

SupportTT Champion

North Lincolnshire and Goole NHS Foundation Trust

Rajan Bhojwani

rajan.bhojwani@nhs.net



I have been a consultant ophthalmologist at North Lincolnshire and Goole Hospitals NHS Foundation Trust for just over 10 years, and was trust wide speciality lead from 2014-2016.

During my SHO and SPR training at Leeds and Manchester I had a couple of periods where I took several months out of programme. Getting back into the flow and dynamics of the team was a challenge; picking up the skills again where you left off, in a competitive training environment, can be stressful if support is lacking. I believe this SupportTT framework is a fundamental shift in the approach to time out of training where a focus on the long-term wellbeing of an individual is recognised as a positive contribution to the prosperity of the team.