4PL
Course Leader	Suzi Coles – Public Health England
To Book a Place Email	christine.jones@phe.gov.uk
Places Available	30

Curriculum Objectives

This taster day aims to provide participants with an introduction to the range of

- a) Public Health Services, and
- b) Career/development opportunities in public health available across Yorkshire and Humber.

Course Outline

Consultants and Specialty Registrars will present interactive sessions describing their work on different aspects of public health practice.

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.

Foundation doctors and Specialty Registrars will also provide an outline of training pathways and share their experiences.

SKILLS

Surgical Skills Day

Dates Available	Friday 20th March 2020 & Tuesday 14th April 2020
Venue	Suture Centre, Castle Hill Hospital
Course Leader	Dr Joshil Lodhia
To Book a Place Email	Foundation.Year2@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

SKILLS

Essential Surgical Skills

Dates Available:	Thursday 26 th March 2020 and Friday 27 th March 2020 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:	deborah.warden1@nhs.net
Places Available:	24
Curriculum Objectives:	
<p>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.</p>	
Course Outline	
<p>Urology Skills Circumcision, Suprapubic Catheterisation, Acute Scrotum and Scrotal fixation and Scrotal Examination</p> <p>General and Vascular Surgery Skills Laparoscopic Appendicectomy Small Bowel Anastomosis, Formation Ileostomy, Open Hernia repair and Vascular vein patch.</p> <p>Orthopaedic Skills Reducing Shoulder Dislocation, Plastering techniques, Knee Injection and aspiration and Thomas Splint and plate fixation of long bones.</p>	

SPECIALTY

Critical Care & Anaesthesia Skills Day

Dates Available	Thursday 16th April 2020
Venue	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>	