Region sponsoring programme: North of Scotland

Postgraduate Dean: Professor Ronald MacVicar
Responsible Associate Dean/GP Director: Dr Elizabeth Barr

Programme Type:
- Regional or National: National
- Specialty or Sub-specialty: GP Specialty

Date of GMC recent approval: August 2011

Associated Royal College / Faculty Royal College of General Practitioners

Web address [Link]
Curriculum and Associated Assessment System [Link]

Date programme information last updated: October 2017

Recognised Programme Locations and Environments
This programme involves placements in some or all of these Health Boards and hospitals:

- NHS Highland
  - Raigmore Hospital, Inverness
  - New Craigs Hospital, Inverness
  - Caithness Hospital, Wick
  - Belford Hospital, Fort William
  - Argyll & Bute Hospital, Lochgilphead
  - Lorn & Islands District General, Oban
  - Western Isles Hospital, Stornoway

- NHS Grampian
  - Aberdeen Royal Infirmary
  - Dr Gray’s Hospital, Elgin

- NHS Orkney
  - Balfour Hospital, Kirkwall

- NHS Shetland
  - Gilbert Bain Hospital, Lerwick

- NHS Western Isles
  - Western Isles Hospital, Stornoway

Programme Director Dr Calum Urquhart

Contact Calum.Urquhart@nes.scot.nhs.uk
Scottish National Rural Track GPST Programme Descriptor

http://scotlandgptraining.blogspot.co.uk/

Summary
The Scottish National Rural Track Programme provides a unique opportunity to undertake General Practice Specialty Training (GPST) in some of the most beautiful and unspoiled parts of the United Kingdom. This three-year programme, which was offered for the first time in 2012 (previously as a 4 year programme), aims not only to provide you with the competencies described for GPST in the RCGP’s curriculum, but also the competencies to work in rural or remote practice. Think of it as ‘GPST- plus’.

The programme offers a variety of rotations, each based round a Rural General Hospital (RGH) system. There are six RGHs in Scotland with posts available in rotations based in each location:

- Belford Hospital, Fort William, Lochaber
- Caithness General Hospital, Wick, Caithness
- Western Isles Hospital, Stornoway, Isle of Lewis
- Balfour Hospital, Kirkwall, Orkney
- Gilbert Bain Hospital, Lerwick, Shetland
- Lorn and District Hospital, Oban, Argyll

The experience in our RGHs is ideally suited to GPST. Experience is general and undifferentiated; there is no super-specialisation and you will handle everything from major trauma to minor self-limiting problems, always with the possibility of considering emergency retrieval to bigger centres. The support is hands-on from consultants with no middle grades and the experience for GPST is consistently very highly rated in local and national surveys. Our RGHs are recognised as treasured educational resource and North of Scotland Region Foundation Programmes rotating through them routinely and they provide a significant undergraduate teaching role.
Where possible, each programme is delivered entirely within the same rural setting. Where this is not possible, due to limitations in suitable hospital posts available, the RGH experience is complemented by a 6-12 month attachment to a District General Hospital to ensure that the GP curriculum is covered with a breadth of hospital posts. The hospital experience in the rural-track programme is complimented by 18 months in a training practice within your chosen rural location.

The aim is that you will be based in a single rural area for your programme. To provide a balanced GP programme in some rural locations we may require you to move once to provide a specific hospital training experience.

**Choice**

We offer 12 Rural Track training programmes. We are offering 3 rotations in Argyll, two rotations based in each of Lochaber, the Western Isles, Orkney and Shetland, and one rotation in Caithness. Each location has unique lifestyle attractions but all are well placed to provide high-quality training with a focus on delivering the specific competencies to work as a GP in any area but with the addition of the skills necessary to work in remote or rural areas.

We are happy to support trainees taking an Out of Programme Experience to enhance the skills required for rural general practice. We have developed a range of international contacts and will be happy to help you manage this opportunity, though there is a responsibility on you to organise the attachment and source funding support. Possibilities might include:

- Rural Family Medicine training attachments or exchanges with Canada, Australia or South Africa
- An attachment to a family medicine programme in a third world country
- An anaesthetic attachment to an available post to provide some advanced skills in airway management and rapid sequence induction
- An attachment to a hospital post to gain experience not already gathered in the programme

**Support**

During your programme you will receive support, feedback and assessment of your progress from our enthusiastic hospital clinical supervisors. Your GP Educational Supervisor (ES) will provide the educational supervision throughout your programme with a continuity of training relationship throughout with your training practice. The ES and training practice will provide support and guidance through regular contact during your hospital attachments and provide your placement in general practice in your final years thus providing a GP focus throughout your programme.

The GP Educational Supervisors are dedicated professional educators committed to high quality educational development and regularly attend workshops and conferences to keep up to date in supporting trainees. The quality of educational supervision is consistently highly rated by GPSTs in local and national surveys.

The region operates a GPST online Moodle site which contains all the important information you will need, access to a variety of educational modules and also trainee discussion forums for keeping in touch with your fellow trainees.

**Learning**

The educational programme, which sits alongside your work-place based learning, is focused on preparing you to achieve the requirements of the MRCGP and to provide a firm footing to commence a career in GP anywhere in the UK. In the rural-track programme, however, as well as participating in the regional educational programme, there will be an additional annual programme aimed specifically at gaining rural-track competencies such as pre-hospital care, management of paediatric and obstetric emergencies etc. (again think ‘GPST-plus’).

The regional educational programme includes Day Release to general practice throughout your hospital attachments; topic
based teaching and small group work. The small group work is divided between both GP tutor facilitation and peer facilitation and includes an introduction to Practice Based Small Group Learning (PBSGL) which is the fastest growing method in Scotland for GPs to address their CPD needs.

These structures will guide you to develop your ePortfolio both for GPST assessment purposes and, equally as importantly to prepare you for lifelong learning and revalidation an essential part of the future GP.

**Lifestyle**

Scottish National Rural-track GPST Programme offers you a chance to live, train and work in some of the most beautiful locations in the UK. The opportunities to partake in outdoor leisure and sporting pursuits are unparalleled with world class mountaineering, surfing, sailing, golf, mountain biking and kayaking on offer, to name but a few. The North and West of Scotland is also renowned for its history, culture and archaeology. Celtic and Norse influences abound. You’ll find live music and dancing, fine foods and our famous whiskies, with a warm and friendly environment for locals and visitors alike. For more information, click on the links below. Some of the highest qualities of living indices in the UK are found in the North and West of Scotland.

We have the activities, the scenery, the facilities, the housing, the schooling, the transport infrastructure, the employment opportunities…… We can ensure an enviable lifestyle to match the excellent training opportunities.

**Why choose this programme?**

........**Quality**

**Quality of Training and Quality of Life**

The Scottish National Rural-track GPST programme focuses on supporting you to attain both the competencies required to pass the MRCGP and the competencies to work in rural or remote practice. Our aim is to provide you with the foundation for a career as an independent practitioner and an independent learner. We would aim that you would become enthused about, and prepared for, working in some of the most beautiful areas and welcoming communities in the land.

Visit the North of Scotland GP Training blog at [http://scotlandgptraining.blogspot.co.uk/](http://scotlandgptraining.blogspot.co.uk/)

**Ceud Mile Failte “A hundred thousand welcomes”**

**Useful Websites**

**How to apply**

http://www.scotmt.scot.nhs.uk/

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<tr>
<th>Regional Administrative Contacts</th>
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**Quality of Training**

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