

Yorkshire and Humber school of paediatrics

New doctors' induction booklet



**Health Education
Yorkshire and the Humber**

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Welcome

Hello everyone,

A warm welcome to Yorkshire and Humber and congratulations on joining our school of paediatrics.

The school aims to benefit the children of Yorkshire by providing excellent training opportunities for future paediatricians, who we hope will stay on in the region.

We take pride in our high-quality training that ensures our CCT holders have the knowledge and people skills required to work as effective paediatricians. We hope you will find this booklet useful. You can also find lots of useful information on our website:

<https://www.yorksandhumberdeanery.nhs.uk/paediatrics>.

Yorkshire is one of the most beautiful regions in the UK- a region rich in history and culture and a world known tourist attraction!

Many thanks to our colleagues, Dr Maddy Hover and Dr Maysoon Elfadil for their contributions.

We are positive you will have a wonderful and memorable experience here.

Welcome onboard!

Fatimah and Udoka



Fatimah Aliyu, ST6



Udoka Asoh, ST7

Know your region!

The Yorkshire and Humber deanery covers a large geographical area divided into three regions: East, West and South Yorkshire. You'll often hear trainees referring to themselves as "an East Trainee" or "a South Trainee" ... but never a North Trainee, as North and East Yorkshire are grouped together. Each region has its own Training Programme Director (TPD) and trainee representative for each level of training, and Dr Karin Schwarz is the head of school.



Dr Karin Schwarz, head of school

Your TPD is a local paediatric consultant who has taken on additional responsibilities such as recruitment, sitting on ARCP panels, organising trainee placements, and organising school meetings. They aim to give you the best possible training experience. Your representatives are paediatric trainees who provide a link between the trainees and the TPDs. They can point you in the direction of the right people or resources for your training related queries and can take your concerns and suggestions to the TPDs to help inform future planning.



Training in East Yorkshire



Hospitals in this region are

Diana Princes of Wales hospital, Grimsby

<https://www.nlg.nhs.uk/hospitals/grimsby/>

Harrogate District Hospital

<https://www.hdft.nhs.uk/>

Hull University Teaching Hospitals

<https://www.hey.nhs.uk/>

Scarborough General Hospital

<https://www.yorkhospitals.nhs.uk/our-hospitals/scarborough-hospital/>

Scunthorpe General hospital

<https://www.nlg.nhs.uk/hospitals/scunthorpe/>

York Hospital NHS foundation Trust

<https://www.yorkhospitals.nhs.uk/>

Your East TPD's and trainee representatives

Level of training	TPD	Trainee representative
1 (ST1-ST3)	Dr Rana Alia Rana.Alia@hey.nhs.uk	Dr Diamantina Spilioti diamantina.spilioti@hey.nhs.uk>
2 (ST4-ST5)	Dr Liz Baker elizabeth.baker@york.nhs.uk	Dr Fatimah Aliyu faliyu@nhs.net
3 (ST6-ST8)	Dr Liz Baker elizabeth.baker@york.nhs.uk	

Training in West Yorkshire



Hospitals in this region are

Airedale General Hospital

<http://www.airedale-trust.nhs.uk/>

Bradford Teaching Hospitals

<https://www.bradfordhospitals.nhs.uk/>

Calderdale & Huddersfield

<http://www.cht.nhs.uk/home/>

Leeds General Infirmary & St James' University Hospital

<http://www.leedsth.nhs.uk/>

Mid Yorks (Dewsbury, Pinderfields & Pontefract)

<https://www.midyorks.nhs.uk/>

Your West TPD's and trainee representatives

Level	TPD	Trainee Representative
1 (ST1-ST3)	Dr Venkat Thiyagesh Venkat.thiyagesh@cht.nhs.uk	Dr Ben Hughes ben.hughes@doctors.org.uk
2 (ST4-ST5)	Dr Kay Tyerman kay.tyerman@nhs.net	Dr Rachel Pybus rachelpybus@doctors.org.uk
3 (ST6-ST8)	Dr Kay Tyerman kay.tyerman@nhs.net	Dr Jenna Saunders jenna.ward@doctors.org.uk

Training in South Yorkshire



Hospitals in this region are:

Barnsley Hospital NHS Foundation trust

<http://www.barnsleyhospital.nhs.uk/>

Bassetlaw District General hospital

<https://www.dbth.nhs.uk/>

Doncaster Royal infirmary

<https://www.dbth.nhs.uk/>

Jessop Wing, Royal Hallamshire hospital, Sheffield Teaching Hospitals

<http://www.sth.nhs.uk/our-hospitals/jessop-wing>

Rotherham General Hospital

<http://www.therotherhamft.nhs.uk/>

Sheffield Children's Hospital

<https://www.sheffieldchildrens.nhs.uk/>

Your South TPD and trainee representative

Training level	TPD	Trainee Representative
Level 1 (ST1-ST3)	Dr Alison Scott alison.scott15@nhs.net	Lydia Baldwin lydiabaldwin@nhs.net
Level 2 (ST4-ST5)	Dr Fharhad Motaleb fmotaleb@nhs.net	Maysoon Elfadil maysoon.elfadil@nhs.net
Level 3 (ST6-ST8)	Dr Fharhad Motaleb fmotaleb@nhs.net	Simon Scammell Simon.scammell@nhs.net

Induction

Now we hope you do know which region you are working at and who your TPD's and trainee representatives are.

You will mostly work in the area you have been allocated to at appointment (West, South or East) but there will be opportunity to work in other areas of the school if this is deemed to be in the best interest of your training. On some occasions, you may be asked to work out of your region due to service requirements.

The Paediatric support team (paediatricsupport.yh@hee.nhs.uk) are always here to help with any questions/ queries you might have, and they are super friendly too!

You will be allocated an educational supervisor by the first department you are working in but please ensure you also make an appointment with your TPD to discuss your training needs.

All trainees will also have a paediatric induction at their local department. For level 1 trainees at many of the trusts this will include a SIM day, teaching the skills you need to function well at level1 including baby checks, lumbar punctures, and venesection.

Trainees will also need to attend the trust induction which takes them through most of the mandatory training required. Nevertheless, HEE is working with local trusts to reduce this to the minimum necessary and therefore all trainees are asked to complete the induction passport:

Induction Passport

The region has an induction passport that is mandatory for all trainees to do prior to starting work. The learning will take 2-3 hours and will take you through different scenarios in an A+E department. It covers most of your mandatory trust training minimising the training you will have to do for each individual trust at their trust induction or online. You should be given 3 hrs in lieu of doing the online learning. At the moment the e-learning has to be repeated every 3 years, but we are developing MCQs which once passed will count as renewal of training.

The link to the passport is: <https://heeclinicallearning.org> and you will be given a password on appointment.

There is also a fantastic induction presentation on the website

https://www.yorksandhumberdeanery.nhs.uk/sites/default/files/school_of_paeds_induction_presentation_for_website.pptx

Level 1 training (ST1-ST3)

To the ST1 trainees, we say another huge welcome to paediatrics! We know you are going to absolutely love it.

During level 1 training, you will be expected to undertake some training courses, some which are mandatory.

Overview of training courses - Level 1 training

Mandatory	Optional	Courses offered for free within region But needs study leave form signing off
NLS APLS Child Protection Recognition and response (CPRR) STEPP Course	Conferences RCPCH Annual Conference	Research skills (ST3) Evidence based medicine (ST3) Interpersonal effectiveness (ST3) Yorkshire and Humber Neonatal ODN Study Days

STEPP course (ST Education Programme in Paediatrics)

The STEPP teaching is a regular day release for all level 1 trainees in paediatrics which has been mapped to the new college curriculum. It will teach essential skills complementing clinical learning in individual trusts and will also support MRCPCH exams preparation. There is a regional agreement with trusts in place that enable all trainees to attend this on a regular basis. More information on the STEPP teaching can be found on www.yorksandhumberdean-ery.nhs.uk/paediatrics/curriculum-delivery-and-teaching-st1-st3-training/stepp-st-education-programme

MRCPCH examination

Membership of the RCPCH is achieved by passing a series of MRCPCH exams. These are usually taken during the period of basic specialist training (which normally lasts two to three years). They are the normal entry requirement for core specialist training in paediatrics.

Candidates take the three theory exams on a computer at a test centre. They can be taken in any order and are non-sequential. There are usually three sittings of each per year. Candidates must pass the three theory examinations before they can sit the MRCPCH Clinical examination.

In general, it is expected that all trainees entering ST3 will have passed at least two of the three theory exams. We expect trainees entering ST4 (level 2) to have completed and passed all parts of the MRCPCH, including the clinical examination.

MRCPCH exam support

The Yorkshire School of Paediatrics offers structured exam courses that are focussed on helping trainees' approach both theory and clinical exams with confidence. The TPD lead for Exam support is Chakra Vasudevan - Chakrapani.Vasudevan@bthft.nhs.uk.

Trainees in the past have found the exam support courses very useful. The team is dedicated to support you on your MRCPCH journey.

The theory exam courses will be offered as part of the STEPP programme and trainees will be allocated to these courses depending on their stage in training and exam progress. The contact person for these courses is Vicky Williamson - Vicky.Williamson@bthft.nhs.uk .

The clinical exam courses are offered to trainees from ST2 level, and these are organised at various locations across the region. The course information will be advertised in due course and information will be sent to all trainees. The key contact persons Vicky.Williamson@bthft.nhs.uk (Bradford - West), Janine.Peck@hey.nhs.uk.

Training Opportunities in Specialty Posts (ST2 and ST3)

Every trainee is allocated to the East, West or South rotation, and most of your ST1 – 3 and ST4 and ST5 years will be completed within your allocated rotation. However, there is opportunity for trainees to apply for ST2 and ST3 training posts across the region. Some specialty pan-regional posts are considered suitable for both ST2 and ST3 trainees, however some will remain for ST3 trainees only, these include Paediatric Intensive care.

To undertake any of these, please speak to your supervisor and your TPD.

These are the specialist paediatric training opportunities at ST2 and ST3 level.

West

Oncology/Respiratory- Leeds General Infirmary

Hepatology/Renal- Leeds General Infirmary

Cardiology/Neurology- Leeds General Infirmary

Hepatology/Renal/Cardiology- Leeds General Infirmary

Oncology/Neurology- Leeds General Infirmary

Neurology-Leeds General Infirmary

Oncology -Leeds General Infirmary

Cardiology-Leeds General Infirmary

Paediatric Surgery-Leeds General Infirmary

PICU-Leeds General Infirmary

South

Neurology/Neurodisability- Sheffield Children's Hospital

Emergency Medicine-Sheffield Children's Hospital

Paediatric Surgery- Sheffield Children's Hospital

Respiratory-Sheffield Children's Hospital

Oncology-Sheffield Children's Hospital

Infectious Diseases- Sheffield Children's Hospital

Gastroenterology- Sheffield Children's Hospital

Gastro/Respiratory/ID- Sheffield Children's Hospital

PICU-Sheffield Children's Hospital

Level 2 training (ST4- ST5)

During level 2 training, you will spend 6 months each in Community Paediatrics, Neonates and General Paediatrics (full time equivalent).

All trainees in Yorkshire and Humber region have the unique opportunity of obtaining a Diploma in Child health from the University of Leeds in Child health **(this is unique to us!!)**

The part time course will complement, and supplement clinical experience gained in the course of your paediatric training. It will help develop your critical thinking, increase your skills in communication and managerial issues, and provide a framework for peer support and self-directed learning.

The taught course extends over two academic years and comprises 12 five-day modules. Some of the modules include critically ill child, communication and management skills, child protection modules, research method and medical statistics.

All modules are carefully selected to fit into the RCPCH curriculum, and you will have the opportunity to be taught by consultants and university lecturers.

At the end of each module, you will be expected to submit assignment which may be summative or formative in nature.

The PGDip course is mandatory for all ST4 and ST5 trainees and there is an opportunity to for some trainees to go forward into the research year and obtaining a master's degree! (exciting isn't it)

For more information, please contact childhealth@leeds.ac.uk



UNIVERSITY OF LEEDS

Level 3 training ST6-ST8

During this period, you will have the opportunity to apply for a SPIN or a GRID post or continue your training as a general paediatrician.

Level 3 Specialty Pan-deanery Posts (SPIN)

East Region

Adolescent Medicine -York Hospital
Neurodisability-York Hospital
Community/CAMHS/Child Protection-York Hospital
Diabetes and Endocrinology- Hull University Teaching Hospitals
Neurodisability-Hull University Teaching Hospitals
Allergy-Harrogate District Hospital
Neonates- Hull University Teaching Hospitals

West

Neurodisability- Bradford Royal Infirmary
Endocrinology-Leeds General Infirmary
Neurology- Leeds General Infirmary
Gastroenterology -Leeds General Infirmary
Gastroenterology/Hepatology- Leeds General Infirmary
Nephrology- Leeds General Infirmary
Oncology- Leeds General Infirmary
Rheumatology- Leeds General Infirmary
Respiratory-Leeds General Infirmary

South

Neurology-Sheffield Children's Hospital
Endocrinology- Sheffield Children's Hospital
Diabetes-Sheffield Children's Hospital
Respiratory-Sheffield Children's Hospital
Oncology-Sheffield Children's Hospital
Infectious Diseases-Sheffield Children's Hospital
Rheumatology- Sheffield Children's Hospital
Palliative Care-Sheffield Children's Hospital

Paediatric subspecialty training (GRID)

Trainees may sub-specialise in a specific area of paediatrics. Those who complete an approved programme of sub-specialist training are eligible to enter on the GMC Specialist Register as a Paediatrician with a sub-specialty. This process is also known as the NTN Grid recruitment.

Yorkshire and the Humber is a training centre for all paediatric subspecialty training except metabolic medicine.

The number of applications to the sub-specialty Grid programme has previously been limited to two application rounds with a candidate being able to apply for up to two sub-specialities per recruitment year. As of 17 March 2021, The Royal College of Paediatric and Child Health (RCPCH) have agreed that trainees will now not be limited in the number of attempts that they can apply to sub-specialty training.

Please visit <https://www.rcpch.ac.uk/resources/apply-sub-specialty-training-ntn-grid-guidance> for more information on GRID application.

International Medical Graduate IMG support



The Yorkshire and Humber school of paediatrics welcomes doctors from different part of the world to join our wonderful team.

We know that working in the NHS for the first time can be daunting and challenging but we are here to support and help you through the process.

The school holds an IMG deanery induction in September and March every year for IMG doctors.

We also have a dedicated IMG support group. The aim of the group is to ensure a smooth transition into the NHS and the paediatric training program for IMG doctors with limited NHS experience. Some topics discussed include familiarising yourself with the e-portfolio, getting ready for ARCP, duties of junior doctors, communication skills and life in the UK generally.

They also hold a 1-2 monthly group discussions and one to one IMG clinics. These are excellent opportunities to meet other doctors from all over the world.

To join the group please email Rana.Alia@hey.nhs.uk or heba.abdelbari@nhs.net

Remember, you are not alone!

Case studies

Betty's story

Betty moved from London to Grimsby to be closer to her family. She applied for Paediatric training post and was thrilled when she got offered a post in Scunthorpe Hospital as an ST1, East trainee. Right from her medical student days, she had always known that she wanted to become an intensivist, but she was worried about her prospects of becoming a PICU consultant as there is no PICU in East Yorkshire. She spoke to her Educational supervisor, who reassured her that she would have the necessary training opportunities to pursue her chosen career, and she made her TPD aware of her PICU interest. During ST1 and ST2, she worked in Scunthorpe, Grimsby, and Hull; during ST2 she applied for a paedernery post in PICU in Leeds for ST3. Her ST4/5 were spent in Hull for tertiary neonates, Grimsby for community paediatrics, and Scunthorpe and York for general paediatrics, whilst completing her PGDip in Child Health. During ST5 she applied for a PICU Grid post, was successful, and after three years of PICU Grid training in Yorkshire was employed as a Consultant Paediatric Intensivist.

Rob's story

Rob, a keen rambler, fell in love with Yorkshire as a medical student. He applied to the deanery and was employed as a ST1 in Sheffield, making him a south trainee; he rotated through Royal Hallamshire Hospital, Jessops's wing for neonates and Doncaster royal infirmary. As an ST2, Rob found that he was not enjoying his work as much, as he did not have enough time for his hobby of hiking; feeling undermotivated, he arranged to talk to his TPD, who informed him that LTFT training is now available to anyone who wants it. Rob enjoys working 80% of full time, which allows him more time to decompress, go hiking and return to work with renewed enthusiasm!

Faiths' story

Faith is an international medical graduate (IMG); she trained in Zambia and obtained experience in Paediatrics while working in the Middle East, passing all parts of her membership examination before relocating to the UK. She was employed as an ST3 in Leeds and worked in the Neonatal unit. As an ST5, she applied for a SPIN in Respiratory medicine at Leeds which she did as part of her higher training for 2 years. She has now finished her training and is now a consultant paediatrician with special interest in respiratory medicine.

Other training opportunities in our region

Working in the Yorkshire and the Humber deanery is a true asset for your career in paediatrics. There is a number of training opportunities that can help you build not only on your clinical skills but also on your interpersonal skills.

1. Future Leaders Programme:

This programme offers opportunities for paediatric trainees working within the region to do a one-year Leadership Fellowship to help grow and develop their personal leadership skills.

The Leadership Fellows come from a wide variety of specialties and professions. Fellowships are available in a number of areas from education and simulation to patient safety and quality improvement. Fellows take on live projects, one year in length, and are responsible for their design and development under the supervision of an experienced leader.

The Leadership Fellows meet regularly and also organise the annual Future Leaders Conference.

For more information, please contact futureleaders.yh@hee.nhs.uk

2. Tropical medicine diploma

The Yorkshire and Humber School of Paediatrics offers trainees the chance to apply for a scholarship to undertake the diploma in Tropical Medicine and Hygiene. There is one scholarship available each year. The scholarship offers the following:

- Funding for the Diploma in Tropical Medicine and Hygiene at the Liverpool School of Tropical Medicine.
- Three months out of programme to attend the course (OOPE).
- Opportunity to work overseas for one year at a recognised training placement (OOPE)

For further information, please contact paediatric.support@yh.hee.nhs.uk

3.Out of programme activity (OOP):

The deanery is supportive of trainees who wish to take a period of time Out of Programme (OOP) during their training in order to develop themselves further. OOPs can take multiple forms and are possible with prior approval from the postgraduate dean via the training programme for multiple reasons including:

- **Experience (OOPE):** An opportunity to gain professional skills that will enhance your future practice but are not part of the core curriculum. This could include enhancing skills in medical leadership, patient safety or medical education.
- **Research (OOPR):** undertaking a period of research leading to an MD or PhD. Time taken out for research purposes is normally for a higher degree (e.g., a PhD, MD, or master's degree) and will not normally exceed three years.
- **Career Break (OOPC):** taking a planned career break. Planned OOPC will permit a trainee to step out of the training programme for a designated and agreed period of time to pursue other interests.

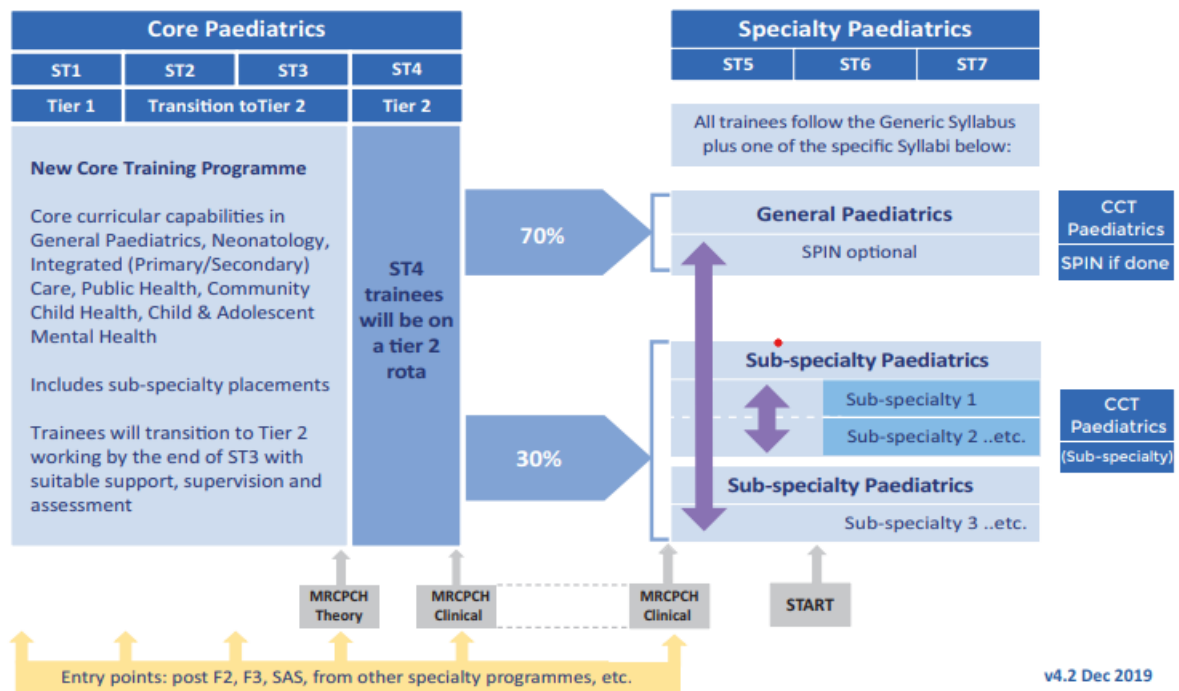
For more details about training opportunities in the region, please visit deanery's website on <https://www.yorksandhumberdeanery.nhs.uk/paediatrics/trainees/opportunities>

Change is coming! - Paediatrician of the future

The paediatrician of the future will face different challenges to those of current consultants: healthcare is changing and the paediatric training programme needs to adapt in order to prepare doctors for this.

RCPC Progress, the new paediatric curriculum for excellence (RCPC Progress, 2018), has provided a starting point for making these changes. The new principles for paediatric training presented within this document, in conjunction with the new training programme structure and guidance being introduced fully by 2023, building on RCPC Progress to become RCPC Progress+

What this means for you



- Paediatric training will now be 7 years- ST1-ST7
- ST1-ST4 will be core paediatric training
- From ST2/3, trainees will have the option of acting up as registrars if appropriate.
- The MRCPC exams will be expected to have been completed at the **end** of ST4

More information can be found at the RCPC website



Embrace transport service

Embrace is a highly specialist, round-the-clock transport service for critically ill infants and children in Yorkshire and the Humber who require care in another hospital in the region or further afield.

On the Embrace website <https://www.sheffieldchildrens.nhs.uk/embrace/> you will find lots of useful information on preparing patients for transfer and clinical guidelines.

If you need to make a referral to Embrace, or need further specialist advice, please ring the referral hotline on **0114 268 8180**.

Their call handlers will then put you in contact with the Embrace Consultant and relevant specialists as required.

Yorkshire and Humber operational Delivery Network (ODN)

The Yorkshire & Humber Paediatric Critical Care Operational Delivery Network works collaboratively with 14 Trusts (19 hospital sites).

On their website <https://www.networks.nhs.uk/nhs-networks/yorkshire-humber-paediatric-critical-care-odn> you will find lots of useful guidelines.

They ODN also organise teaching days across the region so watch out for their emails!

Training less than full time (LTFT)

Health Education England, working across Yorkshire and the Humber (HEEYH) offers support to all trainees who, for well-founded individual reasons, wish to be considered for Less than Full-time Training (LTFT). The key aims of LTFT training are:

- To retain doctors within the NHS workforce who are unable to train on a full-time basis
- To promote career development and work/life balance for doctors training within the NHS
- To ensure continued training in programmes on a time-equivalent (pro rata) basis
- To maintain a balance in LTFT arrangements with regards to educational needs and those of the service

In general, as clearly there are some extenuating circumstances and emergency situations, new LTFT training applications must be submitted a minimum of 16 weeks in advance of the trainees planned start date. This also includes proposed changes to current percentages (increase or decrease).

Am I eligible to train less than full time?

Any trainee in a substantive HEE approved post can apply for less than full time training on the basis of the below criteria. Please note that trainees of any gender can apply for less than full time training.

Category 1 – Those doctors in training with disability, ill health, responsibility for caring for children (men and women), primary carer for ill/disabled partner, relative or other dependent

Category 2 - Those doctors in training with unique opportunities: A doctor in training is offered a unique opportunity for their own personal/professional Development and this will affect their ability to train full-time (e.g., training for national/international sporting events or a short-term extraordinary responsibility such as membership of a national committee or continuing medical research as a bridge to progression in integrated academic training).

Religious commitment: A doctor in training has a religious commitment that involves training for a particular role and requires a specific time commitment resulting in the need to work less than full-time.

Non-medical development: A doctor in training is offered non-medical professional development (e.g., management courses, law courses or fine arts courses) that requires a specific time commitment resulting in the need to work less than full-time.

Other well-founded reasons may be considered by the Postgraduate Dean in consultation with the GMC, but support will be dependent on the capacity of the programme and available resources as well as compliance with European legislation relating to CCT requirements.

Category 3

LTFT is being offered to trainees without a category 1 or 2 reason as part of the Enhancing Working Lives Project. It is being rolled out by specialty having been piloted first in Emergency Medicine. Details can be found at <https://www.hee.nhs.uk/our-work/doctors-training/enhancing-working-lives>

How do I apply to train less than full time?

Please contact the LTFT team in the region where you work

North East Yorkshire Trainees: LTFTEast.YH@hee.nhs.uk

West Yorkshire Trainees: LTFTWest.YH@hee.nhs.uk

South Yorkshire Trainees: LTFTSouth.YH@hee.nhs.uk

Kaizen (e-portfolio), Assessments and the ARCP

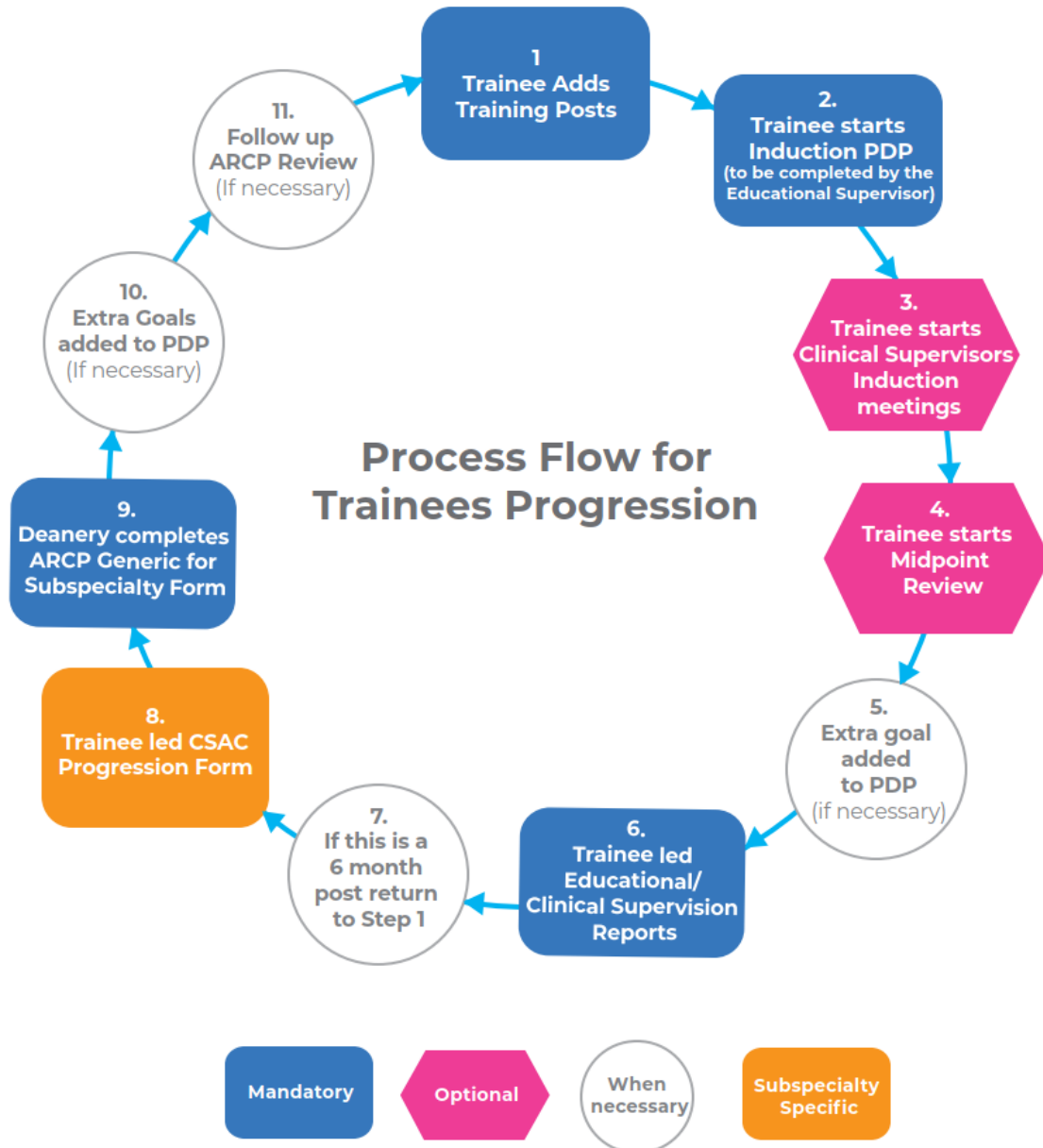
As a paediatric trainee, you and your educational supervisor will use RCPCH e-portfolio (on the Kaizen platform) to record learning in all its forms and settings, and to monitor progress through the curriculum. It is mandatory for all run-through paediatricians in UK training posts.

Your e-portfolio:

- enables you to record assessments and development logs
- holds any personal development plans (PDPs) you wish to create
- is where your Local Education and Training Board (LETB) or deanery submit your Annual Review of Competence Progress (ARCP) outcomes.

We suggest using the e-Portfolio as described in the below image to optimise its educational benefits:

Process Flow for Trainees Progression through a post



©RCPCH 2018.
The Royal College of Paediatrics and Child Health is a registered charity in England and Wales (105774) and in Scotland (SC038299)

1. Trainee adds their training post
2. Complete an Induction PDP. This form is started by the trainee and sent to your educational supervisor to complete. Upon receiving the initial part of the Induction PDP, we recommend you meet with your supervisor to discuss and confirm your PDP goals. The PDP should remain open for your training post period.
3. A clinical supervisor's induction meeting can take place after you have met with your educational supervisor. The clinical supervisor induction form is a simpler form outlining any aspects of clinical training you might want to address during the training period.
4. Midpoint review - this is carried out with your educational supervisor, usually in person, to review PDP goals set for the training period.
5. An extra goal can be added to update your PDP.
6. For ARCP, an educational supervisor report must be completed, and good practice suggests a clinical supervisor report too (in some areas you only need one of every training year - check local policies)

Six-month posts end here and start again at point 1. Longer posts, carry on where applicable

7. Only for those doing official subspecialty training in level 3 - SPIN and lower-level training doesn't apply
8. ARCP occurs according to your deanery's local policies - check locally.
9. Good practice for ARCP outcomes other than 1 is to have targets on what would help make an ARCP outcome 1 next time - these can be set up as goals in your next attachment.
10. Only applicable exceptionally (most commonly for an ARCP outcome 5)

COVID-19 Modified Assessments – Minimum requirements for ARCP

	Level 1			Level 2		Level 3		
Grade	ST1	ST2	ST3	ST4	ST5	ST6	ST7	ST8
SLEs	Safeguarding CBD minimum 2 per training level Minimum 1 Handover Assessment Tool (HAT) by end of ST3			Safeguarding CBD minimum 1 per training level Minimum 1 ACAT observed by supervising clinician 1 HAT per level 1 LEADER per level		Safeguarding CBD minimum 2 per training level 2 LEADER per level		
	1x MSF during ST1		1x MSF during ST2 or ST3	1x MSF during level 2		2x MSF during level 3		
AoP	Minimum 1 satisfactory DOPS for compulsory procedures							
Life support	Valid life support evidence, APLS, NLS, EPALS or equivalent by end of ST3			Continued valid life support evidence, APLS, NLS, EPALS or equivalent		Continued relevant valid life support evidence		
Exams and other assessments	ST1-2 = nonmandatory ST3 = need all theory exams by end of ST3 ST3 can progress to ST4 without full MRCPCH* (will need by end of ST4)					Completion of and reflection from RCPCH START assessment		
Trainer's report	Satisfactory Educational supervisor report for each training year ST3 can progress without MRCPCH as long as ES report explicitly states suitability			Satisfactory Educational Supervisor report for each training year		Satisfactory Educational Supervisor report for each training year		

Please pay attention to the above requirements set out by the college which you should aim to achieve and evidence in your e-portfolio before your annual ARCP.

Take time to study kaizen for breakdown of the DOPS (compulsory and required) which must be achieved during each level of your training.

We advise regular reflections on cases, incidence reflection and safeguarding as this will help re-enforce learning. Please maintain patient and staff confidentiality at all times.

Doing clinical questions on e-portfolio will also help stimulate learning and researching evidence. Please inform your clinical supervisor if you're having trouble obtaining any of the above so that it can be resolved early in time before ARCP deadlines.

Safe Prescribing in Paediatrics

- Familiarise yourself with your Trust's prescribing format – computer or paper drug chart
- Check /complete patient name, date of birth, hospital number, ward, consultant
- Check weight is appropriate for age of child and is dated
- Always complete allergy box whether or not there is an allergy
- Always check whether the child is already taking medications
- Use current British National Formulary for Children (BNFc) and ensure to use the correct indication for the medication – the app is free for download on android and apple devices.
- Check and use local prescribing guidelines (e.g., antibiotics or sedation)
- Prescribe sensible and practical doses of medicine which can be easily measured
- Use the approved (generic) name for the medication
- Dosage units:
 - Use of 'g', 'mg' or 'mL', but spell out all other units in full, e.g., units, micrograms and nanograms.
 - Always put a zero in front of decimal points, e.g. 0.5g (better to write 500mg)
 - Dosage forms must be stated
 - Do not prescribe liquids in mL unless indicated in BNF. If prescribing in mL, specify the concentration
 - 11. Specify route (e.g., inh, IV, IM, SC etc). If necessary, spell out, e.g. intrathecal
- Timing:
 - Write frequency, times required and start and stop times
 - Write frequency for "as-required" medication, including the clinical indication and maximum daily dose

Safeguarding children

Everyone who works with children has a responsibility for keeping them safe. No single practitioner can have a full picture of a child's needs and circumstances and, if children and families are to receive the right help at the right time, everyone who comes into contact with them has a role to play in identifying concerns, sharing information, and taking prompt action.

The RCPCH child protection portal is dedicated to child protection and safeguarding, the portal offers evidence-based resources for professionals in the UK and internationally. It provides a range of child protection and safeguarding resources, along with news and links to courses to support health professionals and different audiences with a special interest in child protection.

Resources include the Child Protection Companion and Child Protection Evidence systematic reviews, as well as other complimentary resources and information on child protection processes across the whole range of medical and social interactions, including research, guidance, publications and standards that are applicable to all four UK devolved nations and internationally.

Also, as part of your level 2 University of Leeds Diploma in child programme, you will complete a module on child protection. You will be taught how to write a child protection medical report, police reports and answer questions from the court of law. A lot of trainees have found this module very useful.

Surviving and Thriving in Paediatrics

So here you are, you've got your dream job in paediatrics in a beautiful region, you've completed your induction, met your educational and clinical supervisors, and started work... but you are feeling totally overwhelmed. You wonder if it is just you feeling this way and if others are feeling the same?

What do you do?

- a) Carry on and act like everything is ok?*
- b) Get very grumpy and irate?*
- c) Get very sad and depressed?*
- d) Speak to someone about it?*

You are absolutely right! "d" is the right and correct way. Any doctor in training may at some point experience difficulties and need extra help and support. This is nothing to be ashamed of, and it's very important to access help; the earlier that issues can be addressed, the easier they are to resolve. This helps keep you and your patients safe and can get you back on track to enjoying your life and work. Do speak to your Clinical Supervisors and/or Educational Supervisors. They are there for you for support during those difficult times. Believe me, we have all been there!

HEYH website has a range of resources that can be found at https://www.yorksandhumberdeanery.nhs.uk/learner_support/policies/trainee_support

Mindfulness

Mindfulness is the practice of bringing your attention to the present moment without judgement and with kindness and curiosity.

Mindfulness helps you become more self-aware, feel calmer and less stressed, be more able to choose how to respond, cope with difficult or unhelpful thoughts and be kinder towards yourself.



Is mindfulness right for me?

Anybody can try mindfulness and it can practise by anyone at any time (it's not just about sitting on a mat in a quiet room!), but it is a skill and does require practice! It may not be for everybody, but if you're looking for a method to help you manage workplace stress and improve your quality of life, then you might like to take this great opportunity to explore it for yourself.

Dr Suri, Remit for wellbeing

For more information, please contact Dr Sanjay Suri, sanjay.suri2@nhs.net or Rachael Garside, Rachael@tallspaghetti.co.uk

On a final note; all work and no play.....

Remember **you're not alone**. Paediatric training is very much consultant led and trainees are always well supported, so do not avoid seeking help and guidance if you ever find yourself in a tricky situation or you just need to talk. Take advantage of this beautiful region, full of nature's wonderful gifts to live! The home of Yorkshire tea and the renowned Yorkshire pudding. There is definitely something for everyone.

We encourage you to visit the Lake District, Peak district, Thornwick Bay and Robin Hood's Bay amongst other popular leisure spots. If you love going to the beach, you're in luck as you will never need to travel abroad for your holidays anymore but instead choose from several sea-side beaches at your disposal, some of which have been ranked amongst Europe's best. If you have a family, we suggest you take advantage of the family themed parks and farms spread across the region, your kids will definitely love it.

Remember to find time and explore the rich and interesting history of Yorkshire written behind ancient cities, high walls, and beautiful cobblestones because you are now a part of it.

Welcome again to our family of brilliant minds and excellent paediatricians.

Udoka and Fatimah



