

# F1 Foundation Newsletter

## September 2021

### UKFPO Bulletin

[UKFPO Bulletin / 25 August 2021](#)

## Careers/ Opportunities

### General Practice

**Please find attached GP Career Flyer – Choose GP**

### Royal College of Psychiatrists - Become a Foundation Doctor Associate

<https://www.rcpsych.ac.uk/become-a-psychiatrist/foundation-drs/foundation-doctor-associates>

Royal College of Psychiatrists - Become a Foundation Doctor Associate

The Foundation Doctor Associate grade is free to join and open to all UK foundation doctors. As an Associate, you will receive great benefits including:

1. Network: You'll be invited to free events designed for foundation doctors, and get discounted rates to the College's International Congress, the biggest psychiatry event in the UK attended by psychiatrists worldwide.
2. Learn: You get free electronic subscription to some fantastic magazines (BJPsych, BJPsych Bulletin, and BJPsych Advances) and a 10% discount on all other RCPsych Publications.
3. Stay up to date: You'll receive an e-newsletter from the College, aimed at foundation doctor Associates. You'll also receive copies of the biannual Associate magazine, Future Psych.
4. Practice: Get free access to Trainees Online (TrOn), our online training modules.
5. Good value: It's free to all UK foundation doctors

### NIHR Academic Clinical Fellow posts 2022

Would you like to find out more about the ACF programme? Interested in pursuing an academic career? Then join our free Webinars to find out more about ACF opportunities available in the West Midlands.

The sessions will be hosted by:

Dr Lukas Foggensteiner, Associate Dean for Academic Programmes, HEE West Midlands/  
Consultant Nephrologist

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Dr David Nicholl, TPD for Academic Medicine, HEE West Midlands/Consultant Neurologist

Charlotte Maybury, Clinical Academic Training Programme Manager, University of Birmingham

The sessions will take place as follows:

**Tuesday 21<sup>st</sup> September at 6pm** with Dr Lukas Foggensteiner and Charlotte Maybury, plus current and previous ACFs, click [HERE](#) to join.

**Thursday 30<sup>th</sup> September at 1pm** with Dr David Nicholl and Charlotte Maybury, plus current and previous ACFs, click [HERE](#) to join.

Marina Soltan, former Respiratory Medicine ACF, speaks about the virtues of [ACF pathways](#).

Applications for the ACF programme open on Monday 4<sup>th</sup> October and close on Monday 1<sup>st</sup> November 2021. Details of the posts available and the application process will be available on the [NIHR webpage](#) soon, so now is an excellent time to find out more information about the programme.

We look forward to seeing you.

## **Promoting Specialised Foundation Programme Posts (previously known as AFP posts) - Application and Interview Support**

We would like to ask for your support in helping us to encourage our University of Birmingham MBChB students to consider applying for Academic Foundation Year posts.

We are running two online live Q&A sessions to assist our Year 5 students with the UKFPO academic application process.

### **Session 1: The Application Process**

**Event:** AFP applications - Q and A with alumni, Dr Robert Barry (UoB AFP Lead) and Jenny Mullins-White (UoB Careers Network)

**Date:** Thursday 9<sup>th</sup> September 2021

**Time:** 6pm

Join Zoom Meeting

<https://bham-ac-uk.zoom.us/j/82854652718?pwd=TkF4NkJWbVYODBgU1luS0JxeE1Vdz09>

Meeting ID: 828 5465 2718

Passcode: 457071

## **Session 2: The Interview Process**

**Event:** AFP interviews Q and A with Alumni and Jenny Mullins-White (Careers)

**Date:** Monday 18<sup>th</sup> October

**Time:** 6pm

Join Zoom Meeting

<https://bham-ac-uk.zoom.us/j/83876941600?pwd=M3piYURnNjBrYlVXMDIjc242VFZQdz09>

Meeting ID: 838 7694 1600

Passcode: 700613

These events are greatly enhanced each year by having the direct perspective of successful previous applicants who could offer guidance/hints/tips/information about their experience of the process and answer any questions the students might have.

If you are an FY1 or FY2 trainee and would like to take part in either/both sessions, we would really welcome your input in answering questions or providing hints and tips that students might find useful when applying. It would be helpful to receive a brief biog paragraph of your journey to date, to provide students with some background about your experience. This will be sent out to the medical students ahead of the session as part of the promotional communications.

If you would like to help with supporting us at the sessions, we would be grateful if you could email [icat@contacts.bham.ac.uk](mailto:icat@contacts.bham.ac.uk) to let us know which event you are able to assist with and it would also be helpful to know where you work currently and where you had your interview so we know what spread of experiences we have in the sessions.

All FY trainees who assist with the sessions will be issued a certificate for your portfolio.

We really hope that you are able to join us and help us to encourage and inspire our 5<sup>th</sup> years to follow in your footsteps.

## **Royal College of Physicians Speciality Careers Showcase**

Do you know someone who's interest in a career in medicine?

Choosing your specialty may be one of the most difficult decisions you've made in your career so far. The [RCP specialty careers showcase](#) conference aims to assist those about to make this decision, or embark in a career in medicine, with the tools and knowledge to make informed choices about their career pathway.

**Audience:** The RCP specialty careers showcase conference will bring together the community of specialties, offering guidance and advice to medical students, foundation doctors and internal medicine trainees.

This conference is free to RCP members and £20 for non-members. Join us live on **Thursday 7 October 2021** or catch up on-demand.

**Please pass on the details of this conference to anyone who could benefit from these insights.** Medical students can [sign up for free RCP membership](#), which will entitle them to attend this conference for free.

This conference will provide those with an interest in medicine with insight into the options available and decision-making tools to help them choose the best career path.



**Seize the opportunity to question senior physicians on their journey within medicine.**

Delegates will hear from representatives of RCP-supported specialties, and learn about the typical day, recruitment, highlights of the specialty and much more. Keynote speakers will share their own journey within medicine, the highs and the lows, and why they think [#medicineisbrilliant](#).

The programme has been developed in collaboration with the RCP Student and Foundation Doctor Network and is **free to attend for RCP subscribing members**.

**Royal College of Anaesthetics - A Career in Anaesthesia information day**  
**Please see programme attached**

14<sup>th</sup> October

The Royal College of Anaesthetists is holding an informal session for medical students & foundation year doctors who are considering a career in anaesthesia.

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Anaesthetists form the largest single hospital medical specialty and their skills are used in all aspects of patient care. Whilst the perioperative anaesthetic care of the surgical patient is the core of specialty work, many anaesthetists have a much wider scope of practice.

The career day will provide an insight into life as a trainee and consultant anaesthetist.

Sessions include:

- life as an anaesthetic trainee
- the training programme
- recruitment and application process
- pre-hospital emergency medicine
- intensive care medicine
- question and answer group sessions
- the future of the specialty, skills required and life as a consultant.

This event may be of interest to your foundation year doctors and I have attached the programme for you to publicise via your intranet, newsletters, local networks and other avenues. Booking information and a full programme can be found [on our website](#).

## **Haematology Taster Day – 16<sup>th</sup> November 2021**

**Please see attached flyer**

British Society of Haematology sponsored Taster Day that we feel will offer a unique opportunity for junior doctors interested in a career in Haematology. This will be on the 16th November via Zoom. The day will cover reasons to pick haematology as a specialty, what haematology is, opportunities in haematology and applying for haematology. Details of the day can be found at:

<https://b-s-h.org.uk/education/conference-and-events/events/bsh-haematology-taster-day/>

## Surveys

### **Induction Survey**

**Please see attached letter**

UKFPO F1 trainee induction survey: <https://www.surveymonkey.co.uk/r/LBCL3TB> Open now, until 30 September 2021

## Events

### **Professionals Together**

**Please see flyer attached**

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This is a free scheme that supports the wellbeing of F1 doctors. Sessions are held virtually for 1 hour via Zoom.

Dates: October 2021 - June 2022

Please email [Facultysupportteam.wm@hee.nhs.uk](mailto:Facultysupportteam.wm@hee.nhs.uk) to book a place

## Psychiatry Foundation Trainee Conference



## Save the date: Foundation Trainee Conference 2021

Preparations are underway for our next Foundation Trainee Conference to be held on **21 September 2021, 09:00-12:30 via Zoom.**

Following on from four hugely successful events, we will be back virtually exploring routes into psychiatry

Sessions and workshops include:

- Making the most of your foundation training
- F3 years and more
- Specialty elevator pitches and Q&A
- The impact of Covid-19 on foundation training
- RCPsych and Sustainability

Whether you're committed to a career in psychiatry or are still on the fence, this event will help delegates to explore the many options available throughout foundation training and before entering specialty training.

Booking will open shortly on the College website, to receive a notification when bookings open, please email us at [careers@rcpsych.ac.uk](mailto:careers@rcpsych.ac.uk).

## Eating Disorders Training Webinar – 16th September

Please see flyer attached

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### **Geriatrics for Juniors Virtual Conference - Saturday 13th November 2021**

G4J is a one-day online conference, designed for Foundation Doctors, Core Medical and GP Trainees, and Specialist Nurse Practitioners. It aims to deliver relevant and useful clinical updates in all the main sub-specialties of Geriatric Medicine, in order to improve the standard of care for older patients.

Whether you're a budding Geriatrician, already work in the field, or have other career aspirations but just want to improve your clinical knowledge and skills related to older patients, G4J has something to offer you!

What the day will include:

- A full day of relevant and interesting educational sessions related to Geriatric Medicine
- Practical and useful updates for your day-to-day practice on the hospital medical wards
- A certificate of attendance for your e-portfolio
- Opportunity to submit a poster

Cost: £27.50

**The link for further information and to register can be found here:**

<http://aeme.org.uk/g4j21/>

Many thanks and best wishes,

Dr. Christina Page

AEME (Association for Elderly Medicine Education)

[christina@aeme.org.uk](mailto:christina@aeme.org.uk)

## **Other Information**

### **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. Please make sure you access this as soon as you can to make use of the training modules and helpful learning resources including:

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

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- Wellbeing

Please go to <https://pgvle.co.uk/login/> and use the login details provided to you on email

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

## **Foundation elearning Programme**

Welcome to your **September 2021 update about the Foundation elearning programme**, I would be grateful if you would share this among your networks.

### **Foundation programme – September 2021 update**

Do you know how to assess and manage the treatment of the acutely unwell, the assessment and management of a patient's fluid status, the presentation and management of sepsis and arterial blood gas sampling and interpretation?

Available in elearning for healthcare's Foundation Programme (2021 curriculum), these sessions cover areas in your curriculum on: FPC 1: Clinical Assessment, FPC 2: Clinical Prioritisation, FPC 3: Holistic Planning, FPC 4: Communication and Care and FPC 5: Continuity of Care:

- [Managing Low Urine Output](#)
- [Managing Sepsis](#)
- [Assessment and Initial Management](#)
- [Re-evaluation and Monitoring](#)
- [Arterial Blood Gas Sampling and Interpretation](#)
- [Patient with a Reduced Level of Consciousness](#)
- [Pain Management](#)
- [Oxygen Therapy](#)
- [NICE IV Fluid – Assessment](#)
- [NICE IV Fluid - Principles and Five Rs](#)
- [NICE IV Fluid – Properties](#)
- [NICE IV Fluid - More Complex Scenarios](#)
- [NICE IV Fluid - When It Goes Wrong](#)

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

Horus and Turas have deep links to elearning for healthcare sessions from the Foundation curriculum and therefore accessible to all trainees, making it quicker and easy to access the appropriate session linked to the curriculum.



## **ARCP Requirements**

NEW: [ARCP Requirements Guidance – 2021-22 trainees on 2016 curriculum](#) – October 2021 to July 2022

Guide for 2021 curriculum coming soon (meanwhile, you can use the table on pages 49-50 of [the curriculum](#))

Just published on our [ARCP page](#)

## **UKFP Curriculum 2021**

**Please see attached flyer**

The new Foundation Programme curriculum2021 was published on 25th May 2021. This will come into use from 4th August with current F1s moving to the new curriculum at the start of F2. (Existing F1s who will move to F2 at some later date will remain on the old curriculum until they progress to F2).

Full details of the UKFP curriculum2021 information can be found here.

[New UK Foundation Programme Curriculum 2021 - UK Foundation Programme](#)

More information including podcasts and factsheets about some of the specific changes will appear over the next few weeks.

The link below takes you to a YouTube video created by UKFPO fellow Charlotte Perry which explains the changes.

[Launch of new UK Foundation Programme Curriculum 2021 – Trainee - YouTube](#)

## **COVID-19 training risk reporting tool now LIVE**

HEE has today launched an [online reporting tool](#) for postgraduate medical and dental trainees, Training Programme Directors (TPDs) and Heads of School (HoS) to report perceived risks to experiential learning and progression due to the COVID-19 pandemic. The webform provides the opportunity to anonymously report challenges and concerns within the training environment, and for HEE to monitor and manage these risks.