

Yorkshire and the Humber Foundation School Bridging The Gap Training Day Booklet Academic Year 2025-26



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Dates	Course Title	Course Location	Number of Places
08/09/2025	Jump into GP	Sheffield Northern General Hospital, Medical Education Centre (Sheaf Suite)	Limited
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29/09/2025	Jump into GP	Virtual Session	No Limit
09/10/2025 12/03/2026	Psychiatry Bridging The Gap	Virtual Session	100
14/10/2025 18/11/2025	Surviving Major Surgery	York Hospital	10
17/10/2025 26/01/2026 03/04/2026	It Could Only Happen To a Doctor	Virtual Session	No Limit
27/10/2025 20/01/2026	Palliative Medicine for Juniors	Leeds Clinical Practice Centre St James Hospital	20
12/11/2025	Essentials of Pain Management	Medical Education Centre	24
13/11/2025 - AM 19/11/2025 - AM	Yorkshire Foundation to Anaesthesia	Clinical Practice Centre, St James' Hospital	18
26/11/2025 - PM 26/11/2025 - PM	Yorkshire Foundation to Anaesthesia	Hull Institute of Learning and Simulation (HILS)	18
21/11/2025 02/12/2025 06/01/2026 23/01/2026 20/02/2026	Resuscitation Council (UK) Paediatric Immediate Life Support	Resuscitation Room, Harrogate District Hospital	12
11/12/2025 22/01/2026	Chest Drain Insertion Course	Scarborough Postgraduate	8
13/01/2026 - AM 23/01/2026 - AM 29/01/2026 - AM 29/01/2026 - PM	Chest Drain	New Suture Centre, Learning and Innovation Centre, Castle Hill Hospital, Hull	12
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Dates	Course Title	Course Location	Number of Places
20/03/2026	Management of Traumatic Cardiac Arrest	Hull Institute of Learning and Simulation	12
24/03/2026 16/04/2026	The Multi-Surgical Speciality Wet Lab Course	New Suture Centre, Learning and Innovation Centre, Castle Hill Hospital, Hull	16



Jump into GP

Dates Available:	08/09/2025
Venue:	Sheffield Northern General Hospital, Medical Education Centre
Course Facilitator:	Dr Lucie Brittain / Dr Bruno Rushforth
How to book a place:	Please email: b.rushforth@nhs.net to secure a place.
Number of places available:	Limited

Curriculum Objectives

Details: Find out more about:

- GP training application process
- What it's like to be a GP trainee
- Opportunities within the Yorkshire and Humber GP training schemes to enhance your training experience
- Career options in GP
- Interactive session with lots of Q&A

Course Outline Course Outline

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	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	<i>Leadership Fellow</i>
11:15 - 12:00	Scenarios for selection centre	All
12:00 - 12:30	Feedback, Q&A, close	

Introduction to Emergency Medicine

Dates Available:	23/09/2025 & 09/10/2025
Venue:	Simulation Centre, Field House, Bradford Royal Infirmary
Course Facilitator:	Shafi Khan/ Michaela Blood - Emergency Medicine Consultants
How to book a place:	simulation.administration@bthft.nhs.uk
Number of places available:	10
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	

Jump into GP (Virtual Session)

Dates Available:	29/09/2025
Venue:	Virtual – MS Teams
Course Facilitator:	Dr Lucie Brittain / Dr Bruno Rushforth
How to book a place:	Please email: b.rushforth@nhs.net to secure a place.
Number of places available:	No Limit

Curriculum Objectives

Details: Find out more about:

- GP training application process
- What it's like to be a GP trainee
- Opportunities within the Yorkshire and Humber GP training schemes to enhance your training experience
- Career options in GP
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09.30 - 09.50	Why GP & the application process	<i>GP Tutor, Careers & Recruitment, Y&H LETB</i>
09.50 - 10.10	Structure & Organisation of GP training	GP Tutor, Careers & Recruitment, Y&H LETB
10.10 - 10.30	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	All
12.00 - 12.30	Feedback, Q&A, close	

Psychiatry Bridging The Gap

Dates Available:	09/10/2025 & 12/03/2026
Venue:	Virtual
Course Facilitator:	Dr Christopher Douglas
How to book a place:	Registration link - 09/10/2025 Registration link - 12/03/2026
Number of places available:	100

Curriculum Objectives

- Provide an opportunity for FYs to get a sense of what opportunities there are to pursue a career in psychiatry.
- To gain a perspective of what it is like to be a Core and Higher Trainee in Psychiatry
- To gain a greater understanding of the process of getting into Core Training in Psychiatry
- To gain an insight into the potential avenue of Academic Psychiatry
- To gain an insight into differing specialties in Psychiatry, that are otherwise less accessible to FY trainees.
- To get a wider range of the different potential career options in psychiatry
- Provide an interactive workshop at which there are opportunities to ask questions and interact with presenters.

Course Outline Course Outline

09:00	Online Registration
09:20	Welcome and Introduction - Drs Chris Douglas & Charlotte Blewett FYTPDs from Yorkshire and Humber
09:40	Why I chose Psychiatry as a career? - Core Trainee in Psychiatry
10:00	Why I chose Psychiatry as a career? - Higher Trainee in Psychiatry
10:20	The "how-to" guide on completing the core training application. Dr David Leung, Training Programme Director for Core Training in psychiatry
10:45	~ Break ~
11:00	Academic Psychiatry Dr George Crowther, Consultant Psychiatrist, Leeds and York Partnership NHS Foundation Trust
11:20	Bitesize Psychiatry
11:40	Bitesize Psychiatry
12:00	Bitesize Psychiatry
12:20	Bitesize Psychiatry
12:40	Plenary & Feedback
13:00	Close

Surviving Major Surgery

Dates Available:	14/10/2025 & 18/11/2025
Venue:	York Hospital
Course Facilitator:	Dr James Wright
How to book a place:	clair.taylor1@nhs.net
Number of places available:	10

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 Course Outline

09:30	Welcome and overview
09:45—10:20	Session 1: An introduction to Perioperative Medicine
10:20—10:40	Coffee Break
10:40—11:10	Session 2: Assessing Patients for Major Surgery
11:10—11:40	Session 2: Intraoperative Management
11:40—12:10	Session 2: Introduction to Critical Care
12:10—13:00	Lunch break
13:00—13:30	Session 3: Analgesia and Pain
13:30—14:10	Session 3: 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

It Could Only Happen to a Doctor

Dates Available:	17/10/2025, 26/01/2026 & 03/04/2026
Venue:	Virtual
Course Facilitator:	Ian Wilson
How to book a place:	Email Hyp-tr.foundation.year2@nhs.net
Number of places available:	No limit

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.

Palliative Medicine for Juniors

Dates Available:	27/10/2025 & 20/01/2026
Venue:	Leeds Clinical Practice Centre, St James's University Hospital
Course Facilitator:	Emily Holdsworth
How to book a place:	emily.holdsworth@nhs.net
Number of places available:	20

Curriculum Objectives

- Explore benefits and opportunities of a career in palliative medicine
- Gain insight into life as a palliative medicine trainee
- Understand the integration of dual training in palliative and general medicine
- Improve confidence managing palliative care emergencies using a case-led approach
- Tips for handling 'difficult conversations'
- Develop your ReSPECT forms beyond a typical 'for CPR or not for CPR'

Course Outline Course Outline

09:00—09:50	Session 1: Why choose palliative medicine/ The life of a palliative medicine trainee Why choose palliative medicine? An insight into the training programme Dual training in palliative and general medicine
09:50—10:40	Session 2: Managing palliative care emergencies Interactive case-based approach to managing common palliative care emergencies you may expect to encounter within FY2 and beyond
10:40—11:00	Break
11:00—11:50	Session 3: ReSPECT – making your discussion and form more meaningful Starting a ReSPECT conversation Helpful tips for expanding your conversation beyond 'CPR or not for CPR' How to really make your ReSPECT form count
11:50—12:15	Summary and Q&A session Tips on how to build a strong application for ST4
Opportunity for questions	

Essentials of Pain Management

Dates Available:	12/11/2025
Venue:	Medical Education Centre, Hull Royal Infirmary, Hull HU3 2JZ
Course Facilitator:	Dr Mohammed Ebeid / Dr Nirmala Soundararajan
How to book a place:	Email Hyp-tr.foundation.year2@nhs.net
Number of places available:	24
Curriculum Objectives	
By the end of the course, you will be able to: - Identify the red flags in patients presenting with acute pain - Describe multi-modal analgesia and the safety considerations for opioid prescriptions - Practise trouble-shooting problems with advanced pain interventions (IV PCA, Epidurals, and nerve block catheters) - Explain your role in opioid stewardship - Describe the role of regional anaesthetic techniques in the management of acute pain.	
Course Outline	
The day will consist of a mixture of lectures and hands on workshops split between 3 faculty members. The aim of the course is to provide delegates with the relevant information and hands on experience to manage acute pain on the surgical, medical and trauma wards. - Emergencies presenting with acute pain (chest pain, headache, backache, abdominal pain, limb pain) - Pain management modalities - Workshop: Advanced Pain relief interventions - Break - Opioid prescriptions (and conversion/equivalence) - Lunch - Managing pain in opioid tolerant patients (to include opioid stewardship, opioid reduction clinics and psychology input) - Break - Regional anaesthesia techniques for pain management (focus on SAP, ESP, and fascia ili-ac blocks)	

Yorkshire Foundation to Anaesthesia

Dates Available:	13/11/2025 AM & 19/11/2025 AM
Venue:	Clinical Practice Centre, St James's University Hospital
Course Facilitator:	Dr Rasmus Knudsen & Dr Maya Shah
How to book a place:	rasmus.knudsen@nhs.net
Number of places available:	18

Curriculum Objectives

- To provide an insight into a career in anaesthesia and intensive care medicine.
- To further finesse key skills that foundation doctors should be looking to develop and master within the field of acute and emergency care.
- Provide networking opportunities and anaesthetic application information.

Course Outline Course Outline

Arrival Intro talks

Introduction to Day

Day in the life of a (trainee) anaesthetist

Training pathway and applications

Skills sessions (rotating around, 45 mins per station)

Station 1 – AIRWAY – ventilation, equipment, iGel, intubation, advanced tips and tricks

Station 2 – ACCESS – ultrasound guided cannulation and arterial blood gas. How to master

Station 3 – NEURAXIAL – lumbar puncture / spinal. Consent, positioning, technique

Rotation 1 – 09:30 to 10:15

Rotation 2 – 10:30 to 11:15

Rotation 3 – 11:15 to 12:00

Close – Final Q&As and networking opportunity

Yorkshire Foundation to Anaesthesia

Dates Available:	26/11/2025 AM & 26/11/2025 PM
Venue:	Hull Institute of Learning and Simulation (HILS)
Course Facilitator:	Dr Rasmus Knudsen & Dr Maya Shah
How to book a place:	rasmus.knudsen@nhs.net
Number of places available:	18

Curriculum Objectives

- To provide an insight into a career in anaesthesia and intensive care medicine.
- To further finesse key skills that foundation doctors should be looking to develop and master within the field of acute and emergency care.
- Provide networking opportunities and anaesthetic application information.

Course Outline Course Outline

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Station 2 – ACCESS – ultrasound guided cannulation and arterial blood gas. How to master

Station 3 – NEURAXIAL – lumbar puncture / spinal. Consent, positioning, technique

Rotation 1 – 09:30 to 10:15

Rotation 2 – 10:30 to 11:15

Rotation 3 – 11:15 to 12:00

Close – Final Q&As and networking opportunity

Resuscitation Council (UK) Paediatric Immediate Life Support

Dates Available:	21/11/2025, 02/12/2025, 06/01/2026, 23/01/2026 & 20/02/2026
Venue:	Resuscitation Room, Harrogate District Hospital
Course Facilitator:	Paula De Souza - Service Lead for Resuscitation
How to book a place:	hdft.resuscitation@nhs.net
Number of places available:	12
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/training-courses/paediatric-life-support/pils-paediatric-immediate-life-	

Chest Drain Insertion Course

Dates Available:	11/12/2025 & 22/01/2026
Venue:	Scarborough Postgraduate Centre
Course Facilitator:	Dr James Robertson
How to book a place:	Email Cassie Anderson: cassie.anderson@nhs.net
Number of 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: • Identify indications to require a chest drain • Identify Landmarks for insertion and areas to avoid and why • Identify when to insert Seldinger for small spontaneous pneumothorax or open method for trauma and why • Thorough understanding of the procedure for insertion using Seldinger technique • Thorough understanding of the procedure for insertion using open technique • How to manage the patient following insertion	

Chest Drain Course

Dates Available:	13/01/2026 - AM, 23/01/2026 - AM, 29/01/2026 - AM and 29/01/2026 - PM
Venue:	Suture Centre, Learning and Innovation Centre, Castle Hill Hospital, Hull
Course Facilitator:	Dr Mahmud Loubani
How to book a place:	hyp-tr.foundation.year2@nhs.net
Number of places available:	12
Curriculum Objectives	
1. Understand the indications for a chest drain 2. Be able to insert a surgical and a Seldinger chest drain 3. Know the complications related to chest drain insertion 4. Be able to make decisions related to drain management	
Course Outline	
Target competencies: • 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)	

Management of ENT Emergencies

Dates Available:	22/01/2026
Venue:	Suture Centre at Castle Hill Hospital, Cottingham
Course Facilitator:	Dr Tariq Khan
How to book a place:	Email Hyp-tr.foundation.year2@nhs.net
Number of places available:	20
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	

Surgical Skills

Dates Available:	10/02/2026
Venue:	Suture Centre, Learning and Innovation Centre, Castle Hill Hospital, Hull
Course Facilitator:	Dr Mahmud Loubani
How to book a place:	Email Hyp-tr.foundation.year2@nhs.net
Number of 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

Management of Traumatic Cardiac Arrest

Dates Available:	20/03/2026
Venue:	Hull Institute of Learning and Simulation
Course Facilitator:	Chris Srinivasan & Andy Blackmore
How to book a place:	Please email: hyp-tr.foundation.year2@nhs.net to book a place
Number of places available:	12
Curriculum Objectives	
An exciting hands-on day that explores the mechanisms for Traumatic Cardiac Arrest and clinical approach in managing the patient - Understand the differences between medical cardiac arrest and traumatic cardiac arrest - Appreciate the differences in Trauma teams and Code Red responses for trauma patients - Understand the physiology in Traumatic Cardiac Arrest and the need for rapid control of reversible causes - Get hands on experience with splinting of fractured limbs, airway management, chest decompression - Gain knowledge on the principles of haemostatic resuscitation and how to effectively administer blood products - Understand the indications for Resuscitative Thoracotomy and the technical skills of performing a clam-shell thoracotomy.	
Course Outline	
The day is blended learning through mini-lectures, case-based discussion, simulation and skills workshops - Registration and Welcome - Mechanism and Physiology of Traumatic Cardiac Arrest - The approach the patient assessment- CABCDE 4Hs and 4Ts versus HOTT approach - Case based discussions with skills workshops - Team approach to performing a Resuscitative Thoracotomy (simulation model) The course is deliberately informal to create an atmosphere where questions are encouraged and sharing experiences.	

SKILLS

The Multi-Surgical Speciality Wet Lab

Dates Available:	24/03/2026 and 16/04/2026
Venue:	New Suture Centre, Learning and Innovation Centre, Castle Hill Hospital, Hull
Course Facilitator:	Dr. Muhaned EL-Gheryani/ Professor Mahmoud Loubani
How to book a place:	Email hyp-tr.foundation.year2@nhs.net
Number of places available:	16

Curriculum Objectives

Learning and practice the following surgical skills:

General Surgery	Bowel anastomosis / Laparoscopic Skills & Knot Tying
Vascular	Aortic Anastomosis / Patch Repair
Urology	Penile Circumcision / Scrotal Fixation
Orthopaedic	External Fixation / Xray interpretations

Course Outline

Resident doctors will be split into 4 groups which correlate with 4 stations (Vascular, General Surgery, Urology, Orthopaedic). Each station lasts 1.5 hour and then they rotate through 4 stations. Example of timetable as follow:

Station	Skills	Time
Attendance and refreshment	08 :00 – 08:30	
Introduction	08:30 – 09:00	
Vascular	Patch repair	09:00 –10:30
Break	10:30 – 10:45	
General Surgery	Lap skills and knot tying Bowel anastomosis	10:45 – 11:30 11:30 – 12:15
Lunch	12:15 - 13:00	
Urology	Penile circumcision Scrotal Fixation	13:00 – 13:45 13:45 – 14:30
Break	14:30 – 14:45	
Orthopaedic	External Fixation Xray interpretation	14:45 – 15:45 15:45 - 16:15
Closure & Feedback	16:15 – 17:00	