**Specialty:** General Practice  
**West Lothian and West Edinburgh**  

**GMC:** SES/498  
**NES:** SES/D1/E1/03  

- **Deanery sponsoring programme:** South East Scotland  
- **Postgraduate Dean:** Professor Bill Reid  
- **Responsible Associate Dean/GP Director:** Professor David Bruce

**Programme Type:**
- Deanery-based or National: Deanny
- Specialty or Sub-specialty: GP - specialty

**Date of GMC recent approval:** August 2010  
**Associated Royal College / Faculty:** South East Faculty, Royal College of General Practitioners

**Web address:**

**Date programme information last updated:** August 2018  

**Recognised Programme Locations and Environments** see google maps
- [https://www.google.com/maps/d/edit?mid=zaBrkAZ13drg.k711BqB6nwZc](https://www.google.com/maps/d/edit?mid=zaBrkAZ13drg.k711BqB6nwZc)

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

<table>
<thead>
<tr>
<th>NHS Lothian</th>
<th>NHS Fife</th>
</tr>
</thead>
<tbody>
<tr>
<td>St John’s Hospital, Livingston</td>
<td>Queen Margaret Hospital, Dunfermline</td>
</tr>
<tr>
<td>Western General Hospital, Edinburgh</td>
<td>Victoria Hospital, Kirkcaldy</td>
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<tr>
<td>Any other Edinburgh hospital</td>
<td>Forth Park Hospital, Kirkcaldy</td>
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<td>Stratheden Hospital, Cupar</td>
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<table>
<thead>
<tr>
<th>NHS Borders</th>
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<tbody>
<tr>
<td>BGH</td>
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</table>

<table>
<thead>
<tr>
<th>GP Practices in West Lothian (not always available)</th>
<th>GP Practices in West Edinburgh (not always available)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ashgrove Health Centre – Blackburn</td>
<td>Colinton Surgery - Edinburgh</td>
</tr>
<tr>
<td>Carmondean Medical Group, Livingston</td>
<td>Craiglockhart Medical Group- Edinburgh</td>
</tr>
<tr>
<td>Kingsgate Medical Centre - Bathgate</td>
<td>Dr Wilson &amp; Partners – Sighthill</td>
</tr>
<tr>
<td>Simpson Medical Group – Bathgate</td>
<td>Pentland Medical Practice – Currie</td>
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<tr>
<td>Newland Medical Practice - Bathgate</td>
<td>The Firrhill Medical Centre - Edinburgh</td>
</tr>
<tr>
<td>Craigshill Health Centre - Livingston</td>
<td>Whinpark Medical Centre - Edinburgh</td>
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<td>Dedridge Health Centre – Livingston</td>
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<tr>
<td>Howden Health Centre – Livingston</td>
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<tr>
<td>Linden Medical Practice – Broxburn</td>
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<tr>
<td>Ferguson Medical Practice – Broxburn</td>
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<tr>
<td>The Wood Medical Practice – Broxburn</td>
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</tbody>
</table>

**GP Practices – you may be allocated to any one of these dependent on current vacancy**

| Ashgrove Health Centre – Blackburn                 | Colinton Surgery - Edinburgh                   |
| Carmondean Medical Group, Livingston               | Craiglockhart Medical Group- Edinburgh         |
| Kingsgate Medical Centre - Bathgate                | Dr Wilson & Partners – Sighthill               |
| Simpson Medical Group – Bathgate                   | Pentland Medical Practice – Currie             |
| Newland Medical Practice - Bathgate                | The Firrhill Medical Centre - Edinburgh        |
| Craigshill Health Centre - Livingston              | Whinpark Medical Centre - Edinburgh            |
| Dedridge Health Centre – Livingston                |                                           |
| Howden Health Centre – Livingston                  |                                           |
| Linden Medical Practice – Broxburn                 |                                           |
| Ferguson Medical Practice – Broxburn               |                                           |
| The Wood Medical Practice – Broxburn               |                                           |
Specialty: General Practice
West Lothian and West Edinburgh

GMC: SES/498
NES: SES/D1/E1/03

Linlithgow Health Centre

Programme Director Dr Duncan Turner

Contact details Duncan.turner@nes.scot.nhs.uk

Programme Description

Why choose this programme

West Lothian is Scotland’s fastest growing area with easy access to Edinburgh and Glasgow and is a modern and vibrant area with a rich history and proud traditions. Being placed centrally in Scotland affords the region good communication links to the rest of Scotland and the UK. With a population of more than 160,000 and growing, it borders onto City of Edinburgh, Scottish Borders, South Lanarkshire, North Lanarkshire and Falkirk. There are many places of interest including the historic county town of Linlithgow and its palace, Blackness castle a 15th century fortress and Cairnpapple Hill is a hill with a dominating position in central lowland Scotland with views from coast to coast. Excellent housing is available locally at prices lower than in the city of Edinburgh. However commuting from Edinburgh is also quick and convenient.

West Lothian Training Placements

The hospital posts are mainly based in West Lothian, Fife and/or Edinburgh, but occasionally posts are in the Borders or Edinburgh, this will provide you with a varied clinical experience and the different specialties offer first class clinical training and highlight the interface with general practice. The specialties include: Medicine, Care of the Elderly, A&E, Psychiatry, Paediatrics, Obstetrics & Gynecology, ENT and Communicable Diseases.

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

A trainee comments:

“The Health centres and hospitals were geographically conveniently located for me. I liked the fact that hospital placements at DGHs so departments are less specialized, often giving a good breadth of experience for GPSTs. Some health centres in the programme serve a distinct town/suburb like Linlithgow, where I’m based so there is a nice community feel to the job. I like the fact that it has the challenges of being semirural but is still fairly close to tertiary centres if needed. I really liked the fact that I spent 1 year at the DGH I send most referrals to, so I know how it works fairly well. It is a very friendly DGH and relevant hospital posts: geris/medicine, paeds, psych, O+G: I don't think I could have got a better combination for me personally.”

Support and Supervision

In the West Lothian GP Training Programme you will be allocated to a GP practice, in West Lothian or West 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 West Lothian and one in West Edinburgh). Your GP trainer in your “Home” ST3 practice will be your educational supervisor over the 3 years. You will attend this “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.

**West Lothian Rotation Information**
A number of three year programmes will be available in any given recruitment period (see indicative numbers information), with the first year consisting of 6 months in a Medical hospital post plus 6 months in General Practice. The second year rotating through a further 2 six month hospital posts and the third year in General Practice.

**Specialty Information** (The rotations may vary from year to year but will always provide broad and balanced placements which meet RCGP and GMC requirements). Hospital placements may be in Fife, Lothian or Borders. Rotations are correct at this point in time however, these may change due to unforeseen circumstances - BELOW ARE EXAMPLES.

<table>
<thead>
<tr>
<th>GPST 1</th>
<th>GPST 2</th>
<th>GPST 3</th>
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<tbody>
<tr>
<td>6 months</td>
<td>6 months</td>
<td>12 months</td>
</tr>
<tr>
<td>GP (Foster) W Lothian or Edinburgh</td>
<td>Geriatric Medicine SJH, Livingston</td>
<td>General Psychiatry VHK Kirkcaldy</td>
</tr>
<tr>
<td></td>
<td>Medical paediatrics VHK Kirkcaldy</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 specialities 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 programmes are being developed in various hospitals to support GPST trainees.
  - 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”.

**How to apply**


**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/](http://www.scotlanddeanery.nhs.scot/)

**SE Scotland Web site**

**Quality of Training**

**GMC Trainee Survey information**
[http://www.gmc-uk.org/education/surveys.asp](http://www.gmc-uk.org/education/surveys.asp)