Region sponsoring programme: North of Scotland
Postgraduate Dean: Professor Ronald MacVicar
Responsible Associate Dean/GP Director: Dr John Nicol

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

Date of GMC recent approval: Oct 2017
Associated Royal College / Faculty Royal College of General Practitioners

Web address RCGP

Curriculum and Associated Assessment System GMC GP Curriculum

Date programme information last updated July 2016

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

Aberdeen Royal Infirmary
Aberdeen Maternity Hospital
Royal Aberdeen Children’s Hospital
Aberdeen Community Health and Care Village
Royal Cornhill Hospital, Aberdeen
Woodend Hospital, Aberdeen

NHS Grampian:

Programme Directors Dr Vicki Guthrie
Dr Monica Milne

Contact Vicki.Guthrie@nes.scot.nhs.uk
Monica.Milne@nes.scot.nhs.uk
Grampian Programme Descriptor

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

Variety

The Grampian programme includes the opportunity for you to train in a part of the British Isles with outstanding lifestyle opportunities. The programme provides general practice and hospital placements in Aberdeen city and Aberdeenshire all of which offer excellent GP Training opportunities as a result of the variety of posts and the “hands on” experience.

Choice

We offer 32 three year training programmes which consist of six months in a GP training practice in ST1 or ST2, 18 months in a variety of hospital posts and ST3 year in a GP training practice.

The focus for our hospital posts is around Aberdeen Royal Infirmary - a university and tertiary hospital at the forefront of Scottish secondary care medicine.

Support

The relationship with your GP Educational Supervisor and training practice provides the foundation for your development as a GP Trainee. Educational Supervisors provide support and guidance while you are in your training practice and also maintain regular contact with you during your hospital attachments, thus providing a GP focus throughout your programme.

The North of Scotland GP Educational Supervisors are a team of dedicated professional educators, committed to supporting our trainees and providing them with high quality educational supervision. The GMC trainee survey suggests that our trainees regard themselves as some of the best supported and most satisfied in the UK.

During your GPST programme you will also receive support, and feedback from a wide variety of experienced hospital consultants acting as your Clinical Supervisors during your hospital attachments.

Regular guidance and support is also provided by the North of Scotland GP Adviser team who organise regular educational events and training sessions, and meet with trainees on a one to one basis when required. 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

In addition to the learning you experience in your practice and hospital posts, the Grampian programme is augmented by an educational programme based in Aberdeen whose focus is to help you to develop as a GP and prepare you for the various assessment components of the MRCGP exam.

The Aberdeen based educational programme includes a variety of whole day and half day sessions throughout the duration of your programme, including topic based teaching and small group work. The small group work includes both GP facilitated and peer facilitated components and provides an introduction to Practice Based Small Group Learning (PBSGL) which is a model adopted by a growing number of GPs in Scotland to address their CPD needs.

The variety of support and learning opportunities will enable you to develop an e-portfolio to meet the requirements for assessment as well as preparing you for lifelong learning and revalidation - an essential part of professional life for every GP.

The Grampian GP Adviser Team enjoys positive working relationships with the RCGP North East of Scotland Faculty. Various educational events are on offer which trainees are welcome to attend, as well as specific educational events for trainees. A team of local MRCGP examiners offer exam preparation courses which are extremely popular with our trainees.

Quality

One of our top priorities is to provide a high quality educational experience for our GPSTs to help them to achieve success in all the components of the MRCGP exam. Feedback from our trainees demonstrates a high rating for our regional educational programme and for our GP Educational Supervisors. Both help our trainees to prepare for their assessments.

All our GP Educational Supervisors participate in regular educational workshops and an annual trainers’ conference and have received very positive feedback in GMC Trainee questionnaires.

Personal reflections on what it is like to be a trainee in the Grampian programme can be found on our popular blog-spot – North of Scotland GP training.
Lifestyle

In addition to a high quality training experience, the Grampian programme offers the chance to live in one of the most beautiful locations in the British Isles. Known as the Oil Capital of Europe, Aberdeen has benefited from the influx of superb sports, dining, shopping and transport facilities normally found in much larger cities, and its airport is one of the busiest in Europe with regular links to all the major British cities. Despite these excellent facilities, a fifteen minute drive will take you out into the stunning scenery of rural Aberdeenshire, with its many hills, rivers and championship golf courses.

Hill walkers can enjoy easy access to an array of mountains to climb, including several Munros. When the wintery weather approaches, Glenshee and the Lecht are just a short journey away for skiing, snowboarding and tubing!

For nightlife, Aberdeen offers a variety of opportunities including nightclubs, cocktail bars, comedy clubs, live music and entertainment.

In its many shopping centres Aberdeen offers an excellent array of fashionable shops and restaurants to explore at your leisure. You can indulge yourself with a spa treatment followed, appropriately, by fish and chips from the best rated chip shop in Scotland!
Life/Work Balance

The Grampian programme offers a combination of high quality GP training coupled with unparalleled access to recreational, cultural and sporting opportunities. Some of the highest quality of life indexes in the UK are found in the North East of Scotland.

We look forward to offering you a warm welcome!

Aberdeen's Award winning beachfront.
Useful Websites

http://www.aberdeencity.gov.uk/home/home.asp
http://www.aberdeen-grampian.com/
http://www.royal-deeside.org.uk/
http://www.upperdonside.org.uk/
http://www.brittnett-carver.co.uk/stonehaven/
http://www.visitbanchory.com/
http://www.elginscotland.org/
http://www.visitorkney.com/
http://www.orkney.org/
http://www.shetland.org/
http://www.visitshetland.com/

How to apply
http://www.scotmt.scot.nhs.uk/

Regional Administrative Contacts

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Quality of Training

North of Scotland GP Training blog
http://scotlandgptraining.blogspot.co.uk/