Specialty: General Practice
Borders and Midlothian

Deanery sponsoring programme: Scotland – South East Region
Postgraduate Dean: Professor Bill Reid
Responsible Associate Dean/GP Director: Professor David Bruce
Programme Type -
▪ Deanery-based or National: Deanery
▪ Specialty or Sub-specialty: GP Specialty
Date of GMC recent approval: August 2010
Associated Royal College / Faculty South-East Scotland Faculty, Royal College of General Practitioners
Web address http://www.rcgp.org.uk/
Curriculum and Associated Assessment System http://www.gmc-uk.org/education/gp.asp
Date programme information last updated August 2018

Recognised Programme Locations and Environments – please see a link to Google Maps below:
https://www.google.com/maps/d/viewer?mid=1cQ57LwKfaQ9gDtGo8ZiR9pLWbSY

This programme involves placements in some or all of these Health Boards and hospitals:

**NHS Lothian**
- Royal Infirmary Edinburgh
- Astley Ainslie Hospital, Edinburgh
- Western General Hospital, Edinburgh
- Liberton Hospital
- Royal Victoria Hospital @ Western General Hospital
- Royal Edinburgh Hospital
- Royal Hospital for Sick Children, Edinburgh
- St John’s Hospital, Livingston
- Musselburgh Primary Care Centre

**NHS Fife**
- Victoria Hospital, Kirkcaldy
- Queen Margaret Hospital, Dunfermline
- Forth Park Hospital
- Stratheden Hospital, Fife
- Lynebank

**NHS Borders**
- Borders General Hospital

**GP Practices (you may be allocated to one or more of these dependent on current vacancy)** New practices come on stream all the time

**BORDERS**
- Selkirk Medical Practice
- St Ronan’s Medical Practice, Innerleithen
- Teviot Medical Practice, Hawick
- Coldstream Medical Practice
- Eyemouth Medical Practice

- The Neidpath Medical Practice, Peebles
- The Tweed Medical Practice, Peebles
- Waverley Medical Practice, Galashiels
- Earlston Medical Practice

**MIDLOTHIAN**
- Penicuik Medical Practice
- Pathhead Medical Practice
- Roslin Medical Practice

- Eastfield Medical Practice
- Newbattle Medical Practice
Programme Description

Why choose this programme?
The Scottish Borders is a scenic, rural and high amenity area with easy access to Edinburgh. It has excellent schools and great opportunities for outdoor pursuits, a wonderful area to bring up a family. There are two world renowned mountain biking tracks near Innerleithen and ample scope for hill-walking and road cycling. The total population is 106,000. The small size of the medical community encourages close and effective relationships between Primary and Secondary Care. Community GP beds are also available.

Midlothian lies due south of Edinburgh, occupying the broad valley between the Moorfoot and Pentland Hills. It has rich farmland, and villages full of character. There is industry and modern technology in bustling towns and villages, where most of the population of 80,000 residents resides. Over 95 per cent of Midlothian’s population lives in the area including Penicuik Bonnyrigg and Dalkeith.
Edinburgh’s coast and countryside offer a beautiful backdrop to the towering grace of the capital, with castles, great houses and miles of glorious coastline. A few years ago Edinburgh was voted as the most desirable city in the UK in which to live. It is also the ancient home of the game of golf. The city offers a huge number and variety of facilities for all tastes and hosts the famous Festival each August. Edinburgh is within easy reach of the countryside and the Highlands are within easy driving distance. Good transport systems allow easy travel within the city as well as access to the rest of the UK and abroad. Edinburgh has an excellent reputation for medical teaching and training.

Borders Training placements

The Borders General Hospital is a modern acute hospital with 300 beds based in Melrose, 37 miles from Edinburgh and provides a comprehensive range of secondary care services. Accommodation may be available on the Borders General Hospital site, which also has excellent library facilities.

The majority of the hospital posts are at the Borders General Hospital with a few in other Hospitals in South East Scotland. The specialties in the Borders Programme may include: Medicine, Care of the Elderly, Orthopaedic Trauma, Psychiatry, Paediatrics, Obstetrics & Gynaecology.

We have excellent training practices, most with two trainers. A huge breadth of experience awaits you. These trainers and training practices are appraised on a regular basis and meet the education requirements of the region and GMC. They offer excellent experience working in a multidisciplinary team with all members of the team involved in training. The region has an excellent training record with above average success rates in MRCGP.

Support and Supervision

In the Borders GP Training Programme you will be allocated to a GP practice, in Borders and/or Edinburgh. Our aim is to provide you with the opportunity to experience two different practices during your training. You will be “fostered” in a different training practice in ST1 (e.g. you may have 1 GP practice in Borders and one in Edinburgh). Your GP trainer in your “Home” ST3 practice will be your educational supervisor over the 3 years. Trainee feedback suggests that while sacrificing some continuity, trainees find that they benefit from gaining experience in often contrasting practices and patient populations. You will attend the “Home” ST3 practice on a regular basis during the hospital phase in order that your whole educational experience is focused on your goal of becoming a GP. Your trainer will provide you with educational support and guidance throughout the 3 years and is in turn supported by Training Programme Director, Course Organisers, Hospital Clinical Supervisors and Associate Advisors.

You will also have a named hospital clinical supervisor in each hospital placement, who will provide regular formative feedback through an appraisal process and you will be required to maintain the RCGP electronic portfolio of clinical experience throughout your three or four years (e-portfolio). Your clinical supervisor and GP trainer will liaise closely with you to maximize your potential as a doctor.

Changes to rotations do occur this is particularly true for those taking time out of their programme for maternity or sickness leave, or for an Out Of Programme Experience year.

A Trainee comments:

“I was at the Borders General Hospital as a student for numerous rotations and it was such a friendly small supportive environment, where the consultants were sure to know your name, that I wanted to spend my future training there! It is supportive, friendly - where else would organise a night out for everyone every Thursday and a big bash at the end of the year? Great to know your colleagues, not just at work but also in a different light! After CCT I plan to do GP but also a bit of Palliative Care.”
Rotation Information

There are a number of 3 year rotations available in any given recruitment period (see indicative numbers information), the first year consisting of 6 months in a hospital post plus 6 months in General Practice. The second year rotates through 2 x 6 month hospital posts and the third year in General Practice (see possible examples below). Please read in conjunction with recruitment and the indicative numbers information. There may be a limited number of rotations available. Please note the rotations may vary from year to year but will always provide broad and balanced placements which meet RCGP and GMC requirements. Rotations are correct at this point in time however these may change due to unforeseen circumstances. BELOW ARE EXAMPLES

<table>
<thead>
<tr>
<th>POSSIBLE EXAMPLE ROTATION 3: 3 year programme</th>
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<tr>
<td>GPST 1</td>
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<td>6 months</td>
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<td>GP (Foster) Geriatric Medicine BGH</td>
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<td>GPST 2</td>
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To help you understand how we allocate successful applicants to rotations, the following are the criteria we use to allocate your rotation:

1. Information you provide on the preference sheet
   - a. You should tell us everything that you think is relevant to your chosen preference
   - b. Family circumstances (those with children under 6 will be given priority), particularly in relation to the practice allocated to the rotation.
   - c. Whether you have previous specialty training experience and in which specialty.
   - d. Try to tell us as clearly why you have chosen a specific rotation.
   - e. Any disability that may impact on your training placements or progress or may require adaptation to training or educational environment.

2. Prior posts in F2 or prior to recruitment. We will endeavour not to repeat a specialty from your foundation posts in your allocated rotation, however, it is likely that you will repeat a specialty if:
   - a. You have been in core specialties in the SE Foundation programme (Foundation and GP posts have been pulled from the same pool of old SHO posts)]
   However, if you are repeating a specialty you should try to choose a rotation that has the specialty in a different placement to one you have worked in already

3. Ranking in the recruitment process
   - a. Please be aware that you may not be allocated to your number 1 choice.
4. All training placements (educational providers) are approved by GMC
   
a. All trainees will have access to a range of educational opportunities, no matter where your rotation or practice is based.
   b. There are excellent opportunities during 18 months in GP to achieve the curriculum learning outcomes for any specialty.
   c. Under the equality and diversity legislation we must act with impartiality with regard to gender etc, when allocating training rotations and must consider all trainees in our programmes.

    ▪ This means that you can be sure of a good educational input even if you do not get your first-choice rotation/practice allocation.

PLEASE NOTE:

    ▪ Dependent on all the above noted criteria you may or may not be allocated to your first-choice rotation. ALL trainee requests need to be taken into consideration and balanced to the benefit of all

5. “SWAP SHOP” - Once all the allocations are completed we will open a swap shop which allows you the following option:
   
a. To request a swap of one hospital post in your allocated rotation and from within the available hospital posts.
   b. Information about this process will be sent once the preferencing has been completed. Please be aware that not all swaps are achievable but we try our best.

6. Final Allocation

PLEASE NOTE:

    It may be necessary to make changes to your rotation and practice allocation due to unforeseen circumstances out with our control:

This is rare but sometimes does occur. If this occasion arises we will discuss this on an individual basis. Occasionally there are personal issues that arise once you are in a placement/rotation/practice allocation, in these instances we can discuss with you the alternatives.

7. Allocation of rotations and practices will take place shortly after the closing date for return of preferencing sheets. You will be sent information about your allocation as soon as we can thereafter.

8. It may be best to wait until you have been allocated your rotation and GP practice before you arrange accommodation, to avoid long commutes - although our allocated posts and practices are commutable from Edinburgh, some will inevitably be further than others.

9. Finally remember you need to be able to drive to undertake home visits whilst in GP. If you do not drive you should furnish your practice with an alternative method of undertaking the home visits. If this is the case, please let us know as soon as possible.

Attachment to an allocated training practice throughout the hospital training offers a regular opportunity to link work in the hospital unit specialty with general practice. Trainees find this a very useful introduction to general practice. You will have an induction day to the practice at the start of training then regular contact throughout your time in hospital posts. Your educational supervisor will perform 6 monthly reviews and annual reviews in line with RCGP work place based assessment.
Learning

South East Scotland is introducing a more integrated educational programme that will ensure that our educational input allows you to meet the requirements of the RCGP GP Curriculum. We have therefore created learning opportunities appropriate to your level of training with some available to be taken at any point during your programme. These include:

- Educational release programmes during the GP Placements in ST1 and ST3
  - Focused small group learning using both GP and peer facilitation
  - Practice Based Small Group Learning as an additional resource for trainees.
  - Quality Improvement Project/Activity - Trainees are encouraged to learn about quality improvement relevant general practice by undertaking a quality improvement project whilst in their general practice placements (prize awarded)
  - Specific ST3 support for CSA assessment

- A menu of learning opportunities throughout your hospital placements (HBGL).
  - An Induction to GP training day (new recruits)
  - A Core Curriculum Course Day to guide you through the curriculum (new recruits)
  - 5 further courses to cover a variety of topics relating to the RCGP 5 Educational Themes
  - A GPST trainee weekly educational programme is being developed in BGH to support GPST trainees. Ones already exist in some of the other hospitals
  - Paediatrics Clinical Course (for those without a paediatric placement)
  - O/G Clinical Course (for those without an O/G placement)
  - Psychiatry half day release course (for those in psychiatry posts)

- There are other opportunities available at different points in your training which will prepare you for the challenges of changing General Practice ahead:
  - Doctor as Teacher
  - Occupational Medicine
  - Practice based small group learning (PBSGL)
  - Managing & Thriving in GP
  - Advanced Ethics
  - Psychiatry half day release available ad hoc (for those without a psychiatry placement)
  - Careers Day towards the end of ST3

- GP Attachment days to visit your “home ST3” training practice
- South East Scotland Deanery holds an annual audit prize for trainees

All educational support material and learning resources will be housed in a website which we encourage you to explore [http://www.scotlanddeanery.nhs.scot/trainee-information/gp-specialty-training/](http://www.scotlanddeanery.nhs.scot/trainee-information/gp-specialty-training/) and we have developed a learning resource centre using Moodle – you will have access to this once you join us. **We are currently working on a new GP Specialty Training web area in the Scotland Deanery website**

At the end of your training there is the opportunity to apply for a small number of further career development fellowships in areas such as “Education”, “Research”, “Rural General Practice” and “Public Health”.

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GMC: SES/496
NES: SES/D1/E1/01
Specialty: General Practice
Borders and Midlothian

How to apply
http://www.scotmt.scot.nhs.uk/recruitment/gp-recruitment.aspx

Deanery Administrative Contacts
NHS Education for Scotland
West Port
102 Westport
Edinburgh
EH3 9DN
Email gp.unit@nes.scot.nhs.uk
Website: http://www.scotlanddeanery.nhs.scot/
SE Scotland website
http://www.scotlanddeanery.nhs.scot/trainee-information/gp-specialty-training/

Quality of Training
GMC Trainee Survey information http://www.gmc-uk.org/education/surveys.asp