Health Education England

HEE YH Foundation School

Bridging the Gap Course Booklet

August 2021 – August 2022

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SPECIALTY

Introduction to Emergency Medicine

Dates Available	**Tuesday 14th September 2021 & Thursday 14th October 2021 (FULLY BOOKED)**
Venue	Simulation Centre, Field House, Bradford Royal Infirmary
Course Leader	Shafi Khan & Michaela Blood - Emergency Medicine Consultants
To Book a Place	Email: facilities.administration@bthft.nhs.uk
Places Available	12

Curriculum Objectives

- 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 20th September 2021 & Monday 18th October 2021 (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

- 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:

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

Dates Available	**Friday 15th October 2021 (AM Only) & Friday 11th March 2022 (AM Only)**
Venue	Virtual – Microsoft Teams
Course Leader	Vikram Luthra, Pratibha Nirodi, Arthita Das
To Book a Place Email	andrewsimscentre.lypft@nhs.net
Places Available	100

Curriculum Objectives

AM Only (9:15am – 12:45pm)

- 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

Talks to include:

- Why choose Psychiatry as a career and how to apply for CT
- Mindfulness and resilience
- Academic psychiatry

An opportunity to meet consultants and trainees from different Psychiatric specialities
Bitesize Psychiatry sessions-Opportunities to develop understanding around sub-specialities:

- Liaison Psychiatry
- Forensic Psychiatry
- Old Age Psychiatry
- Addictions Psychiatry
- CAMHS

SPECIALTY

Surviving Major Surgery

Dates Available	**Monday 18th October 2021 (FULLY BOOKED)** **Monday 15th November 2021 (FULLY BOOKED)**
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	*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:	2 x 45 minute sessions, with half group, switching midway.
Cardio-pulmonary Experience Testing Demonstration & Anaesthetic Simulation		
16:30	Evaluation and close	

SKILLS

Chest Drain Insertion Course

Dates Available:	**Tuesday 26th October 2021 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	
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. Target competencies: 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 **Please note a £45 deposit, refundable upon arrival, will be required to secure a place on this course**	

SKILLS

Resuscitation Council (UK) Paediatric Immediate Life Support

Dates Available	**Tuesday 28th October 2021, Thursday 2nd December 2021, Wednesday 5th January 2022, Wednesday 26th January 2022, Wednesday 2nd February 2022 & Friday 11th February 2022**
Venue	Resuscitation Training Room, Harrogate District Hospital
Course Leader	Paula De Souza - Service Lead for Resuscitation
To Book a Place Email	resuscitation@hdft.nhs.uk
Places Available	10 Per Session (6 Places only on 11/02/2022)

Curriculum Objectives

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

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

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

Course Outline

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

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

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

SKILLS

Ultrasound Course

Dates Available:	**Wednesday 3rd November 2021 & Thursday 4th November 2021 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	
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). The course will cover: • 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 **Please note a £45 deposit, refundable upon arrival, will be required to secure a place on this course**	

SPECIALTY

Management of ENT Emergencies

Dates Available	**Thursday 16th December 2021**
Venue	Surgical Skills Centre, Castle Hill Hospital, Hull University Teaching Hospitals NHS Trust
Course Leader	Dr Tariq Khan
To Book a Place Email	Cohen Green: hyp-tr.foundation.year2@nhs.net
Places Available	15

Curriculum Objectives

- Teach the management strategies to deal with common ENT presentation in Acute and ward settings.
- Familiarize the young doctors with hands on training on the manikin.
- Give them virtual clinical scenarios to understand varying situations.

Course Outline

- Introduction
- Power point presentation of different topics.
- BREAK
- Delegates will be divided in the groups for hands on practice.
- Q&A

SKILLS

Clinical Skills & Interventions (CSI) Course

Dates Available	**Friday 21st January 2022 & Friday 11th February 2022 (Full Day) (FULLY BOOKED – BOTH DATES)**
Venue	Medical Education Centre, Doncaster & Bassetlaw Teaching Hospitals NHS Foundation Trust
Course Leader	Jill Martin
To Book a Place Email	Jill.martin11@nhs.net
Places Available	12

Curriculum Objectives

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).

By the end of the course you will be able to:

- 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

Two rooms to be used on both days with 2 faculty instructors on each day.
Masks will be worn through by all staff/candidates and COVID social distancing will be maintained
Pre-Course Material will be provided prior to Course date

Course Structure:
08:00-08:30: Introduction & Welcome
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.
10:30-11:00: Catch up opportunity / Break
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)
12:30-13:15: Lunch (format of Lunch provision will be determined by COVID situation and rules)
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).
14:45-15:00: Break
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).
16:30-17:00: Summary & Close

SPECIALTY

End of Life Course

Dates Available	Thursday 13th January 2022 (Half Day Course)
Venue	Medical Education Centre, Barnsley
Course Leader	Dr Vedder
To Book a Place Email	tony.whitelam@nhs.net
Places Available	16

Curriculum Objectives

Speakers:
Dr Vedder

Timings:
09:00am – 12:30pm

Course Outline

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

SKILLS

Clinical Skills & Interventions (CSI) Course

Dates Available	**Tuesday 8th February 2022 (FULLY BOOKED)** **Tuesday 3rd May 2022 (FULLY BOOKED)**
Venue	Medical Education Centre, Barnsley Hospital NHS Foundation Trust
Course Leader	Dr Steve Lobaz
To Book a Place Email	tony.whitelam@nhs.net
Places Available	16

Curriculum Objectives

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).

By the end of the course you will be able to:

- 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

PLEASE NOTE: THIS COURSE REQUIRES A £50 DEPOSIT TO BE PAID IN ORDER TO SECURE YOUR PLACE

Masks will be worn through by all staff/candidates and COVID social distancing will be maintained

Pre-Course Material will be provided prior to Course date

Course Structure: 08:45 – 16:30

1. Introduction & Welcome
2. **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.
3. Catch up opportunity / Break
4. **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)
5. Lunch (format of Lunch provision will be determined by COVID situation and rules)
6. **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).
7. Break
8. **Lumbar Puncture (LP) Landmark Technique and US assistance**. Lecture followed by workshop on Lumbar Puncture (using back models and volunteers to scan).
9. Summary & Close

SPECIALTY

Basic Principles in Trauma & Orthopaedics

Dates Available	**Monday 7th February 2022, 9:00 – 16:00. (FULLY BOOKED)**
Venue	Medical Education Centre, Barnsley
Course Leader	Mr A Bhosale
To Book a Place Email	tony.whitelam@nhs.net
Places Available	18
Curriculum Objectives	
Basic Principles of Trauma and Orthopaedics	
Course Outline	

Topics covered will be

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

SKILLS

It Could Only Happen to a Doctor (Virtual)

Dates Available	**Friday 11th February 2022 & Friday 25th February 2022**
Venue	Virtual
Course Leader	Ian Wilson
To Book a Place Email	hyp-tr.foundation.year2@nhs.net
Places Available	200 Maximum

Curriculum Objectives

Much better understanding of the law and GMC guidance of various aspects of ethics

- Session on public interest disclosure and confidentiality will improve practice
- Greater awareness of ethical issues in my own practice, more interested to do my own research on the topic
- More aware and alert of the GMC guidance and pitfalls, mindful when a similar scenarios may arise
- Now have better understanding of the law and standards of decision-making
- Put in practice a lot of information throughout
- Becoming more familiar with legal issues regarding difficult situations
- More aware with up to date legal and ethical guidance
- DNACPR conversations and documentation
- Aware of confidentiality issues
- I feel better prepared to tackle ethical issues at work

Course Outline

- *Refresh on and reinforce GMC guidance and some ethical issues with examples of real life situations*
- *Discuss these and other similar issues which delegates may have come across or be likely to come across in the future.*
- *Increased competence in demonstrating knowledge skills and behaviours necessary to apply the professional duties, principles and responsibilities set out in Good Medical Practice.*

SKILLS

Chest Drain

Dates Available	**Friday 25th February 2022, Tuesday 29th March 2022, Tuesday 24th May 2022 & Thursday 26th May 2022** **Please note, all above courses are half days.**
Venue	
Course Leader	Dr Mahmud Loubani
To Book a Place Email	hyp-tr.foundation.year2@nhs.net
Places Available	12

Curriculum Objectives

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

Course Outline

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

SKILLS

Surgical Skills Day

Dates Available	**Tuesday 15th February 2022 & Friday 18th February 2022**
Venue	Suture Centre, Castle Hill Hospital
Course Leader	Dr Mahmud Loubani
To Book a Place Email	hyp-tr.foundation.year2@nhs.net
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

SPECIALTY

Frailty Course

Dates Available	**Thursday 5th May 2022**
Venue	Medical Education Centre, Barnsley
Course Leader	Dr Rachel Vedder & Dr Bahaa Madi
To Book a Place Email	tony.whitelam@nhs.net
Places Available	16

Curriculum Objectives

Speakers:
Dr B Madi & Dr Vedder

Timings:
9:00am – 4:00pm

Course Outline

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 Vedder