Region sponsoring programme: North of Scotland

Postgraduate Dean: Professor Alan Denison

Responsible Associate Dean/GP Director: Dr Elizabeth Barr

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

Date of GMC recent approval: January 2008

Associated Royal College / Faculty Royal College of General Practitioners

Web address Link

Curriculum and Associated Assessment System Link

Date programme information last updated January 2020

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
- Highland Hospice
- County Community Hospital, Invergordon

NHS Grampian
- Dr Gray’s Hospital, Elgin

NHS Shetland
- Gilbert Bain Hospital, Lerwick

NHS Western Isles
- Western Isles Hospital, Stornoway

Programme Director Dr Rod Sampson

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Variety

The Caledonian Programme provides an opportunity for a variety of approaches to General Practice Specialty Training GPST in the North of Scotland.

The programme provides hospital and general practice training posts in urban settings in and around Inverness (a thriving new city, the capital of the Highlands) and Elgin a smaller but equally vibrant town further along the Moray coast. Complementing this we have opportunities to experience rural posts throughout the Highlands and Moray. Furthermore, we still have opportunities to experience smaller attachments to more remote and rural hospital and general practice experiences without having to commit your whole training programme.

Elgin and Inverness contain high quality District General Hospitals DGH with the close staff relations and support that hallmarks this training experience. Our Rural General Hospitals RGH (Shetland, Orkney, Western Isles, Fort William and Oban) provide similar close relationships and even broader clinical exposure than many single specialty hospital posts, ideal for generalist training. There are often more opportunities in DGH and RGH to undertake more supported clinical responsibility and undertake more procedures than in larger centres. Improving confidence as well as competence.

Choice

We offer a total of 27 three year programmes each year (over 2 rounds of recruitment) with a wide variety of hospital training posts Some programmes are centred around Inverness, with GP placements in the Highlands, with others based around Dr Gray’s hospital in Elgin, with the GP placements in the Moray area. The programmes consist of 6 months in a GP training practice in ST1 or ST2, 18 months in hospital posts and finally a further full year spent back in a training practice in ST3.
Support

During your 3 year programme you will receive support, feedback and assessment of your progress from our enthusiastic hospital clinical supervisors.

Your GP Educational Supervisor (ES) and training practice will provide the back bone of your training relationships. The ES and training practice will deliver support and guidance through regular contact during your hospital attachments and provide your placement in general practice in your final year thus helping to ensure GP focus throughout your 3 year programme.

The North of Scotland 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 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

To ensure that your learning stays focused on General Practice we deliver an RCGP Curriculum based education programme which runs throughout the duration of your training. This is coordinated by the regional GP Advisor team and comprises several components. We have an induction during the first month of each stage of specialty training which is a good opportunity to meet your GPST peers from other specialties or locations. There are flexible “Core option” days covering key curriculum topics involving visiting specialists. We run monthly day release small group learning sessions using both peer and GP facilitation. Each GPST entering our programme will be Practice Based Small Group Learning (PBSGL) facilitator trained, with PBSGL forming an important contribution to the peer led group work sessions.

We also have stage specific courses for GPST1s and GPST3s in GP placements. As an example, these courses include clinical sessions ranging from Child Protection, to more exam focused sessions; CSA and AKT preparation (delivered by a college examiner). Throughout the programme, there is maintained continuity with your Educational Supervisor; 3-day attachments at your “base GP practice” every 6 months which form the foundation of this. Our hospital Clinical Supervisors support the regular release of GPSTs to attend the educational programme and this continues throughout the entire duration of the training programmes.

The programme continuously evolves responding to feedback both at individual session level, but also via “Consultative forums” which occur twice a year; an opportunity for trainees to feedback what is going well with the programme, and what could be better?
Lifestyle

In addition to a high quality training experience, the Caledonian programme offers a chance to live in one of the most beautiful locations in the British Isles. The scenery is stunning and offers a great backdrop for taking part in the outdoor pursuits on offer world class mountaineering, golf, mountain biking and kayaking to name but a few. There are hidden gems for the surf enthusiast, hills abound for the recreational walker and we have had great ski seasons during the last few years. It’s not only the outdoors that attracts many visitors. The Highlands and Islands are also renowned for their history, culture and archaeology. You will find live music and dancing, fine foods and our famous whiskies, with a warm and friendly environment for locals and visitors alike. Some of the highest qualities of living indexes in the UK are found in the North of Scotland. We have the activities, the scenery, the facilities, the housing, the schooling, the employment opportunities……

Similarly, Moray offers vast opportunities for outdoor pursuits. With its own micro-climate influenced by the stream, there are miles of sandy beaches, acres of world-class forests, and easy access to hills and mountains. Add to this the abundance of renowned whisky distilleries ensures that there is something for everyone. For those who like to visit big cities there are good public transport links to both Aberdeen and Inverness.

We have the lifestyle!

Why chose this programme?

........Quality

Quality of Training and Quality of Life

Our programme focuses on helping trainees to attain the MRCGP while providing a breadth of training experience to set you up for a fulfilling career as a competent and confident General Practitioner.

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

Please take time to view the North of Scotland GMC feedback from previous trainees and our testimonials http://tinyurl.com/NEScareerNorthScotGP

Once experienced many previous GPSTs chose to stay.

Ceud Mile Failte “A hundred thousand welcomes”

Useful Websites

http://www.oban.org.uk/index.php
http://www.ohb.scot.nhs.uk/article.asp?page=40
http://www.visitshetland.com/
http://www.thewesternisles.co.uk/

http://www.visithebrides.com/
http://www.visit-fortwilliam.co.uk/
http://www.skye.co.uk/
http://www.scotland-inverness.co.uk/caithnes.htm
Specialty: General Practice
(Caledonian Programme)

GMC: NOS 2292
NES: NOS/D1/E1/4

http://www.lochgilphead.info/
http://www.lochaber.com/
http://www.visitaviemore.com/
http://www.inverness-scotland.com/
http://www.visitnairn.com/

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

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Quality of Training

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