

HEE YH Foundation School Bridging the Gap Course Booklet

August 2021 – August 2022



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11.03.2022	Bridging the Gap – Psychiatry	Leeds (Virtual)	100	6
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Introduction to Emergency Medicine

Dates Available	Tuesday 14 th September 2021 & Thursday 14 th October 2021 (FULLY BOOKED)
Venue	Simulation Centre, Field House, Bradford Royal Infirmary
Course Leader	Shafi Khan & Michaela Blood - Emergency Medicine Consultants
To Book a Place	Email: facilities.administration@bthft.nhs.uk
Places Available	12
Curriculum Objectives	

- Assessment and management of patients with life-threatening conditions.
- Practical procedures: needle thoracentesis, cardioversion, intraosseous access, FAST (USS) scanning, procedural sedation.
- Increase awareness of human factors and patient safety.
- Describe the transition from Foundation Trainee to Specialty Trainee to Consultant

SPECIALTY

Jump into GP

Dates Available	Monday 20 th September 2021 & Monday 18 th October 2021 (Half Day Courses)
Venue	Virtually (via Zoom)
Course Leader	Dr Lucie Brittain, Dr Bruno Rushforth, Dr David Rose
To Book a Place	Bruno.rushforth@hee.nhs.uk
Places Available	300 Maximum
Curriculum Objectives	

- Learn how to apply to GP
- Understand what life as a GP is like
- Understand what is involved in the training
- Consider career opportunities in general practice
- Identify key skills examined in selection centre

Details:

09.15 - 09.30	Registration	
09.30 - 09.50	Why GP & the application	GP Tutor, Careers & Recruitment, Y&H
	process	LETB
09.50 - 10.10	Structure & Organisation of GP	GP Tutor, Careers & Recruitment, Y&H
	training	LETB
10.10-10.30	Q+A	
10.30-10.45	Coffee/Energiser!	
10.45 - 11.15	What it is like to be a trainee,	Leadership Fellow
	Q+A	
11.15 - 12.00	Scenarios for selection centre	All
12.00 - 12.15	Feedback, Q&A, close	

SPECIALTY

Bridging the Gap – Psychiatry

Dates Available

Friday 15th October 2021 (AM Only) & Friday 11th March 2022 (AM Only)

	Health Education England
Venue	Virtual – Microsoft Teams
Course Leader	Vikram Luthra, Pratibha Nirodi, Arthita Das
To Book a Place Email	andrewsimscentre.lypft@nhs.net
Places Available	100
Curriculum Objectives	
AM Only (9:15am – 12:45pm)
 differing sub-specia To gain help and un psychiatry. To offer an overview research opportunities 	er talks from Psychiatrists within varying levels of their career and lities and the opportunity to ask them questions derstanding with the application process for core training in v of academic psychiatry and the relevant educational and ies non-biological aspects of psychiatry.
Course Outline	
 Talks to include: Why choose Psychi Mindfulness and res Academic psychiatr 	
	tants and trainees from different Psychiatric specialities Opportunities to develop understanding around sub-specialities:

ML

- Addictions Psychiatry CAMHS ٠
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SPECIALTY

Surviving Major Surgery

	Monday 18 th October 2021 (FULLY BOOKED) Monday 15 th November 2021 (FULLY BOOKED)
Venue	York Hospital

Course Leader	Vic	toria Smith
To Book a Plac		toria.smithMEC@york.nhs.uk
Places Availab		
Curriculum Ob	jectives	
After attending t	his study day you	should understand:
The principles o The perioperativ The importance Curriculum: 6.1 Curriculum: 7: G	f cardiopulmonary ve challenges in su of excellent posto & 6.2 Maintaining Good Clinical Care	ubspecialty anaesthesia perative care Good Medical Practice
Curriculum: 8: R		agement of the Critically III Patient
Course Outline		
0930	Welcome and	d overview
0930 0945 - 1020	Welcome and Session 1:	d overview An Introduction to Perioperative Medicine
0945 - 1020		
0945 - 1020 1 <i>020 - 1040</i>	Session 1:	
	Session 1: Coffee Break	An Introduction to Perioperative Medicine
0945 - 1020 <i>1020 - 1040</i> 10:40 - 11:10	Session 1: Coffee Break	An Introduction to Perioperative Medicine Assessing Patients for Major Surgery
0945 - 1020 <i>1020 - 1040</i> 10:40 - 11:10 11:10 - 11:40	Session 1: Coffee Break	An Introduction to Perioperative Medicine Assessing Patients for Major Surgery Intraoperative Management
0945 - 1020 <i>1020 - 1040</i> 10:40 - 11:10 11:10 - 11:40 11:40 - 12:10	Session 1: <i>Coffee Break</i> Session 2:	An Introduction to Perioperative Medicine Assessing Patients for Major Surgery Intraoperative Management
0945 - 1020 <i>1020 - 1040</i> 10:40 - 11:10 11:10 - 11:40 11:40 - 12:10 <i>12:10 - 13:00</i> 1300 - 13:30	Session 1: <i>Coffee Break</i> Session 2: <i>Lunch break</i>	An Introduction to Perioperative Medicine Assessing Patients for Major Surgery Intraoperative Management Introduction to Critical Care
0945 - 1020 <i>1020 - 1040</i> 10:40 - 11:10 11:10 - 11:40 11:40 - 12:10 <i>12:10 - 13:00</i>	Session 1: <i>Coffee Break</i> Session 2: <i>Lunch break</i>	An Introduction to Perioperative Medicine Assessing Patients for Major Surgery Intraoperative Management Introduction to Critical Care Analgesia and Pain
0945 - 1020 <i>1020 - 1040</i> 10:40 - 11:10 11:10 - 11:40 11:40 - 12:10 <i>12:10 - 13:00</i> 1300 - 13:30 13:30 - 14:10 <i>14:10 - 14:30</i>	Session 1: <i>Coffee Break</i> Session 2: <i>Lunch break</i> Session 3:	An Introduction to Perioperative Medicine Assessing Patients for Major Surgery Intraoperative Management Introduction to Critical Care Analgesia and Pain
0945 - 1020 <i>1020 - 1040</i> 10:40 - 11:10 11:10 - 11:40 11:40 - 12:10 <i>12:10 - 13:00</i> 1300 - 13:30 13:30 - 14:10 <i>14:10 - 14:30</i> 14:30 - 16:30	Session 1: <i>Coffee Break</i> Session 2: <i>Lunch break</i> Session 3: <i>Coffee Break</i> Session 4:	An Introduction to Perioperative Medicine Assessing Patients for Major Surgery Intraoperative Management Introduction to Critical Care Analgesia and Pain Ultrasound in anaesthesia



Chest Drain Insertion Course

Dates Available:	Tuesday 26 th October 2021 FULLY BOOKED
Venue:	Postgraduate Centre, Scarborough

Health Education England **Course Leader:** Victoria.Spencer@YORK.NHS.UK To Book a Place Email: Places Available: 8 **Curriculum Objectives:** Section 3 - Clinical care Section 4 – Safety & Quality **Course Outline** The aim of this course is to provide you with the skills and knowledge to safely identify, prepare and insert a chest drain both open or Seldinger. Target competencies: 1) Identify indications to require a chest drain 2) Identify Landmarks for insertion and areas to avoid and why 3) Identify when to insert Seldinger for small spontaneous pneumothorax or open method for trauma and why 4) Thorough understanding of the procedure for insertion using Seldinger technique 5) Thorough understanding of the procedure for insertion using open technique 6) How to manage the patient following insertion Please note a £45 deposit, refundable upon arrival, will be required to secure a place on this course

SKILLS

Resuscitation Council (UK) Paediatric Immediate Life Support

Dates Available	Tuesday 28 th October 2021, Thursday 2 nd December 2021, Wednesday 5 th January 2022, Wednesday 26 th January 2022, Wednesday 2 nd February 2022 & Friday 11 th February 2022
Venue	Resuscitation Training Room, Harrogate District Hospital
Course Leader	Paula De Souza - Service Lead for Resuscitation



To Book a Place Email	resuscitation@hdft.nhs.uk
Places Available	10 Per Session (6 Places only on 11/02/2022)

Curriculum Objectives

Good clinical care Recognises when patient safety is at risk and institutes changes to reduce risk; Plans appropriate strategies for investigation and management

Recognition and management of the acutely ill patient Uses an Airway, Breathing, Circulation, and Disability, Exposure (ABCDE) approach to assessing acutely unwell or collapsed patients. Recognises patients with acute illness requiring urgent/emergency treatment and initiates early management. Rapidly performs primary assessment, evaluates and recognises the severity of illness in acutely ill or collapsed patients. Takes appropriate timely action to treat a patient with abnormal physiology. Anticipates and plans appropriate action to prevent deterioration in vital signs

Resuscitation and end of life care Is trained in immediate life support (ILS or equivalent) and paediatric life support if working with children. Knows how to initiate and respond to a crash call

Course Outline

Learning outcomes

The PILS course teaches the knowledge and skills to:

- understand the structured ABCDE approach that facilitates rapid recognition of seriously ill children;
- provide appropriate initial treatment interventions to prevent cardiorespiratory arrest;
- treat children in respiratory or cardiorespiratory arrest until the arrival of a resuscitation team or more experienced assistance;
- promote active membership of a paediatric resuscitation team

For further details see link below:

https://www.resus.org.uk/information-on-courses/paediatric-immediate-life-support/

SKILLS

Ultrasound Course

Dates Available:	Wednesday 3 rd November 2021 & Thursday 4 th November 2021 <u>FULLY BOOKED</u>
Venue:	Postgraduate Centre, Scarborough
Course Leader:	
To Book a Place Email:	Victoria.Spencer@YORK.NHS.UK
Places Available:	8
Curriculum Objectives:	

Section 3 - Clinical care Section 4 – Safety & Quality

Course Outline

The aim of this course is to introduce you to the skills and knowledge for the use of Ultrasound as a procedural aid and specifically in the insertion of central venous catheters, use of ultrasound in ALS & FAST (Focussed Abdominal Ultrasound for Trauma).

The course will cover:

- How to achieve competency
- the Physics of Ultrasound
- setting and using the machine ('Knobology')
- vascular access, both peripheral and central using Ultrasound for guidance
- Use of Ultrasound in ALS: simple Echo
- Measurement of the Aorta
- principles and procedure of FAST

Please note a £45 deposit, refundable upon arrival, will be required to secure a place on this course

Management of ENT Emergencies

Dates Available	Thursday 16 th December 2021	
Venue	Surgical Skills Centre, Castle Hill Hospital, Hull University Teaching Hospitals NHS Trust	
Course Leader	Dr Tariq Khan	
To Book a Place Email	Cohen Green: hyp-tr.foundation.year2@nhs.net	
Places Available	15	
Curriculum Objectives		
Teach the management strategies to deal with common ENT presentation in Acute		
and ward settings.		
 Familiarize the young doctors with hands on training on the manikin. 		
 Give them virtual clinical scenarios to understand varying situations. 		
Course Outline		
	Introduction	
Power point presentation of different topics.		
• BREAK		
Delegates will be divide	 Delegates will be divided in the groups for hands on practice. 	
• Q&A		

SKILLS

Clinical Skills & Interventions (CSI) Course

Dates Available	Friday 21 st January 2022 & Friday 11 th February 2022 (Full Day) (FULLY BOOKED – BOTH DATES)
Venue	Medical Education Centre, Doncaster & Bassetlaw Teaching Hospitals NHS Foundation Trust
Course Leader	Jill Martin
To Book a Place Email	Jill.martin11@nhs.net
Places Available	12
Curriculum Objectives	
	(CSI) Course aims to cover a number of key clinical skills (cannulation, lumba Il patient) combined with an introduction to point of care ultrasound (US).
By the end of the course you will b	be able to:
	d arterial anatomy of the upper limb eral IV Cannulation technique
	IS) works and how it can be used clinically to increase venous cannulation
-	enous cannulation on Blue Phantom Models in preparation for gaining US
Describe how point of care	e ultrasound (POCUS) may be used to manage two acutely unwell patients: d The Acutely BreathLess Patient
Describe basic spinal and	epidural anatomy relevant to Lumbar Puncture
Refine your current Lumb	ar Puncture Landmark technique to increase success
 Describe how US may ass 	sist Lumbar Puncture success in difficult patients
Course Outline	
	ys with 2 faculty instructors on each day. staff/candidates and COVID social distancing will be maintained ed prior to Course date
hands on workshop using IV cann 10:30-11:00: Catch up opportunit 11:00-12:30: POCUS Case 1: Ti Thrombus (DVT) Scanning. Introc BodyWorks Eve simulator we hop 12:30-13:15: Lunch (format of Lui 13:15-14:45: POCUS Case 2: Ti Likely Subcostal View only to asse followed by Workshop using Ultras too. (1.5hrs).	uided Peripheral IV Cannulation and Access. (2hrs): short lectures and ulation arm trainer, US machines, blue phantom models. y / Break he Acutely Breathless Patient (Introduction to Lung Ultrasound & Deep Vein ductory lecture followed by Workshop using Ultrasound to scan Volunteers.
14:45-15:00: Break	LP) Landmark Technique and US assistance. Lecture followed by

15:00-16:30: Lumbar Puncture (LP) Landmark Technique and US assistance. Lecture followed by workshop on Lumbar Puncture (using back models and volunteers to scan). 16:30-17:00: Summary & Close



End of Life Course

Dates Available	Thursday 13th January 2022 (Half Day Course)
Venue	Medical Education Centre, Barnsley
Course Leader	Dr Vedder
To Book a Place Email	tony.whitelam@nhs.net
Places Available	16
Curriculum Objectives	
Speakers: Dr Vedder Timings: 09:00am – 12:30pm	
Course Outline	

Introduction to Anaesthesia

Dates Available	Thursday 13th January 2022 & Thursday 27 th January 2022
Venue	Medical Education, Harrogate District Hospital
Course Leader	Michael Biggs
To Book a Place Email	Michael.Biggs2@nhs.net
Places Available	6
Curriculum Objectives	

- To understand the basic principles of anaesthesia, the different techniques available and the basic functions of an anaesthetic machine
- To recognise the important aspects of pre-operative assessment with particular focus on assessment of the airway
- To improve basic airway skills and be introduced to more advanced airway procedures
- To understand the basic concepts and practical aspects of regional anaesthesia
- To recognise the role of the anaesthetist in areas outside the operating theatre
- To understand the application process to core training including the MSRA
- To gain an appreciation of the new training pathway

Course Outline

The "Bridging the Gap - Introduction to Anaesthesia" is aimed at foundation trainees who are considering a career in anaesthesia. The day will involve lectures and small group workshops covering the day to day role and work of an anaesthetist. There will also be the opportunity to gain some hands on experience using various anaesthetic equipment. We will also discuss the process of entry into the training programme.

This day has been very popular when run before so places are likely to fill up quickly.

Sessions:

- What is anaesthesia?
- The anaesthetic machine
- Pre-operative assessment
- Airway assessment and skills practical session
- Regional anaesthesia lecture and practical session
- The role of the anaesthetist outside of theatre
- The new training pathway and how to apply

A formal timetable will follow.

Please note a refundable deposit of £45 will need to be paid prior to confirmation of a place.

SKILLS

Clinical Skills & Interventions (CSI) Course

Dates Available	Tuesday 8 th February 2022 (FULLY BOOKED) Tuesday 3 rd May 2022 (FULLY BOOKED)
Venue	Medical Education Centre, Barnsley Hospital NHS Foundation Trust
Course Leader	Dr Steve Lobaz
To Book a Place Email	tony.whitelam@nhs.net
Places Available	16
Curriculum Objectives	

The Clinical Skills & Interventions (CSI) Course aims to cover a number of key clinical skills (cannulation, lumbar puncture, assessment of the unwell patient) combined with an introduction to point of care ultrasound (US).

By the end of the course you will be able to:

- Describe basic venous and arterial anatomy of the upper limb
- Refine your current peripheral IV Cannulation technique
- Explain how ultrasound (US) works and how it can be used clinically to increase venous cannulation success in difficult patients
- Demonstrate US guided venous cannulation on Blue Phantom Models in preparation for gaining US guided peripheral IV Cannulation competency
- Describe how point of care ultrasound (POCUS) may be used to manage two acutely unwell patients: The Collapsed Patient and The Acutely BreathLess Patient
- Describe basic spinal and epidural anatomy relevant to Lumbar Puncture
- Refine your current Lumbar Puncture Landmark technique to increase success
- Describe how US may assist Lumbar Puncture success in difficult patients

Course Outline

PLEASE NOTE: THIS COURSE REQUIRES A £50 DEPOSIT TO BE PAID IN ORDER TO SECURE YOUR PLACE

Masks will be worn through by all staff/candidates and COVID social distancing will be maintained

Pre-Course Material will be provided prior to Course date

Course Structure: 08:45 - 16:30

- 1. Introduction & Welcome
- **2.** Ultrasound (US) Guided Peripheral IV Cannulation and Access. (2hrs): short lectures and hands on workshop using IV cannulation arm trainer, US machines, blue phantom models.
- 3. Catch up opportunity / Break
- **4. POCUS Case 1: The Acutely Breathless Patient** (Introduction to Lung Ultrasound & Deep Vein Thrombus (DVT) Scanning. Introductory lecture followed by Workshop using Ultrasound to scan Volunteers. BodyWorks Eve simulator we hope will be present too. (1.5hrs)
- 5. Lunch (format of Lunch provision will be determined by COVID situation and rules)
- 6. **POCUS Case 2: The Acutely Collapsed Patient** (Introduction to Basic point of care Echo: Likely Subcostal View only to assess heart global function, rule out pericardial effusion. Introductory lecture followed by Workshop using Ultrasound to scan volunteers. Body works Eve Simulator we hope will be present too. (1.5hrs).
- 7. Break
- **8.** Lumbar Puncture (LP) Landmark Technique and US assistance. Lecture followed by workshop on Lumbar Puncture (using back models and volunteers to scan).
- 9. Summary & Close

Basic Principles in Trauma & Orthopaedics

Dates Available	Monday 7 th February 2022, 9:00 – 16:00. (FULLY BOOKED)
Venue	Medical Education Centre, Barnsley
Course Leader	Mr A Bhosale
To Book a Place Email	tony.whitelam@nhs.net
Places Available	18
Curriculum Objectives	
Basic Principles of Trauma and Orthopaedics	
Course Outline	
 Topics covered will be Manipulation of fractures – Colles and ankle fractures Joint aspirations and injections Application of Thomas' splint Basic principles of arthroscopy Internal fixation of fracture with plating- The Lag principle—Hands-on saw bones Tendon repair Interpretation of Trauma radiographs Assessment of polytrauma patients- Orthopaedic perspective Principles of reduction of dislocated joints—ankle, shoulder, elbow, hip Plastering techniques 	

It Could Only Happen to a Doctor (Virtual)

Dates Available	Friday 11 th February 2022 & Friday 25 th February 2022 (FULLY BOOKED – BOTH DATES)
Venue	Virtual
Course Leader	lan Wilson
To Book a Place Email	hyp-tr.foundation.year2@nhs.net
Places Available	200 Maximum
Curriculum Objectives	

Much better understanding of the law and GMC guidance of various aspects of ethics

- Session on public interest disclosure and confidentiality will improve practice
- Greater awareness of ethical issues in my own practice, more interested to do my own research on the topic
- More aware and alert of the GMC guidance and pitfalls, mindful when a similar scenarios may arise
- Now have better understanding of the law and standards of decision-making
- Put in practice a lot of information throughout
- Becoming more familiar with legal issues regarding difficult situations
- More aware with up to date legal and ethical guidance
- DNACPR conversations and documentation
- Aware of confidentiality issues
- I feel better prepared to tackle ethical issues at work

Course Outline

- Refresh on and reinforce GMC guidance and some ethical issues with examples of real life situations
- Discuss these and other similar issues which delegates may have come across or be likely to come across in the future.
- Increased competence in demonstrating knowledge skills and behaviours necessary to apply the professional duties, principles and responsibilities set out in Good Medical Practice.

SKILLS

Chest Drain

Dates Available	Friday 25 th February 2022, Tuesday 29 th March 2022, Tuesday 24 th May 2022 & Thursday 26 th May 2022 Please note, all above courses are half days.
Venue	
Course Leader	Dr Mahmud Loubani
To Book a Place Email	hyp-tr.foundation.year2@nhs.net
Places Available	12
Curriculum Objectives	

· Understand the indications for a chest drain

- · Be able to insert a surgical and a Seldinger chest drain
- · Know the complications related to chest drain insertion
- · Be able to make decisions related to drain management

Course Outline

- · Introductions and presentations about indications of chest drains (Inc. BTS guidelines).
- Presentation about the complications of chest drains
- · Presentation describing the procedure (Inc. surgical and Seldinger)
- · Practical session in pairs with pig half chest walls.
- Final presentation regarding chest drain management (when to consider suction/ drain removal)

SKILLS

Surgical Skills Day

Dates Available	Tuesday 15 th February 2022 & Friday 18 th February 2022
Venue	Suture Centre, Castle Hill Hospital
Course Leader	Dr Mahmud Loubani
To Book a Place Email	hyp-tr.foundation.year2@nhs.net
Places Available	20
Curriculum Objectives	
 Be able to glove and gown in an aseptic manner Be able to knot tie with left and right hands Be able to name instruments and understand their uses Safe handling of such instruments Understand how different tissues handle and how they heal Know the various techniques used to close skin and suture materials available Excise a skin lesion and a sebaceous cyst 	
Course Outline	
 Introduction and demonstration of gloving, gowning and knot tying Practical session for gowning & gloving and knot tying Practical session on making an incision and suturing using different techniques Discussion during the practical sessions regarding uses of different instruments and correct usage of these Lunch Repeat knot tying Practical session on excising a skin lesion and a sebaceous cyst 09:00 - 17:00 	



Frailty Course

Dates Available	Thursday 5 th May 2022
Venue	Medical Education Centre, Barnsley
Course Leader	Dr Rachel Vedder & Dr Bahaa Madi
To Book a Place Email	tony.whitelam@nhs.net
Places Available	16
Curriculum Objectives	
Speakers: Dr B Madi & Dr Vedder	
Timings: 9:00am – 4:00pm	
Course Outline	
 What is frailty? Most common geriatric presentations What is Comprehensive Geriatric Assessment? What is the evidence? Frailty Care Models - the role of ambulatory care A patient story A career in Geriatrics The topics will be covered by the team - Dr Madi & Dr Vedder 	