

NETFS

North East Thames Foundation School

Newsletter April 09

NETFS August '09 applications & allocations:

F1 entry - There were 307 places available and 440 applications. 60% of the cohort are Barts and The London grads. This will be the first cohort of linked F1<->F2 programmes.

F2 entry - The School team spent a long time making adjustments where possible, but it appears that the allocation results were agreeable to most of the F1s. 45% of trainees got their first choice, and 60% got up to their 4th choice. These were the top 10 choices this year. BHR cleaned up! But they do have the most jobs.

Rank	Trust	Job1	Job2	Job3
1	Queen's (BHR)	General Medicine	GP Practice	A&E
2	Queen's (BHR)	GP Practice	A&E	General Medicine
3	Queen's (BHR)	A&E	General Medicine	GP Practice
4	Queen's (BHR)	General Medicine	GP Practice	A&E
5	Queen's (BHR)	A&E	High Dependency Unit	GP Practice
6	Queen's (BHR)	GP Practice	A&E	General Medicine
7	Queen's (BHR)	High Dependency Unit	GP Practice	A&E
8	Queen's (BHR)	GP Practice	A&E	High Dependency Unit
9	Barts & the London	Haematological Oncology	Cardiology	A&E
10	Queen's (BHR)	Accident & Emergency	General Medicine	GP Practice
10	Barts & the London	A&E	Cardiology	Haematological Oncology

Recent NETFS events:

NETFS Open Day - 12 January: This was an opportunity for the incoming F1s to meet representatives from the Trusts, and for the Trusts to sell their programmes before the close of the application deadline. Thanks to our FP Reps who attended the event to offer their advice and share their experiences.

BLSMD Careers Event - 19 March: The School attended a Year 4 Careers Event, hosted by Queen Mary's Medical School. It was an opportunity for medical students to gain an insight into Foundation and specialist training. Again, a thank you to our FP Reps who dispensed useful advice.

NETFS Committee Meeting - 12 March: Your Reps were again in action at the recent School Management Committee meeting. Please contact your rep for feedback.

Latest news

The PMETB survey will be mandatory next year

Your foundation year sign off is fast approaching!! We will soon be emailing you with helpful information on the sign off process and for FY1's, please note your GMC full registration is approaching and the deadline this year for the GMC to receive your Certificate of Experience is the 17th July 2009.

Helpful Foundation Doctor websites:

UKFPO Website: www.foundationprogramme.nhs.uk

The UKFPO website has a section designed for Foundation Doctors and it holds a wealth of material that is designed to help you gain the most out of your foundation training. The section includes key documents, information on your career path, and now two Rough Guides entitled *The Foundation Programme* and *Academic Foundation Programme*.

London Deanery website: www.londondeanery.ac.uk and
Eastern Deanery website: www.easterngp.co.uk

Both Deanery websites contain useful information on policy and procedures during your foundation training i.e., less than full time training, time out of study, studying abroad.

Careers Advice

In your Trust your Foundation Training Programme Coordinator or Medical Education Manager will be able to provide you with information about local staff who are trained in careers guidance. Our website can provide you with information about how to access careers advice as well as providing you with information about other sources of support and information about careers:

www.netfs.org.uk/careers

Foundation Doctors E-Handbook updated

The updated handbook is available on the following link:

www.netfs.org.uk

The E-Handbook is designed to act as an A-Z reference guide for you during your studies and covers a range of subjects including consent taking, paternity leave and flexible training.

Your Careers Day-we need your input!

We will be holding a careers day this year for all NETFS foundation doctors and we would like to know your views!. We shall soon be sending out a questionnaire so we can capture what it is that you would like to see from your Careers Day!

Your Contact Details

Can we kindly ask that you keep us informed of your preferred e-contact details, i.e., nhs, personal or Doctors.org e mail account. This is very important as **the majority of our communication is via email.**

Foundation Doctor Representatives

Your rep will be able to represent you during School Management Committees so please contact them directly with any issues you may wish to raise. You may also wish to arrange/find out about any trainee groups in your trust:

FY1 Outer London - Neil Verma
neil.verma@doctors.org.uk

FY1 Inner London - Nazmul Hussain
nazmul@londonmediconcern.org.uk

Fy1 Academic - Shoaib Ugrader
ugradsahi@aol.com

FY2 Outer London - Sharon Hadley
sharonhadley@googlemail.com

FY2 Inner London - Afraz Sheikh
afrazsheikh@gmail.com

FY2 Academic - Alastair Noyce
alastairnoyce@hotmail.com

Who are the staff members at your foundation school?:

Dr Michael Glynn (Acting Director)

Dr Glynn has several responsibilities and they include organising Core Medical training in NE London as well as being Acting Director of the NETFS. Dr Glynn works with the Deanery to ensure educational approval for all FY1 and FY2 posts and is responsible for overall educational quality.

John Masih (Manager while Kate Brooks is on maternity leave)

John has worked at the Royal College of Surgeons of England managing a range of educational research and development projects, and managed the PGC at Guy's & Tommy's. At NETFS he has overall responsibility for the management of administration and quality within the school.

Colleen Rust (Administrator)

Colleen has worked in HE Administration for many years. Amongst many other senior tasks, Colleen is responsible for the production of the website, newsletters and organising of school events. Please contact Colleen with any ideas for articles for our next newsletter.

Nazmin Ali (Administrator)

Nazmin has worked with the NHS for two years and is an experienced administrator. Nazmin is responsible for many office tasks in particular working with trainees and the trusts in answering trainee enquiries.

Ann Barker (Assistant)

Ann is an experienced secretary and works in the school on Tuesdays, Thursdays and Fridays. Ann manages Dr Glynn's trainee appointments.

We work with 9 associated NHS trusts and they can be found at the following web link:
www.netfs.org.uk/about/us

Whistleblowing

Do you know what to do and where to go if you have concerns over the following, within your NHS organisation?: Breaches of civil and criminal law/Miscarriages of justice/Dangers to health and safety and the environment/Cover up of any of the above.

Please find the useful London Deanery Guidance on Whistleblowing at the following web address:
www.londondeanery.ac.uk/foundation-schools/files/tfsb-policies-guidance-and-application-forms/whistleblowing.pdf

What does your foundation school do for you?

At recent hospital inspection visits we asked our trainee doctors 'what does the Foundation school do for you?' and for the most part the response has been 'don't know!' This short piece is a summary of what the Foundation School does to help trainees in ways that may not have been obvious to you.

One main role of the FS is to assure the quality of the training you receive. We visit each Trust and question trainees, consultants and managers about the training given measured against standards defined by PMETB and the GMC. Where we find good practice we share this with other Trusts and where we meet concerns we have the power to make the Trust management respond with an action plan of how they will improve the quality of the education they provide. If we see practice that might endanger patients or put trainees in an untenable position we can issue an 'Immediate Improvement Notice'. Ultimately, in conjunction with the Deanery we do have the power to withdraw training recognition from a particular post. We are equally keen to hear of any concerns directly from trainees at any other time and do undertake to investigate and try to resolve problems as soon as we can.

In order to support your consultants and the Trust you work in, the FS has provided training courses for senior staff in the roles and responsibilities of the clinical and educational supervisors, and in what is a new and changing field of postgraduate education. During this year the FS has also provided teaching sessions for consultants on how to give careers advice to foundation doctors so across all of our Trusts. If you need careers advice see your postgraduate centre team for a list of those who are trained to give this advice. The school itself also holds an annual careers event, another one is planned for later this year

Supervisors and doctors in training also need guidance on how to manage trainees in difficulty and such a guide was written and mailed out earlier this year. If you think you are struggling read the guide to see where you should turn for help:

www.londondeanery.ac.uksearchSearchableText=supporting+professional+performance

More recently we have also produced good practice guides for both hospital and GP trainers that we hope will help improve standards for you.

The FS is also the place to come to if you want advice about flexible training, or working aboard. We are able to help and can be a valuable source of advice and experience.

Finally the FS arranges the end of year sign off process administering the full registration or FY completion documentation that you need in order to progress to the next stage of your career.

The NETFS is overseen by a management board that includes reps from F1, F2 and the academic FY rotations. If you want to input into the way the school operates or supports you in your training speak to your reps and help us to help you.

What quality monitoring turns up

Jocelyn Hewitt, Temporary Teaching Tutor (NETFS)

The Foundation School has been running a joint quality monitoring exercise between with Barts & the London, Mid-Essex Hospitals Trust and Newham University Hospital. There were many examples of good practice noted during the syllabus mapping exercise - some of which are highlighted below:

From Dr Alan Naftalin and Lesley Elias at Newham

Since 2000 at Newham, we have run within the education programme for PRHOs and now FP trainees what we have called Personal and Professional Groups. The purpose of the groups has been to provide young doctors with an opportunity to express themselves, in confidence, in a peer group on subjects relating to their work, e.g. relationships with colleagues, pressures, antagonisms, motivations, angers, guilts and fears. These groups also allow opportunity for self reflection.

Organised and guided by the Director, the programme has been delivered by Dr Peter Bruggen, a retired adolescent psychiatrist and Dr Paul Julian, a recently retired Hackney GP. With the inception of F2, Balint groups were introduced into the programme by Dr David Watt, a local GP and secretary of the Balint Society (BMJ article 'Are we all Balintians now?' - Jeremy Holmes, BMJ 2008;337:a1549 may be of interest)

Michael Balint was a psychoanalyst who started seminars for GPs in London in the 1950's. The aim was to help doctors with the psychological aspect of their patients' problems - and their problems with their patients. The focus of the work was on the doctor-patient relationship: what it meant, how it could be used helpfully, and to how to develop the understanding and explore the difficulties between the doctors and patients.

As the portfolio came into operation, we incorporated some communication, and ethical aspects to the groups and what was an open communication set of groups, became a little more formalised. The F1s and F2s each get a session once a fortnight in groups of 12 or so, and get written feedback on the formal content of the sessions.

Attendance is mandatory, bleep free and we expect 70% attendance. We have written and presented on these groups and on a survey a year ago, are the only trust in London doing such activity. The work was presented at the recent BMA's 'Doctors Health Matters' London Conference.

From Dr Ali Jawad and Emma Breese at Barts and the London

NETFS and BLT have been working together in a joint initiative to improve on the provision of laboratory based practical skills teaching for FY1/2 doctors. The curriculum specifies (pages 113-114 you'll remember), the specific procedures to be acquired, e.g. lumbar puncture and central line insertion, and by the end of the F2, doctors are expected to be competent to do and to teach these skills.

To support this for trainees in Barts and the London, funds and space were identified by the Postgraduate Centre to create and resource a programme which would allow foundation doctors in both years three practical skills teaching sessions each. Emma Breese was nominated to lead on the work at BLT and to identify tutors expert in each skill. One example to share with other Trusts is the two hour insertion of central line session (provided by BLT renal consultants Dr Ravindra Rajakariar and Dr M Blunden).

Theory, risks, complications, and prevention of infection were included, with session focus on developing practical skills. Manikins were used to demonstrate how the procedure should be safely achieved with opportunity for the participating F2s to develop their own skills at the practical skills stations. Clinical supervision, tips for practice and guidance was provided by both consultants at the line insertion and Ultrasound stations. Evidence of learning was informally assessed using an OSCE style checklist (from the NETFS DOPs Guide) available from our website. The sessions were very well evaluated by the group.

Emma and kit: Before



and After



In session



and on course



Website : www.netfs.org.uk

**Enquiry email:
netfs@qmul.ac.uk**