Comments on spending 6 months in practice in ST1

“As part of the Angus training scheme the first 3 months of my training post were spent in practice. I found this particularly helpful having not spent any of my time in General Practice since graduation. Firstly it gave me a chance to realise that this was definitely the career for me and secondly how important it was to go back into hospital specialties to learn more and gain more experience. The time I spent in General Practice enabled me to focus my ongoing learning more appropriately having already gained some experience in practice. I think that having time in practice in the first year of the training programme is excellent and keeps us focused on the goals ahead.” GP StR, Angus Scheme (Eastward Programme)

“Spending 6 months in general practice as an ST1 has been an invaluable experience for me. First, I was able to build on my time spent there during the Foundation programme; my confidence increased and I built up a small cohort of patients for whom I became ‘their’ GP. This was particularly rewarding. Second, having come from the hospital environment, I was well placed to understand how we, as health care professionals, can communicate better with one another in order to improve patient care - for example, I knew what doctors working on acute admissions wards look for in a referral letter, but, by the same token, I started to grasp what it is that GPs look for in a clinic letter. Now that I am working in Ninewells again, this has allowed me, I hope, to produce much more helpful discharge letters. Third, and most importantly, I have seen the very real benefits of achieving better communication with patients - current training in general practice focuses on keeping the patient at the centre of the consultation; if nothing else, an exploration of ideas, concerns and expectations makes patients feel listened to and taken seriously.

In summary, starting my specialty training in the general practice setting has given me a fantastic insight into what it means to be a modern GP. As a result I will be able to make much better use of my hospital placements. If all this sounds very serious and earnest, then I should also add that I loved being a GP - it was fun, rewarding and humbling, and I can’t wait to get back for my ST3 year.” ST1 GP StR

“We have had an ST1 attached to the practice since August 2012. Between August 12 and February 13 he was in hospital posts and visited the practice for 2 day visits. We viewed these visits as an opportunity for him to meet us and for us to meet him. We used the time to get him used to the practice in preparation for arriving for 6 months in Feb 13. He spent time primarily with me - he sat in a surgery, did some consulting of his own, spent time training on the computer system, visited the local nursing home with me and we did a CBD (Case Based
Personal Testimonials

Images attributed to Anne Burgess (Montrose Beach) and Pip Rolls (Rannoch Moor)

Discussion) and education appraisal. He then joined the practice in Feb 13. At the start of the attachment we discussed objectives which we felt were primarily to give his experience in practice early in his training which would help put the rest of his hospital training in context. It was also an opportunity to gain experience in consulting in general practice and understanding more about the specialty of GP. It has also been an opportunity to learn more about the workings of the GP multi-disciplinary team. He spent the 1st week sitting in with all the GPs in the practice gaining experience of different consulting styles. He has subsequently been consulting covered by different GPs with review and feedback time at the end of each surgery. He has shadowed on call and taken on a few patients in a local nursing home and for home visit review. He has spent time with all the team and attended a few hospital clinics. I think he is gaining good experience which should help him with the remaining years of his training.” GP Trainer

“The greatest advantage [of having a GP StR in practice in year one] is having been used to the practice and personnel over 2 years, the ST3 year gets off to a flying start so less time is spent on “orientation”. A relationship has been established already and so from a feedback point of view there is a level of trust which (with my trainees at any rate) has allowed any negative feedback to be given at an earlier stage. This in effect means any bad habits may be rooted out sooner. The quality of the trainees has been high and they have all been highly motivated. They have been keen to get down to consulting and therefore involved with patients at an early stage, consulting times coming down as the trainee feels ready to progress. Having more than one learner in the practice at one time is very useful from an educational point of view in that they can spark ideas off one another and stimulate learning.” GP Trainer

General comments from GP StRs at the end of Training

"We were well looked after and had the best training & learning opportunities during the three years. We were kept informed of the new changes and supported throughout. I would certainly recommend East of Scotland to young inspiring trainees in General Practice"

"The most formative year of training in my career was made easier by the support received from staff who care about you as a person who is training, not just a training number"

"The training received from the East of Scotland Deanery was excellent. The day release sessions and courses were comprehensive and admin staff were extremely supportive"

"The level of training which I received in East Scotland Deanery was of a very
high standard. The support from the Deanery staff throughout my training was excellent and I would definitely recommend East Scotland Deanery to any potential trainee"

"Hardworking and helpful staff meant that what could have been a very rocky training ride was only moderately bumpy"

"Day Release days are a chance to catch up with other GPRs, a great source of moral support"

"I would definitely recommend GP training within the East Scotland Deanery. I think the GP training provided by NHS Education for Scotland in Tayside is extremely good and provides a great base for subsequently working in General Practice"