**Feedback from Innovative training posts**

**Written by General Practice ST2 trainee in an MSK Innovative Post in Yorkshire and the Humber**

I am a GPST2 posted currently in Innovative post in MSK.

We see a lot of patients with chronic pain and musculoskeletal issues in Primary Care every day.

The community musculoskeletal service provides a gated bridge between the primary care and the secondary care. By being in this post, I have learnt how to triage patients and signpost them to appropriate service that their condition would warrant. In MSK clinic we see a whole range of patients with musculoskeletal joint pains to chronic pains to rheumatology all conditions and we try to manage them in the community by assessing and reassessing them after interventions and hence restrict hospital referrals wherever appropriate. I have observed and started learning Intra-articular injections and their indications hands on which is extremely helpful. Also we are try to limit unnecessary scans where diagnosis can be made by clinical examination and where management would not change with scans.

Coordinating and utilising the different services available in the community is also an important aspect of it eg in patients with chronic pain, having extended consultation hours, managing their expectations, giving them realistic goals and offering them Living with Pain/ Hale services to pace themselves.  
I feel I am learning great deal of clinical and communication skills through this post and it is very relevant in the current day.

I am observing that the practical knowledge that I am gaining in the MSK clinic is helping me to deal with my patients in my regular GP sessions and my approach towards handling patients with MSK conditions is much more structured and better approached.

**Written by a General Practice ST2 trainee in Yorkshire and the Humber in an innovative post in Dermatology**

I found the introduction to the post to be very good. I was not sure what to expect initially but I managed early sit down early on with my GPSI trainer and build a timetable that worked well for me - roughly 50:50 Dermatology:GP. I feel I am getting more than enough Dermatology training and it’s lovely that it runs alongside my GP training too!  
  
The training environment is very supportive and my trainers are excellent teachers. I am working alongside several Dermatology GPSI’s (which also includes GP’s that are doing the Dermatology diploma currently) and there’s even a Dermatology consultant who visits on a monthly basis so I am surrounded by a wealth of knowledgeable teachers who are all so helpful and accommodating, I’m enjoying learning so much about Dermatology!  
  
The introduction was gentle; initially I was sitting in on Dermatology consultations with the GPSI’s and had the chance to see many different skin conditions and learn about them, how to examine skin and how to manage these conditions, as a result I feel my knowledge and confidence in Dermatology has grown tremendously even in just two months. I have felt confident enough to deliver a teaching session to GP registrars on the Bradford training scheme (about acne vulgaris) and this was received very well.  
  
After several weeks I was able to lead some of the consultations under direct supervision with my supervisor. I am now running my own clinics alongside my seniors, it is still very well supported and offers me the opportunity to practice what I have learnt and develop my knowledge and skills further, in a safe environment where senior support is always available.  
  
As a bonus I am managing to get more experience in General Practice too, again in a very supportive environment. I feel that the extra six months are enabling me to develop my GP consultation skills further. I am also seeing skin conditions in General Practice and feeling much more confident and comfortable in managing them than I previously was before starting the ITP.  
  
The experience so far has strengthened my interest in this specialty. I would highly recommend a GP innovative post to any of my fellow colleagues who would either just like to gain more experience and confidence in a particular area of medicine or for those who are thinking about becoming a GPSI in the future, the experience offers such a great opportunity to get exposure and start the ball rolling early.