

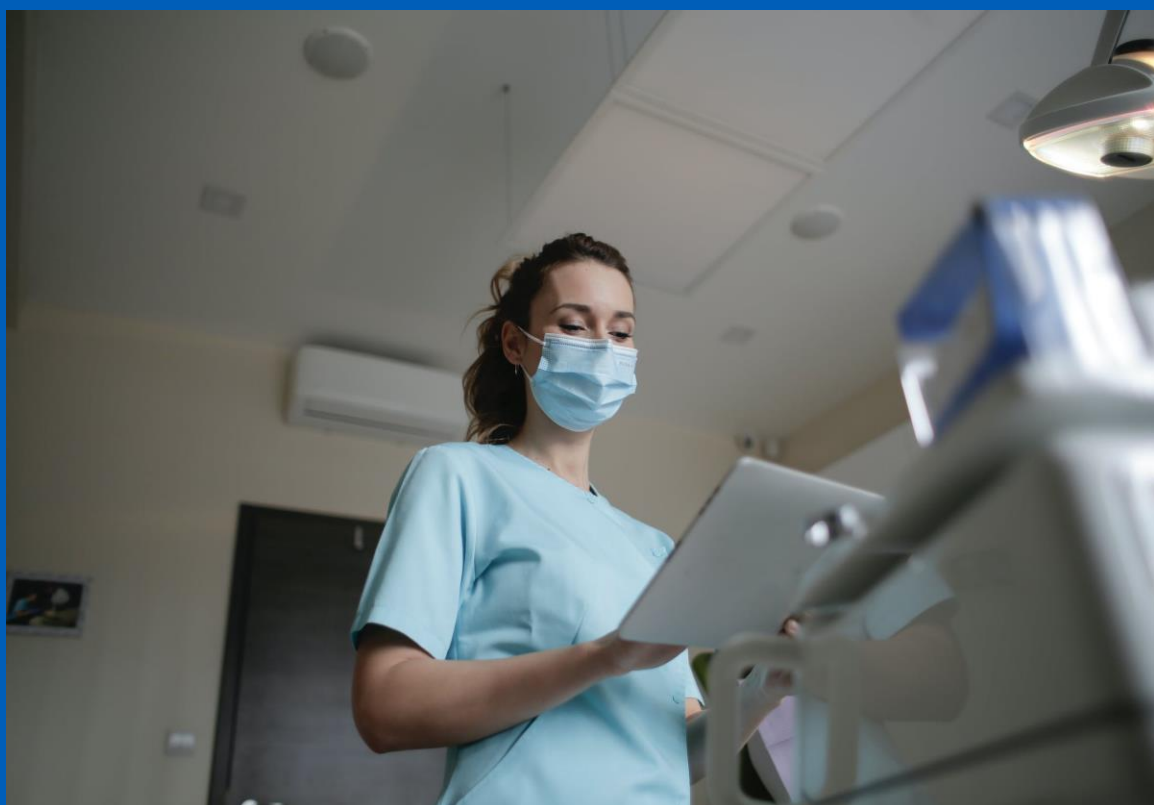
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Health Education England



Health Education England



## West Midlands Doctors in Training

Welcome to the the Autumn Edition of the WM Doctors in Training Newsletter!

The word "goal" is written in a white, cursive, chalk-like font on a solid black rectangular background. The letters are slightly irregular, giving it a hand-drawn appearance. The entire graphic is framed by a thick blue border.

### **What does this edition cover?**

Our aim in this edition is to provide you with some information about what SuppoRTT is and the team behind it.

### **What is SuppoRTT?**

At any one time, around 10% of trainee doctors in the England are taking approved time out of training. This can be for a wide variety of personal and professional reasons, such as further training, caring responsibilities, ill health career break and research.

SuppoRTT was developed to enable trainees to have a safe, less stressful return to work by offering a bespoke, individualised package for each returning trainee rather than a single 'one size fits all' approach. This is beneficial not only for the returning doctor, but it also improves patient care.

Health Education England West Midlands are committed to offering SuppoRTT to as many eligible trainees as possible. All Postgraduate Doctors in Training will be treated equally regardless of age, disability, gender reassignment, marriage/civil partnership, pregnancy/maternity, race, religion/belief, sex/sexual orientation and/or any other protected characteristic

## **Who is SuppoRTT For?**

Access to SuppoRTT is available to all postgraduate doctors in training in the West Midlands who are planning to take, or are already on, an approved period out of training, usually for a minimum of 3 months' duration (under 3 months may be considered depending on individual circumstances).

## **What is on offer?**

Offers include:

- Simulation days e.g. acute return to work simulation for ED, anaesthetics and ITU, acute or general medicine and the

paediatric return to work simulation – both at New Cross Hospital

- Enhanced supervision
- Supernumery time
- Workshops / Webinars
- Funding to support CPD
- Refresher courses e.g. Obstetrics and Gynaecology run a return to clinical practice day

It is worth finding out from the Trainee Committee / TPD if your School runs a Return to Work session, and if they don't and you're interested in developing one, then get in touch as we can help.

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## **What is The Process:**

An outline of the process can be found below:

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### Pre-absence Planning

- **WHAT:** Planning Your Leave Form
- **HOW:** Complete the Microsoft Form found on the HEE West Midlands Supported Return to Training website – [link here](#)
- **WHEN:** Up to 3 months before start of time out of programme
- **WITH:** Educational Supervisor or Training Programme Director
- **WHY:** The purpose of this meeting is to establish the reason for time out of programme, duration of absence and to consider areas that might be challenging on your return.

### Pre-Return Planning

- **WHAT:** Planning Your Return Form
- **HOW:** Complete the Microsoft Form found on the HEE West Midlands Supported Return to Training website – [link here](#)
- **WHEN:** Approximately 3 months before your expected return date
- **WITH:** Educational Supervisor or Training Programme Director
- **WHY:** The purpose of this meeting is to identify areas of concern and create a bespoke package to facilitate a smooth return to clinical practice. Further information about what is on offer can be found on the HEE West Midlands Supported Return to Training website or by contacting [supportt.wm@hee.nhs.uk](mailto:supportt.wm@hee.nhs.uk)

### Return Review

- **WHAT:** Return Review Form
- **HOW:** Complete the Microsoft Form found on the HEE West Midlands Supported Return to Training website – [link here](#)
- **WHEN:** Approximately 2 weeks after your return to work
- **WITH:** Educational Supervisor or Training Programme Director
- **WHY:** The purpose of this meeting is to review your progress since returning and to address any ongoing difficulties. If necessary, further support may be required.

## Meet The Team

**Sailesh Sankaranarayanan** – WM Associate Dean for SuppoRTT, Consultant Physician – Endocrinology and Diabetes

**Doreen Davis** – WM Professional Support and Wellbeing Manager

**Jo Street** – WM Supported Return to Training Office

**Anna Darbyshire** – WM SuppoRTT Clinical Fellow, OOP ST7 Neonatal Registrar

## Upcoming Events:

- SuppoRTT Workshop on 30<sup>th</sup> November 2022 – this is an informal, face to face half day held at HEE Headquarters on Stephenson St, Birmingham for anyone currently out of programme with a mixture of clinical and non-clinical representatives there to answer all your questions. Please email [supportt.wm@hee.nhs.uk](mailto:supportt.wm@hee.nhs.uk) to register – note spaces are limited.
- Human Factors webinars – we have a spaces on our Human Factors webinars on the 8<sup>th</sup> March and the 14<sup>th</sup> March. We will be holding these again from April onwards. Each webinar runs from 9am to 4:30pm. Please email [supportt.wm@hee.nhs.uk](mailto:supportt.wm@hee.nhs.uk) to register.
- Keep an eye out on NHS Jobs in the near future as we will be advertising for our next West Midlands SuppoRTT Clinical Fellow! This is a fantastic opportunity to gain leadership and management experience and to develop as a future clinical leader in education and training.

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## SuppoRTTive Culture

We are working to try and improve the culture around taking time out and returning to training, as this has been repeatedly shown as a barrier to accessing any form of support upon returning to training. This requires an attitudinal shift amongst all postgraduate doctors in

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training and educators, not just those who are returning. We all have a role to play in building a positive and supportive culture – this will benefit returning doctors, improve patient safety and have a positive impact on the culture more generally across the NHS.

If you want to learn more about what you can do, there is an e-Learning for Health module entitled 'Building a More Supportive Culture'. It has been designed to provoke you to think about your own teams and organisations, and to consider how you might make changes (however small) which can positively impact culture.

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## Where Can I Find More Information About Supportive?

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## **Other Business:**

### **NETS Survey**

*The NHS National Education and Training Survey (NETS) is now open!*

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The NETS is **your** survey. We want to hear from **you**. Your diverse skills, experience and knowledge will help us to shape the future of education and training according to those who understand it best.

The NETS is the voice of the health workforce working and learning in health and care services across England.

The survey takes just 10 minutes to complete, and your feedback is vital in ensuring that all learning environments are safe, inclusive and support healthcare professionals to work together to deliver the highest standards of care.

Please click here <https://poll.hee.nhs.uk/s/nets22/> to complete the survey. Closing date is the 30<sup>th</sup> November.



## How do you get involved?

Please contact the newsletter team on our dedicated email at [midlands.newsletter@hee.nhs.uk](mailto:midlands.newsletter@hee.nhs.uk). Please note this mailbox has been created especially for the newsletter. All other queries should be directed to appropriate colleagues/teams please.



That's all for now!

We hope you enjoyed reading this Autumn edition and we will be back in the New Year with the news you need to know!

See you then.



[Contact Us](#)

[Privacy Policy](#)

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