

HEE YH Foundation School

Bridging the Gap Course Booklet

August 2020 – August 2021



Contents

Date	Course Title	Location	Places	Page No.
22.09.2020	Introduction to Emergency Medicine (FULLY BOOKED)	Bradford	12	4
28.09.2020	Jump into GP	Virtual (Zoom)	300	5
07.10.2020	Resuscitation PILS Course	Harrogate	12	6
12.10.2020	Jump into GP	Virtual (Zoom)	300	5
13.10.2020	Chest Drain Insertion (FULLY BOOKED)	Scarborough	8	7
15.10.2020	Introduction to Emergency Medicine (FULLY BOOKED)	Bradford	12	4
20.10.2020	Ultrasound (FULLY BOOKED)	Scarborough	8	8
21.10.2020	Ultrasound (FULLY BOOKED)	Scarborough	8	8
29.10.2020	GP Patient Scenario Preparation (CANCELLED)	Doncaster	15	9
04.11.2020	Jump into GP (CANCELLED)	Scarborough	25	10
05.11.2020	Chest Drain Insertion (FULLY BOOKED)	Scarborough	8	7
13.11.2020	Bridging the Gap – Psychiatry	Leeds (Virtual)	50	11
15.01.2021	Sossled – Time Management (FULLY BOOKED)	York	10	12
26.11.2020	Resuscitation PILS Course (FULLY BOOKED)	Harrogate	12	6
21.01.2021	End of Life Course	Barnsley	9	13
28.01.2021	Resuscitation PILS Course (FULLY BOOKED)	Harrogate	12	6
28.01.2021	Paediatric Emergencies	Leeds	6	14
10.02.2021	Resuscitation PILS Course (FULLY BOOKED)	Harrogate	12	6
11.02.2021	Sossled – Time Management (FULLY BOOKED)	York	10	12
11.02.2021	Chest Drain (FULLY BOOKED)	Hull	12	15
17.02.2021	Resuscitation PILS Course (FULLY BOOKED)	Harrogate	12	6
19.02.2021	Frailty Course (FULLY BOOKED)	Barnsley	15	16
25.02.2021	Chest Drain (FULLY BOOKED)	Hull	12	15
26.02.2021	Chest Drain (FULLY BOOKED)	Hull	12	15
12.03.2021	Frailty Course (FULLY BOOKED)	Barnsley	15	16
16.03.2021	Chest Drain (FULLY BOOKED)	Hull	12	15
18.03.2021	Paediatric Emergencies	Leeds	6	14

Health Education England

20.03.2021	Bridging the Gap – Psychiatry	Leeds (Virtual)	50	11
26.03.2021	Surgical Skills (FULLY BOOKED)	Hull	20	17
13.04.2021	Surgical Skills (FULLY BOOKED)	Hull	20	17
23.04.2021	Clinical Skills & Interventions (CSI) Course (FULLY BOOKED)	Barnsley	9	18
06.05.2021	End of Life Course	Barnsley	9	13
06.05.2021	Essential Surgical Skills	Leeds	12	19
07.05.2021	Essential Surgical Skills	Leeds	12	19
11.06.2021	Clinical Skills & Interventions (CSI) Course (FULLY BOOKED)	Barnsley	9	18

SPECIALTY

Introduction to Emergency Medicine

Dates Available	Tuesday 22 nd September 2020 and Thursday 15 th October 2020 (FULLY BOOKED)
Venue	Simulation Centre, Field House, Bradford Royal Infirmary
Course Leader	Shafi Khan & Michaela Blood - Emergency Medicine Consultants
To Book a Place	https://www.bradfordeducationandtraining.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 thoracentesis, cardioversion, intraosseous access, FAST (USS) scanning, procedural sedation. • Increase awareness of human factors and patient safety. • Describe the transition from Foundation Trainee to Specialty Trainee to Consultant 	

SPECIALTY

Jump into GP

Dates Available	Monday 28th September 2020 and Monday 12th October 2020 (Half Day Courses)	
Venue	Virtually (via Zoom)	
Course Leader	Dr Lucie Brittain, Dr Bruno Rushforth, Dr David Rose	
To Book a Place	Bruno.rushforth@hee.nhs.uk	
Places Available	300 Maximum	
Curriculum Objectives		
<ul style="list-style-type: none"> • Learn how to apply to GP • Understand what life as a GP is like • Understand what is involved in the training • Consider career opportunities in general practice • Identify key skills examined in selection centre 		
Details:		
28th September		
Join Zoom Meeting https://zoom.us/j/92935275233		
Meeting ID: 929 3527 5233		
12th October		
Join Zoom Meeting https://zoom.us/j/99955367370		
Meeting ID: 999 5536 7370		
09.15 – 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	Q+A	
10.30-10.45	Coffee/Energiser!	
10.45 – 11.15	What it is like to be a trainee, Q+A	<i>Leadership Fellow</i>
11.15 – 12.00	Scenarios for selection centre	<i>All</i>
12.00 – 12.15	Feedback, Q&A, close	

SKILLS

Resuscitation Council (UK) Paediatric Immediate Life Support

Dates Available	Wednesday 7th October 2020, Thursday 26th November 2020 (FULLY BOOKED), Wednesday 6th January 2021 (FULLY BOOKED), Thursday 28th January 2021 (FULLY BOOKED), Wednesday 10th February 2021 (FULLY BOOKED) and Wednesday 17th February 2021 (FULLY BOOKED)
Venue	Resuscitation Training Room, Harrogate District Hospital
Course Leader	Paula De Souza - Service Lead for Resuscitation
To Book a Place Email	resuscitation@hdfh.nhs.uk
Places Available	12 Per Session
Curriculum Objectives	
<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>	

Chest Drain Insertion Course

Dates Available:	Tuesday 13 th October 2020 and Thursday 5 th November 2020 (FULLY BOOKED)
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>	

SKILLS

Ultrasound Course

Dates Available:	Tuesday 20th October 2020 (FULLY BOOKED) and Wednesday 21st October 2020 (FULLY BOOKED)
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 29th October 2020 (Half day course) (CANCELLED)
Venue:	Education Centre, Doncaster Royal Infirmary
Course Leader:	
To Book a Place Email:	dbth.medicaleducation@nhs.net
Places Available:	30
Curriculum Objectives:	
<p>Professionalism</p> <p>Relationship and communication with patient</p> <p>Ethical and Legal Issues</p> <p>Maintaining good medical practice</p> <p>Good clinical care</p> <p>Investigations</p>	
Course Outline	
<p>This half day session is for the F2 trainee planning to apply for GP training.</p> <p>This session will prepare them as to what can be expected at the Patient Scenario section of the interview process.</p> <p>The session will use scenarios involving the F2 trainees in the role of GP, Patient and Assessor in an informative and extremely interactive session. But in an informal and approachable environment.</p>	

SPECIALTY

Jump into GP

Dates Available	Wednesday 4 th November 2015 (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	
<ul style="list-style-type: none"> • To understand the application process • To understand the structure and organisation of GP training • To gain insight on life as a trainee • To understand why General Practice is different • To gain insight on life after GP training scheme • To gain insight into communication skills 	
Course Outline	
<p>Arrival/registration Changes to Recruitment process Life as a trainee Selection Centre Scenarios for selection centre. Q+A</p>	

CANCELLED

SPECIALTY

Bridging the Gap – Psychiatry

Dates Available	Friday 13th November 2020 (Half Day Course) Friday 20th March 2021 (Half Day Course)
Venue	Virtual – Microsoft Teams
Course Leader	Vikram Luthra, Pratibha Nirodi & Arthita Das
To Book a Place Email	vluthra@nhs.net
Places Available	50
Curriculum Objectives	
AM Only (9:15am – 12:45pm)	
<ul style="list-style-type: none"> To experience career talks from Psychiatrists within varying levels of their career and differing sub-specialities and the opportunity to ask them questions To gain help and understanding with the application process for core training in psychiatry. To offer an overview of academic psychiatry and the relevant educational and research opportunities To learn about the non-biological aspects of psychiatry. 	
Course Outline	
<p>Talks to include:</p> <ul style="list-style-type: none"> Why choose Psychiatry as a career and how to apply for CT Mindfulness and resilience Academic psychiatry <p>An opportunity to meet consultants and trainees from different Psychiatric specialities</p> <p>Bitesize Psychiatry sessions-Opportunities to develop understanding around sub-specialities:</p> <ul style="list-style-type: none"> Liaison Psychiatry Forensic Psychiatry Old Age Psychiatry Addictions Psychiatry CAMHS 	

SKILLS

Time Management (SOSSLED)

Dates Available	Friday 15 th January 2021 and Thursday 11 th February 2021 (FULLY BOOKED)
Venue	York Hospital
Course Leader	Victoria Smith
To Book a Place Email	Victoria.SmithMEC@york.nhs.uk
Places Available	10
Curriculum Objectives	
<ul style="list-style-type: none"> • Professionalism • Time management 	
Course Outline	
<p>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</p> <p>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.</p> <p>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.</p> <p>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.</p>	

SPECIALTY

End of Life Course

Dates Available	Thursday 21 st January 2021 and Thursday 6 th May 2021 (Half Day Courses) (FULLY BOOKED)
Venue	Medical Education Centre, Barnsley
Course Leader	Dr Vedder
To Book a Place Email	tony.whitelam@nhs.net
Places Available	9
Curriculum Objectives	
<p>Speakers: Dr Vedder</p> <p>Timings: 10:00am – 1:00pm</p>	
Course Outline	
<p>End of Life session will cover</p> <ul style="list-style-type: none"> • 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 	

SPECIALTY

Paediatric Emergencies

Dates Available	Thursday 28th January 2021 and Thursday 18th March 2021
Venue	Leeds Clinical Practice Centre, Ashley wing, St James University Hospital, Beckett Street, Leeds LS9 7TF
Course Leader	Dr Hooman Jafari
To Book a Place Email	https://www.maxcourse.co.uk/medicaleducationleeds/guestHome.asp - Click on the link, create an account on Maxcourse to book onto the courses. Limited places, waiting list available if courses are full.
Places Available	Maximum number of trainees per session 10
Curriculum Objectives	
<ul style="list-style-type: none"> • Designed to cover the initial management of a range of Paediatric Emergencies. • We use high-tech manikins to simulate paediatric patients and delegates will have the opportunity to be able to practice a variety of essential skills required to manage paediatric emergencies. 	
Course Outline	
<p>The programme will cover the following</p> <ul style="list-style-type: none"> • Airway problems • Breathing problems • Circulatory insufficiency • Neurological problems • Know when to call for help • Be able to initiate emergency management of a patient until help arrives • Be able to give a SBAR handover • Develop an awareness of Human Factors 	

SKILLS

Chest Drain

Dates Available	Thursday 11 th February 2021, Thursday 25 th February 2021, Friday 26 th February 2021 and Thursday 16 th March 2021 (All dates fully booked) Please note, all above courses are half days.
Venue	
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"> · Understand the indications for a chest drain · Be able to insert a surgical and a Seldinger chest drain · Know the complications related to chest drain insertion · Be able to make decisions related to drain management 	
Course Outline	
<ul style="list-style-type: none"> · Introductions and presentations about indications of chest drains (Inc. BTS guidelines). · Presentation about the complications of chest drains · Presentation describing the procedure (Inc. surgical and Seldinger) · Practical session in pairs with pig half chest walls. · Final presentation regarding chest drain management (when to consider suction/ drain removal) 	

SPECIALTY

Frailty Course

Dates Available	Friday 19 th February 2021 (FULLY BOOKED) and Friday 12 th March 2021 (FULLY BOOKED) (Half Day Courses)
Venue	Medical Education Centre, Barnsley
Course Leader	Dr B Madi, Dr W Rycroft and Sister Alyson Ripley
To Book a Place Email	tony.whitelam@nhs.net
Places Available	15
Curriculum Objectives	
<p>Speakers: Dr B Madi, Dr W Rycroft and Sister Alyson Ripley</p> <p>Timings: 1:00pm – 4:00pm</p>	
Course Outline	
<p>What is frailty?</p> <ul style="list-style-type: none"> • 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 	

SKILLS

Surgical Skills Day

Dates Available	Friday 26th March 2021 (Fully Booked) and Tuesday 13th April 2021 (Fully Booked)
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	
<ul style="list-style-type: none"> · 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	
<ul style="list-style-type: none"> · 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 <p>09:00 - 17:00</p>	

SKILLS

Clinical Skills & Interventions (CSI) Course

Dates Available	Friday 23rd April 2021 (Fully Booked) and Friday 11th June 2021 (Fully Booked)
Venue	Medical Education Centre, Barnsley Hospital NHS Foundation Trust
Course Leader	Tony Whitelam
To Book a Place Email	tony.whitelam@nhs.net
Places Available	9
Curriculum Objectives	
<p>The Clinical Skills & Interventions (CSI) Course aims to cover a number of key clinical skills (cannulation, lumbar puncture, assessment of the unwell patient) combined with an introduction to point of care ultrasound (US).</p> <p>By the end of the course you will be able to:</p> <ul style="list-style-type: none"> • Describe basic venous and arterial anatomy of the upper limb • Refine your current peripheral IV Cannulation technique • Explain how ultrasound (US) works and how it can be used clinically to increase venous cannulation success in difficult patients • Demonstrate US guided venous cannulation on Blue Phantom Models in preparation for gaining US guided peripheral IV Cannulation competency • Describe how point of care ultrasound (POCUS) may be used to manage two acutely unwell patients: The Collapsed Patient and The Acutely BreathLess Patient • Describe basic spinal and epidural anatomy relevant to Lumbar Puncture • Refine your current Lumbar Puncture Landmark technique to increase success • Describe how US may assist Lumbar Puncture success in difficult patients 	
Course Outline	
<p>Masks will be worn through by all staff/candidates and COVID social distancing will be maintained</p> <p>Pre-Course Material will be provided prior to Course date</p> <p>Course Structure:</p> <p>08:00-08:30: Introduction & Welcome</p> <p>08:30-10:30: Ultrasound (US) Guided Peripheral IV Cannulation and Access. (2hrs): short lectures and hands on workshop using IV cannulation arm trainer, US machines, blue phantom models.</p> <p>10:30-11:00: Catch up opportunity / Break</p> <p>11:00-12:30: POCUS Case 1: The Acutely Breathless Patient (Introduction to Lung Ultrasound & Deep Vein Thrombus (DVT) Scanning. Introductory lecture followed by Workshop using Ultrasound to scan Volunteers. BodyWorks Eve simulator we hope will be present too. (1.5hrs)</p> <p>12:30-13:15: Lunch (format of Lunch provision will be determined by COVID situation and rules)</p> <p>13:15-14:45: POCUS Case 2: The Acutely Collapsed Patient (Introduction to Basic point of care Echo: Likely Subcostal View only to assess heart global function, rule out pericardial effusion. Introductory lecture followed by Workshop using Ultrasound to scan volunteers. Body works Eve Simulator we hope will be present too. (1.5hrs).</p> <p>14:45-15:00: Break</p> <p>15:00-16:30: Lumbar Puncture (LP) Landmark Technique and US assistance. Lecture followed by workshop on Lumbar Puncture (using back models and volunteers to scan).</p> <p>16:30-17:00: Summary & Close</p>	

SKILLS

Essential Surgical Skills

Dates Available:	Thursday 6 th May 2021 and Friday 7 th May 2021 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:	https://www.maxcourse.co.uk/medicaleducationleeds/guestHome.asp - Click on the link, create an account on Maxcourse to book onto the courses. Limited places, waiting list available if courses are full.
Places Available:	12
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>	