

THE CAMBRIDGE GENERAL PRACTICE TRAINING PROGRAMME



*Postgraduate Medical Centre
Clinical School
Addenbrooke's Hospital
Hills Road, Cambridge CB2 2SP*

*Tel: 01223 217606
Email: cm323@medschl.cam.ac.uk*

Training Programme Directors

*Simon Brown
Tony Cole
Paul Sackin*

October 2011

THE CAMBRIDGE GENERAL PRACTICE TRAINING PROGRAMME

This long established scheme offers places on three-year specialist training programmes. Applicants will be assigned to one of the following rotations.

Rotation A (six posts)

6 months in General Practice

1 year in 3x4 month Hospital Posts (at Addenbrookes Hospital) in O & G, Paediatrics & Medicine for the Elderly.

1 year P/T in General Practice and P/T in two from a selection of Innovative posts (which may include Palliative Care, Community Paediatrics, Community Medicine for the Elderly, Community Psychiatry, Academic, Sexual & Reproductive Health, Rheumatology/Musculoskeletal and GU Medicine)

6 months full time in General Practice

Rotation B (eight posts)

6 months in General Practice & 6 months in A&E (Hinchingsbrooke Hospital, Huntingdon) in the first year

1 year in 3x4 month Hospital Posts (Psychiatry and Gen Med based in Cambridge and O&G at Hinchingsbrooke Hospital, Huntingdon) NB Two of the rotations do 6 months in Psychiatry and 6 months in General Medicine but no O & G)

1 year in General Practice

Rotation C (four posts)

6 months in General Practice and 6 months in Orthogeriatrics .

6 months in A/E and 6 months in O&G

1 year in General Practice

Rotation D (two posts)

6 months in General Practice and 6 months in Medicine for the Elderly (Addenbrookes)

6 months in A&E (Addenbrookes) and 6 months in Child & Adolescent Psychiatry

1 year in General Practice

Two places will be reserved for Academic Clinical Fellows, who do an additional year of academic training.

There will be an opportunity for potential candidates to come along to one of the Wednesday afternoon sessions to see how the afternoons are run. If you are interested in coming along please contact Carole Mills on cm323@medschl.cam.ac.uk who will then be able to advise you of where the session will take place.

CHOOSING PRACTICES

The currently recommended model is that each trainee has experience in more than one training practice. You will be allocated to a training practice for your first 6 months and will then have the opportunity to choose a different practice for the rest of your training.

The scheme has approximately a third of its training practices in the City, a third in surrounding villages plus two in Saffron Walden, and one each in Royston and Newmarket. A full list of training practices for the scheme can be obtained from Carole Mills, if required, although they may not all have vacancies in August 2012.

HALF DAY RELEASE COURSE

The trainee-led half-day release course has been a particular success of the Cambridge training scheme for many years and it continues to thrive.

Educational Philosophy

The educational philosophy of the half-day release scheme involves the use of group work rather than formal lectures. The function of the group work is to share experiences, be supportive, look at problem cases, develop consultation skills and explore specific topics, e.g. hypertension, asthma, bereavement and care of the dying. This process also provides an opportunity to explore values and beliefs and to identify learning needs. The half-day release course complements education in the practices and the hospitals

Features of the release course The course is held on Wednesdays from 12.30 – 5.00pm at Addenbrooke's Hospital. The course runs throughout the year with short breaks for Christmas and Easter and the summer. Most afternoons are divided into three parts. Following lunch there is a presentation or discussion entirely led by members of the group. This is based on learning needs derived from the small group work which forms the second part of the afternoon. The final part of the afternoon is usually a seminar on a specific subject, often with an outside speaker. This is designed to be as interactive as possible, with objectives agreed in advance by the group. There is plenty of less formal time during the afternoon for socialising, catching up with each other and for planning future sessions.

The essential aims of the Cambridge General Practice Training Scheme half-day release course are concerned with you and your colleagues sharing responsibility for the course and for your own education. We are keen for the group to share in planning the seminars in terms both of content and educational method. This forms a main part of our philosophy: that you should develop skills in self-directed learning and acquire the ability and interest to continue learning throughout your professional life. Why do we feel so strongly about this? Because it is vital for professional satisfaction in a rapidly changing world, it helps to prepare for appraisal and revalidation and most importantly – it makes learning much more relevant and much more fun.

Seminars are usually based on group discussion rather than lecture presentation, with the group leaders and any invited expert helping to provide stimuli for discussion and acting as a source of information as required. Unresolved learning issues at the end of each seminar are distributed amongst group members and answers are brought back for the following week. You will also be encouraged to derive the aims for each session in relation to your learning needs. You are then expected to consider and record on your ePortfolio further learning needs arising from the session.

In smaller groups during part of the afternoon the programme directors will help you to explore in depth problem cases and difficult situations with both patients and colleagues. They will use various educational methods including looking at the patient's perspective. There is usually also at least one regular half day per term set aside for learning about communication and consultation skills.

To introduce you all to each other a 24-hour residential introductory session is held every year to coincide with the main intake of registrars. It is expected that this will take place at The Barnsdale Hall Hotel at Rutland Water in 2012 and the provisional dates are 21st & 22nd August 2012. It provides an enjoyable 24-hours away to develop trust, honesty, safety and confidence within the group. We introduce and explain new learning methods and help set the agenda for the coming year. We hope this demonstrates our strong belief that a relaxing environment and having fun are essential components of successful education.

OTHER EDUCATIONAL OPPORTUNITIES

In discussion with your trainers, you may wish to extend your experience to include release from general practice to attend hospital clinics or other relevant activities. These latter might include visits to PCTs, the university department of public health, the university department of primary care and many others. There are many other educational opportunities within the hospital and community in which you can participate. We are striving to create a good balance between education and service commitment, both being essential in GP training. Part of the requirement for training is to achieve competencies in out-of-hours care, and each trainee needs to have a total of 108 hours experience in this during the GP parts of the three-year course (which equals just 6 hours per month). Most of this out-of-hours experience will be gained by attending supervised sessions at one or more of the Urgent Care Cambridge centres.

The EOE Deanery have now also made funding available for us to run a half day simulation centre session for ALL ST1 trainees, which will provide experience of managing medical emergencies in unfamiliar environments such as OOH, and we will arrange this during your first period of general practice.

Workplace-based assessment

There are three components of the MRCGP examination. Satisfactory completion of training depends on passing all three components. The two examinations are an applied knowledge test (AKT) done on-line at a driving test centre and a clinical skills assessment (CSA) done in a special centre in Croydon. For further details see www.rcgp.org.uk.

The third component of the examination is the workplace-based assessment (WPBA). This involves recording a series of assessments throughout the three years of training on an ePortfolio. The ePortfolio is also a record of learning. It is essential that trainees take responsibility for recording all relevant information on the ePortfolio and that they ensure that they have the necessary assessments. For further details please see www.rcgp.org.uk

Facilities

The Addenbrooke's site has an excellent library, IT facilities and a wide range of research facilities. There is an active postgraduate education programme and the Frank Lee Centre offers sporting and social facilities, including a gym and a swimming pool.

OTHER COURSES

The East of England Deanery, East Anglia Faculty of the RCGP and others organise a variety of courses including family planning, child health surveillance, minor surgery and MRCGP preparation.

USEFUL WEBSITE ADDRESSES

Royal College of General Practitioners www.rcgp.org.uk

East of England Deanery www.eoedeanery.nhs.uk

AND NOW.....

We very much hope that you are interested in applying for GP training in the Cambridge area.

Please do not hesitate to contact the training programme directors for any advice or information.

The easiest way to contact us is by telephoning or e-mailing Carole Mills, Programme Administrator (*telephone: 01223 217606 or email cm323@medschl.cam.ac.uk*) or alternatively our email addresses are noted below:

Paul Sackin – paulsackin@waitrose.com

Simon Brown – simonbrown2@nhs.net

Tony Cole – tony@colescott.co.uk