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Key facts about Self-Development Time (SDT) for Foundation Doctors

1 How much should I get?

All foundation doctors should get a minimum of 2 hours of SDT on average per week. This can be gathered into whole or half days across the rotation or allocated as hours in a week



2 What's it for?

- Educational meetings
- Updating E-portfolio
- Reflective practice
- Planning and delivering teaching
- Quality Improvement work
- Career Exploration

3 What's it not for?

- Extra annual leave
- Trust mandatory training/induction
- Departmental teaching
- Taster days
- Study leave

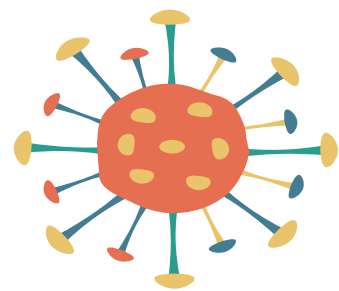


4 What do I do if I'm not getting it?

Speak to your clinical and educational supervisor first, then your TPD if they are unable to help

5 What if I'm sick?

This is determined by your trust – check the local policy



6 Where do I get more information?

FAQs can be found online:
[SDT FAQs for Foundation Trainees and their Supervisors.pdf](#) (hee.nhs.uk)