

# **HEE YH Foundation School**

## **Bridging the Gap Course Booklet**

**August 2021 – August 2022**

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**SPECIALTY**

## Introduction to Emergency Medicine

<b>Dates Available</b>	<b>Tuesday 14<sup>th</sup> September 2021 &amp; Thursday 14<sup>th</sup> October 2021</b>
<b>Venue</b>	Simulation Centre, Field House, Bradford Royal Infirmary
<b>Course Leader</b>	Shafi Khan & Michaela Blood - Emergency Medicine Consultants
<b>To Book a Place</b>	<a href="https://www.bradfordeducationandtraining.nhs.uk/">https://www.bradfordeducationandtraining.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 thoracentesis, 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

### Jump into GP

Dates Available	Monday 20 <sup>th</sup> September 2021 & Monday 18 <sup>th</sup> October 2021 (Half Day Courses)	
Venue	Virtually (via Zoom)	
Course Leader	Dr Lucie Brittain, Dr Bruno Rushforth, Dr David Rose	
To Book a Place	<a href="mailto:Bruno.rushforth@hee.nhs.uk">Bruno.rushforth@hee.nhs.uk</a>	
Places Available	300 Maximum	
Curriculum Objectives		
<ul style="list-style-type: none"><li>• Learn how to apply to GP</li><li>• Understand what life as a GP is like</li><li>• Understand what is involved in the training</li><li>• Consider career opportunities in general practice</li><li>• Identify key skills examined in selection centre</li></ul>		
Details:		
09.15 – 09.30	Registration	
09.30 – 09.50	Why GP & the application process	GP Tutor, Careers & Recruitment, Y&H LETB
09.50 – 10.10	Structure & Organisation of GP training	GP Tutor, Careers & Recruitment, Y&H LETB
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	Leadership Fellow
11.15 – 12.00	Scenarios for selection centre	All
12.00 – 12.15	Feedback, Q&A, close	

## SPECIALTY

### Bridging the Gap – Psychiatry

<b>Dates Available</b>	<b>Friday 1<sup>st</sup> October 2021 (AM Only) &amp; Friday 11<sup>th</sup> March 2022 (AM Only)</b>
<b>Venue</b>	Virtual – Microsoft Teams
<b>Course Leader</b>	Vikram Luthra, Pratibha Nirodi, Arthita Das
<b>To Book a Place Email</b>	<a href="mailto:andrewsimscentre.lypft@nhs.net">andrewsimscentre.lypft@nhs.net</a>
<b>Places Available</b>	100
<b>Curriculum Objectives</b>	
<b>AM Only (9:15am – 12:45pm)</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 gain help and understanding with the application process for core training in psychiatry.</li> <li>To offer an overview of academic psychiatry and the relevant educational and research opportunities</li> <li>To learn about the non-biological aspects of psychiatry.</li> </ul>	
<b>Course Outline</b>	
<p>Talks to include:</p> <ul style="list-style-type: none"> <li>Why choose Psychiatry as a career and how to apply for CT</li> <li>Mindfulness and resilience</li> <li>Academic psychiatry</li> </ul> <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"> <li>Liaison Psychiatry</li> <li>Forensic Psychiatry</li> <li>Old Age Psychiatry</li> <li>Addictions Psychiatry</li> <li>CAMHS</li> </ul>	

## SPECIALTY

### Surviving Major Surgery

Dates Available	Monday 18 <sup>th</sup> October 2021 Monday 15 <sup>th</sup> November 2021		
Venue	York Hospital		
Course Leader	Victoria Smith		
To Book a Place Email	<a href="mailto:Victoria.smithMEC@York.nhs.uk">Victoria.smithMEC@York.nhs.uk</a>		
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	Coffee Break		
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	Lunch break		
1300 - 13:30	Session 3:	Analgesia and Pain	
13:30 - 14:10	Ultrasound in anaesthesia		
14:10 - 14:30	Coffee Break		
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			
16:30	Evaluation and close		

SKILLS

## Chest Drain Insertion Course

<b>Dates Available:</b>	<b>Tuesday 26<sup>th</sup> October 2021</b>
<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>	

## SKILLS

### Resuscitation Council (UK) Paediatric Immediate Life Support

<b>Dates Available</b>	Tuesday 28 <sup>th</sup> October 2021, Thursday 2 <sup>nd</sup> December 2021, Wednesday 5 <sup>th</sup> January 2022, Wednesday 26 <sup>th</sup> January 2022, Wednesday 2 <sup>nd</sup> February 2022 & Friday 11 <sup>th</sup> February 2022
<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@hdfh.nhs.uk">resuscitation@hdfh.nhs.uk</a>
<b>Places Available</b>	10 Per Session (6 Places only on 11/02/2022)
<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>	



SKILLS

## Ultrasound Course

<b>Dates Available:</b>	<b>Wednesday 3<sup>rd</sup> November 2021 &amp; Thursday 4<sup>th</sup> November 2021</b>
<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>	

## SKILLS

### Clinical Skills & Interventions (CSI) Course

<b>Dates Available</b>	<b>Tuesday 8<sup>th</sup> February 2022</b> <b>Tuesday 3<sup>rd</sup> May 2022</b>
<b>Venue</b>	Medical Education Centre, Barnsley Hospital NHS Foundation Trust
<b>Course Leader</b>	Dr Steve Lobaz
<b>To Book a Place Email</b>	<a href="mailto:tony.whitelam@nhs.net">tony.whitelam@nhs.net</a>
<b>Places Available</b>	16
<b>Curriculum Objectives</b>	
<p>The Clinical Skills &amp; 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"> <li>• Describe basic venous and arterial anatomy of the upper limb</li> <li>• Refine your current peripheral IV Cannulation technique</li> <li>• Explain how ultrasound (US) works and how it can be used clinically to increase venous cannulation success in difficult patients</li> <li>• Demonstrate US guided venous cannulation on Blue Phantom Models in preparation for gaining US guided peripheral IV Cannulation competency</li> <li>• Describe how point of care ultrasound (POCUS) may be used to manage two acutely unwell patients: The Collapsed Patient and The Acutely BreathLess Patient</li> <li>• Describe basic spinal and epidural anatomy relevant to Lumbar Puncture</li> <li>• Refine your current Lumbar Puncture Landmark technique to increase success</li> <li>• Describe how US may assist Lumbar Puncture success in difficult patients</li> </ul>	
<b>Course Outline</b>	
<p><b><u>PLEASE NOTE: THIS COURSE REQUIRES A £50 DEPOSIT TO BE PAID IN ORDER TO SECURE YOUR PLACE</u></b></p> <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><b>Course Structure: 08:45 – 16:30</b></p> <ol style="list-style-type: none"> <li>1. Introduction &amp; Welcome</li> <li>2. <b>Ultrasound (US) Guided Peripheral IV Cannulation and Access.</b> (2hrs): short lectures and hands on workshop using IV cannulation arm trainer, US machines, blue phantom models.</li> <li>3. Catch up opportunity / Break</li> <li>4. <b>POCUS Case 1: The Acutely Breathless Patient</b> (Introduction to Lung Ultrasound &amp; 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)</li> <li>5. Lunch (format of Lunch provision will be determined by COVID situation and rules)</li> <li>6. <b>POCUS Case 2: The Acutely Collapsed Patient</b> (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).</li> <li>7. Break</li> <li>8. <b>Lumbar Puncture (LP) Landmark Technique and US assistance.</b> Lecture followed by workshop on Lumbar Puncture (using back models and volunteers to scan).</li> </ol>	

## 9. Summary & Close

### SPECIALTY

## Basic Principles in Trauma & Orthopaedics

<b>Dates Available</b>	<b>Monday 7<sup>th</sup> February 2022, 9:00 – 16:00.</b>
<b>Venue</b>	Medical Education Centre, Barnsley
<b>Course Leader</b>	Mr A Bhosale
<b>To Book a Place Email</b>	<a href="mailto:tony.whitelam@nhs.net">tony.whitelam@nhs.net</a>
<b>Places Available</b>	18
<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>	