

# OUT OF PROGRAMME EXPERIENCE



DR EMILY LANGFORD + DR LUCY BROOKS

# TODAY'S DISCUSSION

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## Topics to Cover

Defining OOPE

How to Apply

Future Leaders Programme

Lucy's OOPE

Emily's OOPE

Returning to Training

WYMO



Medical Leadership  
Academia  
Education  
Patient Safety



Enhance clinical skills related  
to, but not part of the  
curriculum



Support health needs of other  
countries

# WHAT IS AN OOPE?



**Time out of Training to gain  
professional skills that would  
enhance future practice**



# How to Apply



## FIND SOMETHING THAT INTERESTS YOU

Develop supporting statement inc Aims and Objectives for your OOPE

## APPLY 6 MONTHS BEFORE OOPE WOULD START

Ensure training progress is satisfactory

## DISCUSS WITH ES/TPD/SPONSORSHIP TEAM

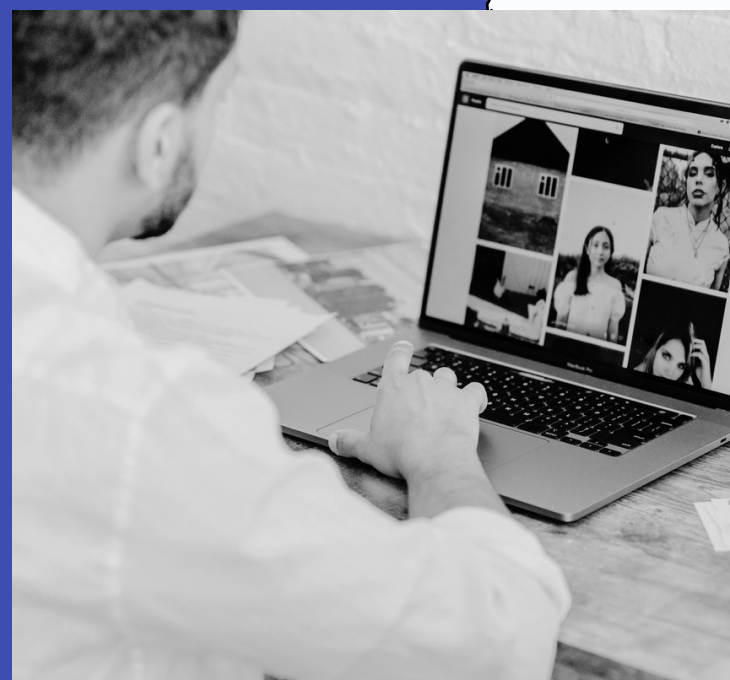
Need their support and approval

## SUBMIT OOPE APPLICATION FORM

On the deanery website - google Y+H deanery OOPE

# Future Leaders Programme

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## PROJECT

Each fellows project differs.

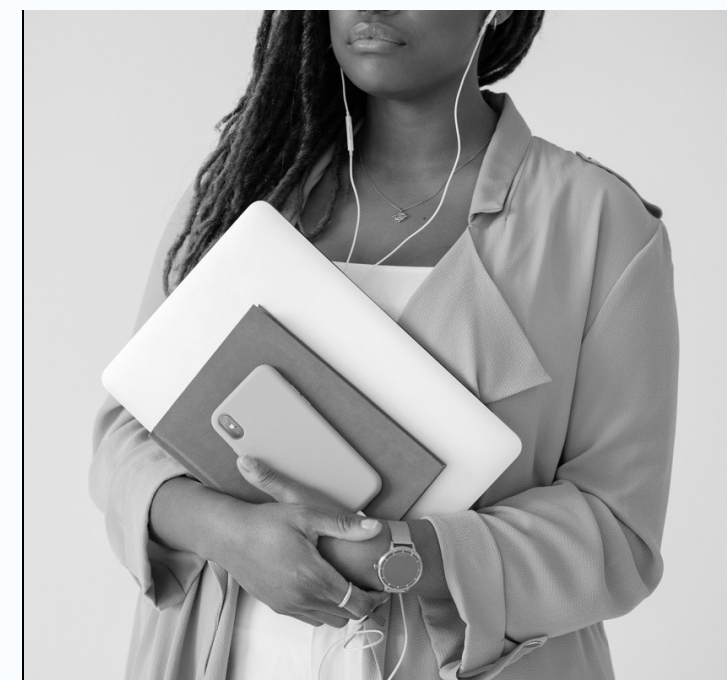
Options include  
educational, workforce,  
quality improvement,  
health inequalities etc



## PG CERT

Funding for qualification  
with leadership or  
educational component

Alternatives include  
Leadership Academy and  
Kings Fund courses



## PERSONAL DEVELOPMENT

Courses + Conferences  
Reflective Practice  
Coaching  
Networking  
HLM 360 feedback  
Books/Podcasts etc





## Lucy's OOPE

Sustainable Anaesthesia and Climate Change



## Emily's OOPE

Developing Inclusive Teamwork Education



# RETURNING TO TRAINING

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Advised to refer self to  
SuppoRTT

If want to return early should aim  
to give 6 months notice.





# Mentoring

Helping people to take charge of their own development, release their potential and achieve results that they value

Email: [WYMentoringOrganisation@gmail.com](mailto:WYMentoringOrganisation@gmail.com)



# RESOURCES

[HTTPS://WWW.YORKSANDHUMBERDEANERY.NHS.UK/P  
ROFESSIONAL-SUPPORT/POLICIES/TRAINING-  
GUIDANCE](https://www.yorksandhumberdeanery.nhs.uk/professional-support/policies/training-guidance)

# QUESTIONS?

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