

# **HEE YH Foundation School**

## **Bridging the Gap Course Booklet**

**August 2019 – August 2020**



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## SPECIALTY

### Jump into GP

<b>Dates Available</b>	<b>Monday 9<sup>th</sup> September 2019 (Half Day Course)</b>		
<b>Venue</b>	Rotherham District General Hospital		
<b>Course Leader</b>	Dr Lucie Brittain		
<b>To Book a Place Email</b>	<a href="mailto:Zoe.Woodhead@rothgen.nhs.uk">Zoe.Woodhead@rothgen.nhs.uk</a>		
<b>Places Available</b>	30		
<b>Curriculum Objectives</b>			
<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>			
<b>Course Outline</b>			
09.00 – 09.30	Registration		
09.30 – 09.50	Why GP & the application process	<i>GP Tutor, Careers &amp; Recruitment, Y&amp;H LETB</i>	
09.50 – 10.10	Structure & Organisation of GP training	<i>GP Tutor, Careers &amp; Recruitment, Y&amp;H LETB</i>	
10.10 – 10.30	What it's like to be a trainee	<i>Leadership Fellow</i>	
10.30 – 11.00	<b>Coffee</b>		
11.00 – 12.00	Scenarios for selection centre	All	
12.00 – 12.30	Feedback, Q&A, close		

**SKILLS**

**RAMSI (Recognition and Management of the Seriously Ill)**

<b>Dates Available:</b>	Friday 6 <sup>th</sup> September 2019 and Thursday 21 <sup>st</sup> November 2019
<b>Venue:</b>	Postgraduate Centre, Scarborough
<b>Course Leader:</b>	
<b>To Book a Place Email:</b>	<a href="mailto:Victoria.Spencer@YORK.NHS.UK">Victoria.Spencer@YORK.NHS.UK</a>
<b>Places Available:</b>	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**

**Introduction to Emergency Medicine**

<b>Dates Available</b>	Tuesday 24 <sup>th</sup> September 2019 and Friday 25 <sup>th</sup> October 2019 <b>(CANCELLED)</b>
<b>Venue</b>	Simulation Centre, Field House, Bradford Royal Infirmary
<b>Course Leader</b>	David Robinson – Consultant in Emergency Medicine
<b>To Book a Place</b>	<a href="mailto:Facilities.administration@bthft.nhs.uk">Facilities.administration@bthft.nhs.uk</a>
<b>Places Available</b>	12
<b>Curriculum Objectives</b>	
<ul style="list-style-type: none"> <li>• Assessment and management of patients with life-threatening conditions.</li> <li>• Practical procedures: needle thoracocentesis, cardioversion, intraosseous access, FAST (USS) scanning, procedural sedation.</li> <li>• Increase awareness of human factors and patient safety.</li> <li>• Describe the transition from Foundation Trainee to Specialty Trainee to Consultant</li> </ul>	

**SPECIALTY**

**Bridging the Gap – Psychiatry**

<b>Dates Available</b>	<b>Wednesday 25<sup>th</sup> September 2019</b>
<b>Venue</b>	Lecture Theatre, Humber Teaching NHS Foundation Trust, Willerby, Hill, HU10 6ED
<b>Course Leader</b>	Pratibha Nirodi
<b>To Book a Place Email</b>	<a href="mailto:p.nirodi@nhs.net">p.nirodi@nhs.net</a>
<b>Places Available</b>	40
<b>Curriculum Objectives</b>	
<ol style="list-style-type: none"> <li>1. We will have trainees as well as consultants who will discuss what a career in psychiatry is like.</li> <li>2. Approach to the assessment and immediate management of the mentally unwell patient.</li> <li>3. Working with other specialities.</li> <li>4. Learning about strengthening the interface between mental and physical health care.</li> <li>5. Essential information in regards to preparing and submitting an application for core psychiatry training.</li> <li>6. Developing resilience as a practitioner.</li> </ol>	
<b>Course Outline</b>	
<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 <b>Professionalism</b> - team working (in terms of effective communication) as well as extended the leadership role by making decisions and dealing with complex situations; and <b>Good clinical care</b> - effective communication with other disciplines, assessing an acutely ill MH patient, issues around MH law and capacity.</p>	

**SPECIALTY**

**Jump into GP**

<b>Dates Available</b>	<b>Monday 30<sup>th</sup> September 2019 (Half Day Course)</b>	
<b>Venue</b>	Leeds General Infirmary	
<b>Course Leader</b>	Dr Lucie Brittain	
<b>To Book a Place Email</b>	<a href="mailto:foundationadmin.ltht@nhs.net">foundationadmin.ltht@nhs.net</a>	
<b>Places Available</b>	40	
<b>Curriculum Objectives</b>		
<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>		
<b>Course Outline</b>		
09.00 – 09.30	Registration	
09.30 – 09.50	Why GP & the application process	<i>GP Tutor, Careers &amp; Recruitment, Y&amp;H LETB</i>
09.50 – 10.10	Structure & Organisation of GP training	<i>GP Tutor, Careers &amp; Recruitment, Y&amp;H LETB</i>
10.10 – 10.30	What it's like to be a trainee	<i>Leadership Fellow</i>
10.30 – 11.00	<b>Coffee</b>	
11.00 – 12.00	Scenarios for selection centre	All
12.00 – 12.30	Feedback, Q&A, close	



**SPECIALTY**

**Bridging the Gap – Psychiatry**

<b>Dates Available</b>	<b>Friday 4<sup>th</sup> October 2019</b>
<b>Venue</b>	The Met Hotel, Leeds
<b>Course Leader</b>	
<b>To Book a Place Email</b>	<a href="mailto:susan.haley4@nhs.net">susan.haley4@nhs.net</a>
<b>Places Available</b>	40
<b>Curriculum Objectives</b>	
<ul style="list-style-type: none"> <li>• To experience career talks from Psychiatrists within varying levels of their career and differing sub-specialities and the opportunity to ask them questions</li> <li>• To have an overview of medical psychotherapy/non-biological aspects of psychiatry</li> <li>• To understand the current training pathway and current developments</li> <li>• To enhance a CV for psychiatry to help with the application process</li> <li>• To understand the importance of physical health and mental illness</li> <li>• To offer an overview of academic psychiatry and the relevant educational and research opportunities</li> </ul>	
<b>Course Outline</b>	
<p>This will be the second Bridging the Gap day for Psychiatry for West Yorkshire, the first being in 2018.</p> <p>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.</p> <p>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.</p> <p>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)</p> <p>There will be overview of the education and research opportunities offered in Psychiatry.</p> <p>We will provide support, training and advice about how to develop a career in Psychiatry.</p> <p>Registration link: <a href="https://www.andrewsimscentre.nhs.uk/book-events/bridging-the-gap">https://www.andrewsimscentre.nhs.uk/book-events/bridging-the-gap</a></p>	

**SPECIALTY**

**Surviving Major Surgery**

<b>Dates Available</b>	<b>Monday 7<sup>th</sup> October 2019 and Monday 25<sup>th</sup> November 2019</b>
<b>Venue</b>	York Hospital
<b>Course Leader</b>	Victoria Smith
<b>To Book a Place Email</b>	<a href="mailto:Victoria.smithMEC@York.nhs.uk">Victoria.smithMEC@York.nhs.uk</a>
<b>Places Available</b>	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:	<b>An Introduction to Perioperative Medicine</b>
1020 - 1040	<i>Coffee Break</i>	
10:40 - 11:10	Session 2:	<b>Assessing Patients for Major Surgery</b>
11:10 - 11:40	<b>Intraoperative Management</b>	
11:40 - 12:10	<b>Introduction to Critical Care</b>	
12:10 - 13:00	<i>Lunch break</i>	
1300 - 13:30	Session 3:	<b>Analgesia and Pain</b>
13:30 - 14:10	<b>Ultrasound in anaesthesia</b>	
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>
	<b>Cardio-pulmonary Experience Testing Demonstration &amp; Anaesthetic Simulation</b>	
1630	Evaluation and close	

**SPECIALTY**

**Jump into GP**

<b>Dates Available</b>	<b>Monday 7<sup>th</sup> October 2019 (Half Day Course)</b>	
<b>Venue</b>	Friarage Hospital, Northallerton	
<b>Course Leader</b>	Dr Lucie Brittain	
<b>To Book a Place Email</b>	<a href="mailto:wendy.buch@nhs.net">wendy.buch@nhs.net</a>	
<b>Places Available</b>	20	
<b>Curriculum Objectives</b>		
<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>		
<b>Course Outline</b>		
09.00 – 09.30	Registration	
09.30 – 09.50	Why GP & the application process	<i>GP Tutor, Careers &amp; Recruitment, Y&amp;H LETB</i>
09.50 – 10.10	Structure & Organisation of GP training	<i>GP Tutor, Careers &amp; Recruitment, Y&amp;H LETB</i>
10.10 – 10.30	What it's like to be a trainee	<i>Leadership Fellow</i>
10.30 – 11.00	<b>Coffee</b>	
11.00 – 12.00	Scenarios for selection centre	All
12.00 – 12.30	Feedback, Q&A, close	

**SKILLS**

**Chest Drain Insertion Course**

<b>Dates Available:</b>	Tuesday 8 <sup>th</sup> October 2019 and Tuesday 19 <sup>th</sup> November 2019
<b>Venue:</b>	Postgraduate Centre, Scarborough
<b>Course Leader:</b>	
<b>To Book a Place Email:</b>	<a href="mailto:Victoria.Spencer@YORK.NHS.UK">Victoria.Spencer@YORK.NHS.UK</a>
<b>Places Available:</b>	8
<b>Curriculum Objectives:</b>	
Section 3 - Clinical care Section 4 – Safety & Quality	
<b>Course Outline</b>	
<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"> <li>1) Identify indications to require a chest drain</li> <li>2) Identify Landmarks for insertion and areas to avoid and why</li> <li>3) Identify when to insert Seldinger for small spontaneous pneumothorax or open method for trauma and why</li> <li>4) Thorough understanding of the procedure for insertion using Seldinger technique</li> <li>5) Thorough understanding of the procedure for insertion using open technique</li> <li>6) How to manage the patient following insertion</li> </ol> <p><b>Please note a £45 deposit, refundable upon arrival, will be required to secure a place on this course</b></p>	

**SPECIALTY**

**Jump into GP**

<b>Dates Available</b>	<b>Monday 14<sup>th</sup> October 2019 (Half Day Course)</b>		
<b>Venue</b>	Bassetlaw Hospital		
<b>Course Leader</b>	Dr Lucie Brittain		
<b>To Book a Place Email</b>	<a href="mailto:jill.martin11@nhs.net">jill.martin11@nhs.net</a>		
<b>Places Available</b>	14		
<b>Curriculum Objectives</b>			
<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>			
<b>Course Outline</b>			
09.00 – 09.30	Registration		
09.30 – 09.50	Why GP & the application process	<i>GP Tutor, Careers &amp; Recruitment, Y&amp;H LETB</i>	
09.50 – 10.10	Structure & Organisation of GP training	<i>GP Tutor, Careers &amp; Recruitment, Y&amp;H LETB</i>	
10.10 – 10.30	What it's like to be a trainee	<i>Leadership Fellow</i>	
10.30 – 11.00	<b>Coffee</b>		
11.00 – 12.00	Scenarios for selection centre	All	
12.00 – 12.30	Feedback, Q&A, close		

SKILLS

**Ultrasound Course**

<b>Dates Available:</b>	Tuesday 22 <sup>nd</sup> October 2019 and Wednesday 23 <sup>rd</sup> October 2019
<b>Venue:</b>	Postgraduate Centre, Scarborough
<b>Course Leader:</b>	
<b>To Book a Place Email:</b>	<a href="mailto:Victoria.Spencer@YORK.NHS.UK">Victoria.Spencer@YORK.NHS.UK</a>
<b>Places Available:</b>	8
<b>Curriculum Objectives:</b>	
Section 3 - Clinical care Section 4 – Safety & Quality	
<b>Course Outline</b>	
<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 &amp; FAST (Focussed Abdominal Ultrasound for Trauma).</p> <p>The course will cover:</p> <ul style="list-style-type: none"> <li>• How to achieve competency</li> <li>• the Physics of Ultrasound</li> <li>• setting and using the machine ('Knobology')</li> <li>• vascular access, both peripheral and central using Ultrasound for guidance</li> <li>• Use of Ultrasound in ALS: simple Echo</li> <li>• Measurement of the Aorta</li> <li>• principles and procedure of FAST</li> </ul> <p><b>Please note a £45 deposit, refundable upon arrival, will be required to secure a place on this course</b></p>	

**SPECIALTY**

**GP Patient Scenario Preparation for the F2**

<b>Dates Available:</b>	<b>Thursday 24<sup>th</sup> October 2019</b>
<b>Venue:</b>	Education Centre, Doncaster Royal Infirmary
<b>Course Leader:</b>	
<b>To Book a Place Email:</b>	<a href="mailto:dbth.medicaleducation@nhs.net">dbth.medicaleducation@nhs.net</a>
<b>Places Available:</b>	30
<b>Curriculum Objectives:</b>	
1 Professionalism	2 Relationship and communication with patient
4 Ethical and Legal Issues	6 Maintaining good medical practice
7 Good clinical care	11 Investigations
<b>Course Outline</b>	
<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**

<b>Dates Available</b>	Monday 28 <sup>th</sup> October 2019, Monday 9 <sup>th</sup> December 2019, Wednesday 8 <sup>th</sup> January 2020, Thursday 6 <sup>th</sup> February 2020, Thursday 20 <sup>th</sup> February 2020 and Wednesday 18 <sup>th</sup> March 2020
<b>Venue</b>	Resuscitation Training Room, Harrogate District Hospital
<b>Course Leader</b>	Paula De Souza - Service Lead for Resuscitation
<b>To Book a Place Email</b>	<a href="mailto:resuscitation@hdfn.nhs.uk">resuscitation@hdfn.nhs.uk</a>
<b>Places Available</b>	12 Per Session
<b>Curriculum Objectives</b>	
<p><b>Good clinical care</b> Recognises when patient safety is at risk and institutes changes to reduce risk; Plans appropriate strategies for investigation and management</p> <p><b>Recognition and management of the acutely ill patient</b> 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><b>Resuscitation and end of life care</b> 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>	
<b>Course Outline</b>	
<p><b>Learning outcomes</b></p> <p>The PILS course teaches the knowledge and skills to:</p> <ul style="list-style-type: none"> <li>• understand the structured ABCDE approach that facilitates rapid recognition of seriously ill children;</li> <li>• provide appropriate initial treatment interventions to prevent cardiorespiratory arrest;</li> <li>• treat children in respiratory or cardiorespiratory arrest until the arrival of a resuscitation team or more experienced assistance;</li> <li>• promote active membership of a paediatric resuscitation team</li> </ul> <p>For further details see link below:  <a href="https://www.resus.org.uk/information-on-courses/paediatric-immediate-life-support/">https://www.resus.org.uk/information-on-courses/paediatric-immediate-life-support/</a></p>	



**SPECIALTY**

**Introduction to Anaesthesia**

<b>Dates Available</b>	<b>Thursday 31<sup>st</sup> October 2019 (FULLY BOOKED) and Thursday 28<sup>th</sup> November 2019 (FULLY BOOKED)</b>
<b>Venue</b>	Medical Education, Harrogate District Hospital
<b>Course Leader</b>	Dr William Peat - F2 FTPD and Consultant Anaesthetist
<b>To Book a Place</b>	<a href="mailto:tomarjomandi@doctors.org.uk">tomarjomandi@doctors.org.uk</a>
<b>Places Available</b>	12
<b>Curriculum Objectives</b>	
<ul style="list-style-type: none"> <li>• To understand the basic principles of anaesthesia, the different techniques available and the basic functions of an anaesthetic machine</li> <li>• To recognise the important aspects of pre-operative assessment with particular focus on assessment of the airway</li> <li>• To improve basic airway skills and be introduced to more advanced airway procedures</li> <li>• To understand the basic concepts and practical aspects of regional anaesthesia</li> <li>• To recognise the role of the anaesthetist in areas outside the operating theatre</li> </ul>	
<b>Course Outline</b>	
<p><b>Introduction: The basics of anaesthesia</b> - methods of anaesthesia, safety in anaesthesia, risks and complications of anaesthesia</p> <p><b>The anaesthetic machine</b> – basic components and their function, safety features</p> <p><b>Pre-operative assessment</b> – history and examination, important aspects to focus on, consent for anaesthesia</p> <p><b>Assessment and management of the airway</b> – history and examination for assessing the airway, predictors of a difficult airway, planning for a difficult airway, difficult airway guidelines</p> <p><b>Practical session: Airway skills</b></p> <ul style="list-style-type: none"> <li>• Basic airway skills – bag mask ventilation, simple airway adjuncts, laryngeal mask airways, intubation skills</li> <li>• Advanced airway skills – Airtraq, videolaryngoscopes, fiberoptic scopes</li> <li>• Rescue airway skills – needle/surgical cricothyrotomy</li> </ul> <p><b>Regional Anaesthesia</b> – types and approaches to regional anaesthesia, advantages and disadvantages, risks and complications</p> <p><b>Practical session: Regional anaesthesia</b></p> <ul style="list-style-type: none"> <li>• Spinals and epidurals</li> <li>• Ultrasound anatomy of peripheral nerves and nerve plexuses</li> <li>• Fascia Iliaca Block</li> </ul> <p><b>Other areas of anaesthesia</b> – specialist areas of anaesthesia, Intensive care medicine, Pain medicine, Prehospital medicine, Transfer medicine and Perioperative medicine</p> <p><b>Training and career</b> - application tips, training paths, career progression and exams</p> <p><b>Please note a £45 deposit, refundable upon arrival, will be required to secure a place on this course.</b></p>	

**SPECIALTY**

**Jump into GP**

<b>Dates Available</b>	<b>Monday 4<sup>th</sup> November 2019 (Half Day Course)</b>		
<b>Venue</b>	Hull Royal Infirmary		
<b>Course Leader</b>	Dr Lucie Brittain		
<b>To Book a Place Email</b>	<a href="mailto:Pam.Lewis@hey.nhs.uk">Pam.Lewis@hey.nhs.uk</a>		
<b>Places Available</b>	25		
<b>Curriculum Objectives</b>			
<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>			
<b>Course Outline</b>			
09.00 – 09.30	Registration		
09.30 – 09.50	Why GP & the application process	<i>GP Tutor, Careers &amp; Recruitment, Y&amp;H LETB</i>	
09.50 – 10.10	Structure & Organisation of GP training	<i>GP Tutor, Careers &amp; Recruitment, Y&amp;H LETB</i>	
10.10 – 10.30	What it's like to be a trainee	<i>Leadership Fellow</i>	
10.30 – 11.00	<b>Coffee</b>		
11.00 – 12.00	Scenarios for selection centre	All	
12.00 – 12.30	Feedback, Q&A, close		

**SPECIALTY**

**Jump into GP**

<b>Dates Available</b>	<b>Wednesday 6<sup>th</sup> November 2019 – Half Day Course</b>
<b>Venue</b>	Scarborough Postgraduate Education Centre
<b>Course Leader</b>	Dr Lucie Brittain
<b>To Book a Place Email</b>	<a href="mailto:Victoria.Spencer@york.nhs.uk">Victoria.Spencer@york.nhs.uk</a>
<b>Places Available</b>	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**

<b>Dates Available</b>	<b>Friday 8<sup>th</sup> November 2019</b>
<b>Venue</b>	Rotherham Hospital - Post Grad Centre
<b>Course Leader</b>	Dr Arthita Das
<b>To Book a Place Email</b>	<a href="mailto:zoe.woodhead@nhs.net">zoe.woodhead@nhs.net</a>
<b>Places Available</b>	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**

<b>Dates Available</b>	<b>Tuesday 10<sup>th</sup> December 2019</b>
<b>Venue</b>	Calderdale Royal Hospital
<b>Course Leader</b>	Dr Agnieszka Wozniak
<b>To Book a Place</b>	<a href="mailto:Sobia.Murtaza@cht.nhs.uk">Sobia.Murtaza@cht.nhs.uk</a>
<b>Places Available</b>	20
<b>Curriculum Objectives</b>	
<p><b>Aims and Objectives</b></p> <ul style="list-style-type: none"> <li>• To help foundation year doctors better understand what a career in anaesthesia can involve.</li> <li>• To build upon basic understanding of anaesthetic methods, Pre-operative assessment and the importance of safety in anaesthetics</li> <li>• To improve basic airway skills and to show some more advance airway techniques through lecture and practical skills teaching.</li> <li>• To gain an understanding and some experience of practical skills common to anaesthesia.</li> <li>• To improve understanding of the application and training process</li> </ul>	
<b>Course Outline</b>	
<p>Anaesthetics Bridging the Gap Day CHFT December 2019</p> <p>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.</p> <p>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</p>	

SKILLS

**Core Surgical Training Interview Preparation Course**

<b>Dates Available</b>	<b>Friday 20<sup>th</sup> December 2019</b>
<b>Venue</b>	Postgraduate Centre, LGI
<b>Course Leader</b>	Ritika Rampal / Sam King
<b>To Book a Place Email</b>	<a href="mailto:Ritika.rampal1@nhs.net">Ritika.rampal1@nhs.net</a> <a href="mailto:Sam.king@doctors.org.uk">Sam.king@doctors.org.uk</a>
<b>Places Available</b>	16
<b>Curriculum Objectives</b>	
<ul style="list-style-type: none"> <li>Keeps practice up to date through learning and teaching (FPC 4)</li> <li>Demonstrates engagement in career planning (FPC 5)</li> </ul>	
<b>Course Outline</b>	
<p>Objectives: to better prepare foundation year doctors in Y&amp;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

<b>Dates Available</b>	Friday 10 <sup>th</sup> January 2020 – <b>Half day course (1 in am, 1 in pm)</b> Friday 24 <sup>th</sup> January 2020 – <b>Half day course (1 in am, 1 in pm)</b>
<b>Venue</b>	Huddersfield Royal Infirmary
<b>Course Leader</b>	Dr Paul Jarvis, Mr Neeraj Bhasin and Ruth Mason
<b>To Book a Place Email</b>	<a href="mailto:Sobia.murtaza@cht.nhs.uk">Sobia.murtaza@cht.nhs.uk</a>
<b>Places Available</b>	Maximum of 9 trainees per session <b>This is a half day course, AM &amp; PM</b>
<b>Curriculum Objectives</b>	
<ul style="list-style-type: none"> <li>• To ensure legal and ethical framework related to consent is outlined to trainees</li> <li>• For trainees to gain an understanding of consent from the patient’s perspective</li> <li>• For trainees to gain an understanding of consent for children</li> <li>• To gain an understanding of trainees concerns regarding consent issues</li> </ul>	
<b>Course Outline</b>	
<p>The programme will be split into 7 distinct sessions:</p> <ul style="list-style-type: none"> <li>• <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.</li> <li>• <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.</li> <li>• <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.</li> <li>• <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.</li> </ul> <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)**

<b>Dates Available</b>	Monday 13 <sup>th</sup> January 2020 and Monday 17 <sup>th</sup> February 2020
<b>Venue</b>	York Hospital
<b>Course Leader</b>	Victoria Smith
<b>To Book a Place Email</b>	<a href="mailto:Victoria.SmithMEC@york.nhs.uk">Victoria.SmithMEC@york.nhs.uk</a>
<b>Places Available</b>	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

**Time Management (SOSSLED)**

<b>Dates Available</b>	<b>Monday 13<sup>th</sup> January 2020</b>
<b>Venue</b>	York Hospital (Education Centre, Classroom 2)
<b>Course Leader</b>	Dominic Crocombe
<b>To Book a Place Email</b>	<a href="mailto:Dominic.crocombe@york.nhs.uk">Dominic.crocombe@york.nhs.uk</a> <a href="mailto:d.crocombe@doctors.org.uk">d.crocombe@doctors.org.uk</a>
<b>Places Available</b>	40
<b>Curriculum Objectives</b>	
<p>Within the hospital setting, a third of people are undernourished on admission and often become malnourished during their hospital stay.</p> <p>The aims of the workshop are to equip participants to be able to:</p> <ul style="list-style-type: none"> <li>• Describe the common problems of nutritional care in hospitals and public health;</li> <li>• Have an orientation to the use of appropriate screening tools to detect clinical malnutrition;</li> <li>• Begin to discuss basic nutrition interventions, before appropriate onward referral to specialists where necessary;</li> <li>• Understand the broader pathways of referral for nutrition services between primary and secondary care.</li> </ul>	
<b>Course Outline</b>	
<p>In the past this has been run as a half-day. It will use an MDT format with dietitians, doctors and other healthcare professionals present.</p> <p>Start times are estimates at this point. <b>**Subject to change**</b>.</p> <p>09:00 Introduction &amp; outline</p> <p>09:15 Scope of nutrition in practice: history, present and future</p> <p>09:45 Practical exercise 1. Practical group session, discussion and task-based.</p> <p>10:15 break</p> <p>10:30 Nutrition screening and clinical history taking</p> <p>11:00 Practical exercise 2.</p> <p>11:30 break</p> <p>11:45 Nutrition in disease. Exploring the nutritional requirements and considerations of specific medical conditions.</p> <p>12:15 Practical exercise 3.</p> <p>12:45 End of session. Final questions and discussion.</p> <p>13:00 Focus group/feedback session</p>	

**SPECIALTY**

**Ophthalmology Training Day**

<b>Dates Available</b>	<b>Monday 13<sup>th</sup> January 2020</b>
<b>Venue</b>	Calderdale Royal Hospital
<b>Course Leader</b>	Dr Rehna Khan - Consultant Ophthalmologist
<b>To Book a Place Email</b>	<a href="mailto:Sobia.murtaza@cht.nhs.uk">Sobia.murtaza@cht.nhs.uk</a>
<b>Places Available</b>	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

**SPECIALTY**

**Paediatric Emergencies**

<b>Dates Available</b>	<b>Thursday 16<sup>th</sup> January 2020 and Thursday 20<sup>th</sup> February 2020</b>
<b>Venue</b>	Leeds Clinical Practice Centre, Ashley wing, St James University Hospital, Beckett Street, Leeds LS9 7TF
<b>Course Leader</b>	Dr Hooman Jafari
<b>To Book a Place Email</b>	<a href="mailto:Foundationadmin.ltht@nhs.net">Foundationadmin.ltht@nhs.net</a>
<b>Places Available</b>	Maximum number of trainees per session 10
<b>Curriculum Objectives</b>	
<ul style="list-style-type: none"> <li>• Designed to cover the initial management of a range of Paediatric Emergencies.</li> <li>• 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.</li> </ul>	
<b>Course Outline</b>	
<p>The programme will cover the following</p> <ul style="list-style-type: none"> <li>• Airway problems</li> <li>• Breathing problems</li> <li>• Circulatory insufficiency</li> <li>• Neurological problems</li> <li>• Know when to call for help</li> <li>• Be able to initiate emergency management of a patient until help arrives</li> <li>• Be able to give a SBAR handover</li> <li>• Develop an awareness of Human Factors</li> </ul>	

SKILLS

**Surgical Skills Day**

<b>Dates Available</b>	<b>Friday 17<sup>th</sup> January 2020 (FULLY BOOKED)</b>
<b>Venue</b>	Medical Education Centre, Barnsley
<b>Course Leader</b>	Dr Helen Please, Dr Lawrence Majkowski and Dr Samuel Green
<b>To Book a Place Email</b>	<a href="mailto:tony.whitelam@nhs.net">tony.whitelam@nhs.net</a>
<b>Places Available</b>	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
<b>Refreshments</b>
Further practice and common problems
<b>Lunch</b>
Excision biopsy
Opening an Abdomen
<b>Refreshments</b>
Introduction to Laparoscopy
Preparing your CV for Core Surgical Interviews
Collaborative Surgical Research
Feedback and close

**SPECIALTY**

**End of Life / Frailty**

<b>Dates Available</b>	<b>Friday 24<sup>th</sup> January 2020 (FULLY BOOKED), Friday 8<sup>th</sup> May 2020 (CANCELLED)</b>
<b>Venue</b>	Medical Education Centre, Barnsley
<b>Course Leader</b>	Dr Vedder – End of Life Mr Madi – Frailty
<b>To Book a Place Email</b>	<a href="mailto:tony.whitelam@nhs.net">tony.whitelam@nhs.net</a>
<b>Places Available</b>	20
<b>Curriculum Objectives</b>	
<p><b>End of Life session will cover</b></p> <ul style="list-style-type: none"> <li>• Advanced care planning; when is it appropriate to do this, having ACP discussions including discussion about DNACPR and issues around feeding and hydration</li> <li>• Role of specialist palliative care and accessing services</li> <li>• Recognising dying and appropriate management and communication in the context</li> <li>• Focus on feeding and hydration, and use of medication that may be sedative</li> </ul> <p><b>Frailty session will cover</b></p> <ul style="list-style-type: none"> <li>• What is frailty?</li> <li>• Most common geriatric presentations</li> <li>• What is Comprehensive Geriatric Assessment? What is the evidence?</li> <li>• Frailty Care Models - the role of ambulatory care</li> <li>• A patient story</li> <li>• A career in Geriatrics</li> </ul> <p>The topics will be covered by the team - Dr Madi/Dr Rycroft and ANP Alyson Ripley</p>	
<b>Course Outline</b>	
<p><b>Morning session – End of Life</b></p> <ul style="list-style-type: none"> <li>• Advanced care planning and DNACPR decision-making</li> <li>• Group-work</li> <li>• Recognising dying and care in last days of life</li> </ul> <p><b>Afternoon session – Frailty</b></p> <ul style="list-style-type: none"> <li>• Introduction to Frailty</li> </ul>	

**SPECIALTY**

**Basic Principles in Trauma & Orthopaedics**

<b>Dates Available</b>	<b>Monday 10<sup>th</sup> February 2020 (FULLY BOOKED)</b>
<b>Venue</b>	Medical Education Centre, Barnsley
<b>Course Leader</b>	Mr A Bhosale Dr A Daoub
<b>To Book a Place Email</b>	<a href="mailto:tony.whitelam@nhs.net">tony.whitelam@nhs.net</a>
<b>Places Available</b>	20
<b>Curriculum Objectives</b>	
Basic Principles of Trauma and Orthopaedics	
<b>Course Outline</b>	
<p>Topics covered will be</p> <ol style="list-style-type: none"> <li>1) Manipulation of fractures – Colles and ankle fractures</li> <li>2) Joint aspirations and injections</li> <li>3) Application of Thomas’ splint</li> <li>4) Basic principles of arthroscopy</li> <li>5) Internal fixation of fracture with plating- The Lag principle—Hands-on saw bones</li> <li>6) Tendon repair</li> <li>7) Interpretation of Trauma radiographs</li> <li>8) Assessment of polytrauma patients- Orthopaedic perspective</li> <li>9) Principles of reduction of dislocated joints—ankle, shoulder, elbow, hip</li> <li>10) Plastering techniques</li> </ol>	

**SKILLS**

**Chest Drain**

<b>Dates Available</b>	<p>Thursday 13<sup>th</sup> February 2020 (<b>FULLY BOOKED</b>), Thursday 12<sup>th</sup> March 2020 (<b>FULLY BOOKED</b>), Tuesday 17<sup>th</sup> March 2020, (<b>FULLY BOOKED</b>) Friday 1<sup>st</sup> May 2020 (<b>FULLY BOOKED</b>) and Thursday 7<sup>th</sup> May 2020</p> <p><b>Please note, all above courses are half days.</b></p>
<b>Venue</b>	Suture Centre, Castle Hill Hospital
<b>Course Leader</b>	Dr Joshil Lodhia
<b>To Book a Place Email</b>	<a href="mailto:Foundation.Year2@hey.nhs.uk">Foundation.Year2@hey.nhs.uk</a>
<b>Places Available</b>	12
<b>Curriculum Objectives</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> Understand the indications for a chest drain</li> <li><input type="checkbox"/> Be able to insert a surgical and a Seldinger chest drain</li> <li><input type="checkbox"/> Know the complications related to chest drain insertion</li> <li><input type="checkbox"/> Be able to make decisions related to drain management</li> </ul>	
<b>Course Outline</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> Introductions and presentations about indications of chest drains (Inc. BTS guidelines).</li> <li><input type="checkbox"/> Presentation about the complications of chest drains</li> <li><input type="checkbox"/> Presentation describing the procedure (Inc. surgical and Seldinger)</li> <li><input type="checkbox"/> Practical session in pairs with pig half chest walls.</li> <li><input type="checkbox"/> Final presentation regarding chest drain management (when to consider suction/ drain removal)</li> </ul>	

**SPECIALTY**

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

<b>Dates Available</b>	Friday 21 <sup>st</sup> February 2020
<b>Venue</b>	Hull Medical Education Centre
<b>Course Leader</b>	Helen Collinson / Ian Wilson
<b>To Book a Place Email</b>	<a href="mailto:Foundation.Year2@hey.nhs.uk">Foundation.Year2@hey.nhs.uk</a>
<b>Places Available</b>	20
<b>Curriculum Objectives</b>	
<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>	
<b>Course Outline</b>	
<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          Online 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><b>Feedback from previous delegates included:</b>          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**

<b>Dates Available</b>	<b>Wednesday 4<sup>th</sup> March 2020</b>
<b>Venue</b>	Calderdale Royal Hospital
<b>Course Leader</b>	Dr Mary Kiely - Palliative Medicine Consultant
<b>To Book a Place Email</b>	<a href="mailto:Sobia.murtaza@cht.nhs.uk">Sobia.murtaza@cht.nhs.uk</a>
<b>Places Available</b>	60

**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

SKILLS

**Clinical Skills**

<b>Dates Available</b>	<b>Friday 6<sup>th</sup> March 2020</b>
<b>Venue</b>	Education Centre, Diana, Princess of Wales Hospital, Grimsby
<b>Course Leader</b>	Michael Spall
<b>To Book a Place Email</b>	<a href="mailto:Michael.spall@nhs.net">Michael.spall@nhs.net</a>
<b>Places Available</b>	Maximum of 25 trainees per session
<b>Curriculum Objectives</b>	
<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"> <li>• Lumber puncture</li> <li>• Insertion of Laryngeal Mask and Endotracheal Tube</li> <li>• Insertion of Central Venous Pressure line</li> <li>• Peripheral intravenous access and blood gas sample using Ultrasound machine</li> </ul>	
<b>Course Outline</b>	
<p><b>Morning Session</b>  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><b>Afternoon Session</b>  Lecture on CVP insertion and Airway Management  Hands-on session in CVP insertion and practice using Airway adjuncts</p>	

**SPECIALTY**

**Public Health Taster Day**

<b>Dates Available</b>	<b>Wednesday 11<sup>th</sup> March 2020</b>
<b>Venue</b>	Blenheim House, LEEDS, LS1 4PL
<b>Course Leader</b>	Suzi Coles – Public Health England
<b>To Book a Place Email</b>	<a href="mailto:christine.jones@phe.gov.uk">christine.jones@phe.gov.uk</a>
<b>Places Available</b>	30
<b>Curriculum Objectives</b>	
<p>This taster day aims to provide participants with an introduction to the range of</p> <ul style="list-style-type: none"> <li>a) Public Health Services, and</li> <li>• b) Career/development opportunities in public health available across Yorkshire and Humber.</li> </ul>	
<b>Course Outline</b>	
<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>	

**SKILLS**

**Surgical Skills Day**

<b>Dates Available</b>	<b>Friday 20<sup>th</sup> March 2020 &amp; Tuesday 14<sup>th</sup> April 2020</b>
<b>Venue</b>	Suture Centre, Castle Hill Hospital
<b>Course Leader</b>	Dr Joshil Lodhia
<b>To Book a Place Email</b>	<a href="mailto:Foundation.Year2@hey.nhs.uk">Foundation.Year2@hey.nhs.uk</a>
<b>Places Available</b>	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**

<b>Dates Available:</b>	Thursday 26 <sup>th</sup> March 2020 and Friday 27 <sup>th</sup> March 2020  <b>You must be able to attend both days. This is a 2-day course but will only count as 1 Bridging the Gap session.</b>
<b>Venue:</b>	LIMIT Suite, 3rd Floor, Chancellor's Wing, St James's University Hospital
<b>Course Leader:</b>	Mr Shekhar Biyani
<b>To Book a Place Email:</b>	<a href="mailto:deborah.warden1@nhs.net">deborah.warden1@nhs.net</a>
<b>Places Available:</b>	24
<b>Curriculum Objectives:</b>	
<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>	
<b>Course Outline</b>	
<p><b>Urology Skills</b> Circumcision, Suprapubic Catheterisation, Acute Scrotum and Scrotal fixation and Scrotal Examination</p> <p><b>General and Vascular Surgery Skills</b> Laparoscopic Appendicectomy Small Bowel Anastomosis, Formation Ileostomy, Open Hernia repair and Vascular vein patch.</p> <p><b>Orthopaedic Skills</b> 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**

<b>Dates Available</b>	<b>Thursday 16<sup>th</sup> April 2020</b>
<b>Venue</b>	Royal Hallamshire Hospital, Glossop Road, Sheffield, S10 2JF
<b>Course Leader</b>	Dr Ajay Rainhat and Dr Shalini Kurian
<b>To Book a Place Email</b>	<a href="mailto:rachel.titterton@sth.nhs.uk">rachel.titterton@sth.nhs.uk</a>
<b>Places Available</b>	28

**Curriculum Objectives**

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.

**Course Outline**

08:30 - 9:00: Coffee and Registration

9:00 – 09:15: Introduction

09:15 - 09:35: Anatomy of Vascular Access

09:35 - 10:00: Basics of CVS Physiology

10:00 – 10:35: A Career in Intensive Care Medicine

10:35 – 10:50 Coffee Break

10:50 – 11:20 Basics of Echocardiography

11:20 – 11:35: Shock case studies

11:35 - 12:30: LUNCH

You will be split into 4 groups who will rotate through the following stations:

12:30 – 15:15

Station 1 (Echocardiography)

Station 2 (Central line insertion/Vascular Access)

Station 3 (Airways/cricothyroidotomy)

Station 4 (Spinal/Lumbar Puncture + ORSIM airway simulator)

15:15 - 15:25: Coffee Break

15:25 - 16:15: Station 4: Simulation Scenario

16:15-16:30: Questions, Feedback and Close