

# F1 Foundation Newsletter

July 2022

## Careers/ Opportunities

**Wider Choices In Medicine Career Event For FY Doctors and Medical Students  
13.00-17.00 on July 22nd Friday 2022**

Dear FY Doctor/Student,

Medicine is an evolving and rewarding profession. There are many different exciting career options across onboard. You will have an opportunity to explore broader choices such as Interventional Radiology, Obstetric Medicine, Global Health and many more, through different inspirational speakers, including doctors in training.

**Dr Sam Allen, Dean of Faculty of Travel Medicine Royal College of Physicians and Surgeons of Glasgow, will also introduce you to the British Travel Medicine.**

You are welcomed to attend the Event either face to face or virtually. If you want to attend face to face, please email your name, designation and email to Jagdeep Samra ([jagdeep.samra@nhs.net](mailto:jagdeep.samra@nhs.net)) ASAP. Please note that the maximal number of face-to-face attendees is 50. Pre-registration is not needed for virtual attendance. We look forward to welcoming you either face to face or virtually.

Best wishes,

Gill, Rashi and Moe

FY Programme Directors-Careers, West Midlands

Face to Face Attendance: Conference Room, Education Centre

Sandwell General Hospital B71 4HJ

Virtual Attendance: please join via the following link;

[https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_YmVhNjA2MzAtZGRkMS00NmExLWlwNmEtNzBiM2FkNDlkN2Zl%40thread.v2/0?context=%7b%22Tid%22%3a%2237c354b2-85b0-47f5-b222-07b48d774ee3%22%2c%22Oid%22%3a%22568db7d1-c712-496d-a17b-23012cf80f1e%22%7d](https://teams.microsoft.com/l/meetup-join/19%3ameeting_YmVhNjA2MzAtZGRkMS00NmExLWlwNmEtNzBiM2FkNDlkN2Zl%40thread.v2/0?context=%7b%22Tid%22%3a%2237c354b2-85b0-47f5-b222-07b48d774ee3%22%2c%22Oid%22%3a%22568db7d1-c712-496d-a17b-23012cf80f1e%22%7d)

### Career advice at West Midlands Foundation School

A Career advisor helps trainee make realistic choices about their training and work by providing the right advice, information and guidance. The career advisor role involves assisting trainees in making decisions about their future and reaching their full potential. The advice should be honest, impartial non-judgemental advice. They help trainees to focus on needs and interests and give feedback. They also help to

discover trainee's aims, aspirations, values, interests, skills and qualities. The other important component of this role is to do Mentoring, supporting and inspiring the next generation of doctors.

It was interesting to find by looking into how career advice is provided in other regions that career advice often sit with PSU for many foundation school and most advisors from psychology background. They often do it as their full-time role. Our roles were new so there was no script, expectations and guidance so it was all about setting high standards of delivery of career advice for which we had to keep ourselves up to date with new information and 'best practices' in relation to career.

We at West midland Foundation school aim to deliver evidence-based career advice that involves 1:1 meetings to discuss career options to listen to their ideas and career aims and helping to Identify skill gaps and how to deal with them. We also help to consider a range of options of career that are available. During this session Advice on tasters, training courses wellbeing resources PSU etc., is regularly provided. We also have been running small group workshops and presentations, that have received very good feedback.

Some of the topics that were covered in 1:1 discussion was career change, Career break/gap year, mental health/ anxiety and Alternative careers. It was also observed that female trainees approached us more than male trainees that could be related to many issues, something that need to be explored in fullness of time, as it is still in early days in this new role due to pandemic affect.

Currently we are looking into exploring other ways to facilitate such as psychometric testing. Career planners? As there is some evidence of them being useful, and help to develop career related online platforms, podcast etc. We are aiming to support ES/FTPD role further in relation to Career as a first step and to identify trainees early in their career needing support. We aim to proactively organise career workshop and encourage trainees to attend career courses offer by the foundation school. We continue to support trainees with their mental health and Well-being. Finally, we regularly remind trainees the 'Importance of Chance' in their careers and Promoting Curiosity, Persistence, Flexibility, Optimism, appropriate risk-taking behaviour in relation to their careers.

Dr Rashi Negi – FTPD career North school

Dr Gill Townson- FTPD South School

Dr Moe Thaw OO-FTPD- Central School

Please go to our website for information to hear a little more about our Foundation Career Training Programme Directors and how you can contact them

<https://www.westmidlandsdeanery.nhs.uk/support/trainees/careers-support/foundation-trainee>

## Postgraduate Virtual Learning Environment - Foundation Training Resource Hub

All Foundation trainees in the West Midlands have now been registered with an account on the HEE PGVLE platform.

This platform has been setup with a purpose to improve learning for Foundation Doctors across the region. The platform has a large amount of resources which will be helpful in your training.

- Live events
- Mental Health Learning Resources
- Procedures
- Radiology Learning Resources
- Wellbeing

Please make sure you access this as soon as you can to make use of the training modules and helpful learning resources. We will be requesting feedback on the platform in future to see how we can improve the platform.

You should have received an email directing you to the log in page. Please go to <https://pgvle.co.uk/login/> and use the login details provided to you on email.

If you have not received an email, please contact [facultysupportteam.wm@hee.nhs.uk](mailto:facultysupportteam.wm@hee.nhs.uk)

### PGVLE blogs

We are hoping to introduce a regular blog post element to our post-graduate virtual learning environment. We would like to hear from you, the foundation trainee, about what you would like most to read about. Click the link to complete this very short survey - <https://forms.gle/Gq7gPKqBLJy5ydBh8>

## Foundation elearning programme update July 2022

Welcome to your July 2022 update about the Foundation elearning programme.

The [Foundation elearning programme](#) has been developed specifically for Foundation doctors by the Academy of Medical Royal Colleges in partnership with Health Education England elearning for healthcare (HEE elfh) and is approved by the UK Foundation Programme (UKFPO).

Supervised learning events (SLEs) are an essential part of your learning in your foundation years. Even if you think you know how to get the best out of them, you may still get more by doing the SLE sessions now.

Available in the elfh Foundation Programme (2021 curriculum), relevant elearning sessions cover areas in your curriculum on FPC 10: Teaching the teacher and FPC 12: Continuing Professional Development:

- Supervised Learning Events in the Foundation Programme: An Introduction <https://portal.e-elfh.org.uk/Component/Details/706193>
- Principles of Assessment <https://portal.e-elfh.org.uk/Component/Details/706189>

- Making the Best Use of Multi-Source Feedback: A Trainee Guide  
<https://portal.e-lfh.org.uk/Component/Details/706197>
- Getting the Most from Direct Observation of Procedural Skills (DOPS)  
<https://portal.e-lfh.org.uk/Component/Details/706201>
- Getting the Most from a Case Based Discussion (CBD) <https://portal.e-lfh.org.uk/Component/Details/706205>
- Getting the Most from a Mini-Clinical Evaluation Exercise (Mini-CEX)  
<https://portal.e-lfh.org.uk/Component/Details/706209>
- Getting the Most Out of Supervised Learning Events: Feedback and Reflection <https://portal.e-lfh.org.uk/Component/Details/706213>
- Getting the Most Out of Supervised Learning Events: Reflection After Feedback <https://portal.e-lfh.org.uk/Component/Details/706217>

Check the programme to see other sessions that might help you.

You can sign on to the elearning with your login supplied by elfh at any time during your foundation training: <https://www.elfh.org.uk/programmes/foundation-programme/>

HORUS and TURAS have deep links to elfh sessions from the Foundation Curriculum and are therefore accessible to all trainees, making it quicker and easier to access the appropriate session linked to the curriculum.

## Other Events

### PGVLE Interactive Evening Sessions – Training Opportunities for WM Foundation Doctors

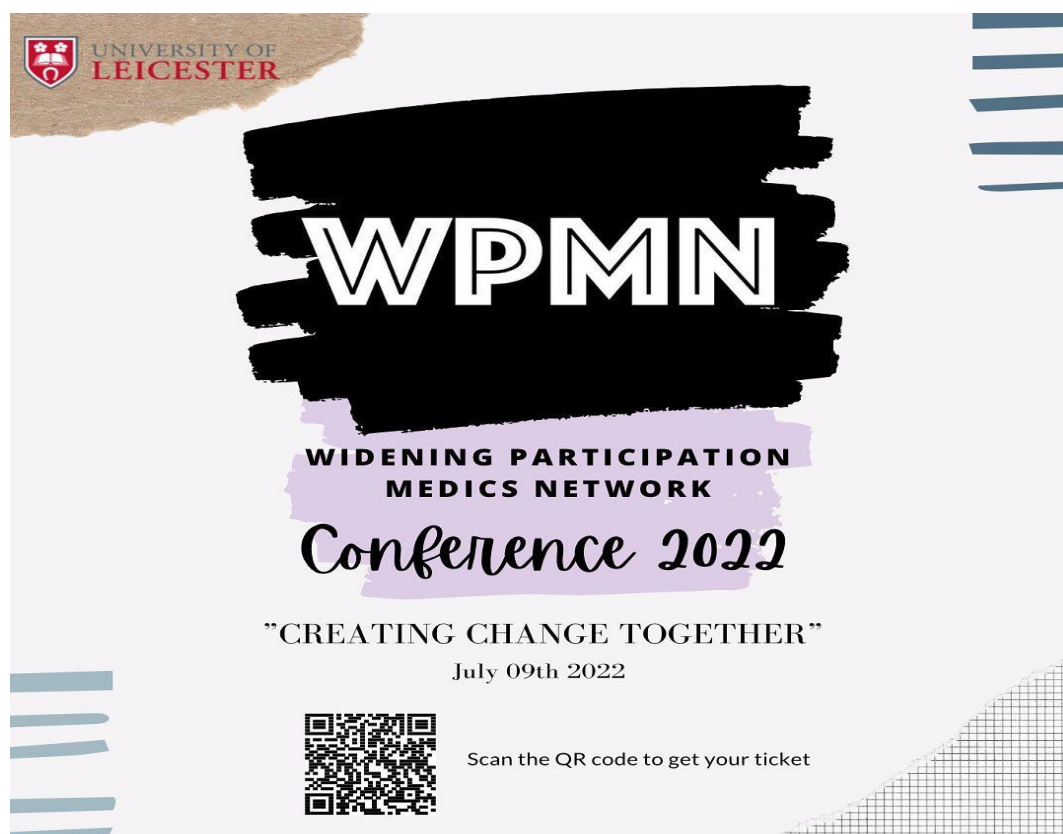
Evening sessions will now pause for the months of July and August.

### WPMN 2022 National Conference - Creating Change Together - Saturday 9th July

Widening Participation Medics Network is holding a FREE hybrid national conference on Saturday 9th July. Widening participation students and doctors from across the UK will come together at the University of Leicester and on MedAll with the aim of Creating Change Together.

Reserve your FREE ticket here: <https://share.medall.org/events/creating-change-together>

Submit an entry to one of our three competitions (poster, multimedia, essay) here: <https://www.wpmedicsnetwork.com/conference-2022>



**The North West Foundation Forum (NWFF) is running its annual National Conference on 23rd July 2022 and we would like to warmly invite your trainees to attend.**

There will be opportunities for poster and oral presentations themed workshops and inspirational speakers. Every attendee will be issued a certificate of attendance for their portfolio.

This year it will be a virtual conference held over MedAll. All attendees who registered will receive a link closer to the conference date.

This year's themes are:

- Well-being and Mental Health
- Leadership
- Education
- Alternative careers and pathways

This conference will be a great opportunity to showcase research/audits over the past year as well as exploring other important aspects of training.

The conference is open to trainees from all grades and specialties. We also welcome all abstracts on any medical topics and project types. Please register or submit your abstract for the conference here following this link:

<https://share.medall.org/events/northwest-foundation-forum-national-conference-2022>

**Deadline for registration and abstract submission is July 18th 2022.**

We also have launched our social media pages so that trainees can follow us for updates and announcements

**Facebook page:** NWFF National conference 2022  
@nwffnationalconference2022

**Twitter:** @nwffconference

We would be grateful if you would distribute this email to your trainees.

Yours sincerely,  
NWFF Conference Committee



# NORTH WEST

Foundation  
Forum

NATIONAL CONFERENCE 2022

23.07.2022

9:00-17:15

*Themes: Education, leadership, well-being & mental health,  
alternative careers in medicine*

## KEY SPEAKERS

**Dr Lewis Potter**  
Founder of Geeky Medics



**Dr Deniah Pachai**  
GP, Medical Acupuncturist,  
Lu Jong Yoga Trainer

**Dr Matthew Lee**  
Clinical Entrepreneur,  
Co-Founder of M3dicubeUK



 @nwffnationalconference2022  
 @nwffconference



*Use QR Code for Registration and abstract submission*