

HEE YH Foundation School Bridging the Gap Course Booklet

August 2022 – August 2023



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SPECIALTY

Introduction to Emergency Medicine

Dates Available	Wednesday 28th September 2022 & Tuesday 18th October 2022
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	
<ul style="list-style-type: none"> • 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 19th September/ Monday 17th October 2022 (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		
<ul style="list-style-type: none"> • 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 process	<i>GP Tutor, Careers & Recruitment, Y&H LETB</i>
09.50 – 10.10	Structure & Organisation of GP training	GP Tutor, Careers & Recruitment, Y&H 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, Q+A	<i>Leadership Fellow</i>
11.15 – 12.00	Scenarios for selection centre	All
12.00 – 12.15	Feedback, Q&A, close	

SPECIALTY

Surviving Major Surgery

Dates Available	Monday 10th October 2022
Venue	York Hospital
Course Leader	Victoria Smith
To Book a Place Email	victoria.smithMEC@york.nhs.uk
Places Available	20
Curriculum Objectives	
<p>After attending this study day you should understand:</p> <p>How we assess and stratify risk for patients undergoing major surgery The principles of cardiopulmonary exercise testing The perioperative challenges in subspecialty anaesthesia The importance of excellent postoperative care</p> <p>Curriculum: 6.1 & 6.2 Maintaining Good Medical Practice Curriculum: 7: Good Clinical Care Curriculum: 8: Recognition & Management of the Critically Ill Patient</p>	
Course Outline	
0930	Welcome and overview
0945 - 1020	Session 1: An Introduction to Perioperative Medicine
1020 - 1040	<i>Coffee Break</i>
10:40 - 11:10	Session 2: Assessing Patients for Major Surgery
11:10 - 11:40	Intraoperative Management
11:40 - 12:10	Introduction to Critical Care
12:10 - 13:00	<i>Lunch break</i>
1300 - 13:30	Session 3: Analgesia and Pain
13:30 - 14:10	Ultrasound in anaesthesia
14:10 - 14:30	<i>Coffee Break</i>
14:30 - 16:30	Session 4: <u>2 x 45 minute sessions, with half group, switching midway.</u>
	Cardio-pulmonary Experience Testing Demonstration & Anaesthetic Simulation
16:30	Evaluation and close

SKILLS

What Career is Right for Me?

Dates Available	Tuesday 18 th October 2022, Wednesday 19 th October 2022 & Thursday 3 rd November 2022
Venue	Medical Education Centre, Northern General Hospital, Sheffield
Course Leader	Dr Claire Dewsnap
To Book a Place	Hayley Barlow: Hayley.barlow2@nhs.net
Places Available	20

Curriculum Objectives

This training day aims to support Foundation Year 2 (FY2) doctors to explore career options in medicine and develop skills in career planning. The course will enable them to achieve the following objectives:

- Self-reflection on personal qualities, values, and career aspirations
- Develop skills in researching career possibilities and making decisions
- Learn about different specialities and training pathways
- Develop skills in planning applications and preparing for interviews

By attending this training day, foundation doctors will meet several requirements of the Foundation Programme Curriculum:

- **Higher Level Outcome (HLO): A professional, responsible for their own practice and portfolio development.**
 - **FPC 7:** Understands personal wellbeing in the context of planning a future career
 - **FPC 11:** Develops portfolio to demonstrate skills in line with career expectations and/or future professional development
 - **FPC 13:** Understands how to plan a career. Understands the breadth of medical practice. Understands the impact of personal values on career selection. Demonstrates an understanding of career options available

Course Outline

09:00-09:15 **Welcome and introductions**
 09:15-09:55 **Session 1: Self-knowledge**
 09:55-10:00 Break
 10:00-10:35 **Session 2: Career explorations**
 10:35-10:45 Break
 10.45-11:15 **Session 3: Investigation of career options**
 11:15-11:45 Break
 11:45-13:00 **Specialities**
 13:00-14:00 Lunch + networking
 14:00-14:40 **Session 4: Making a decision**
 14:40-15:00 Break
 15:00-15:30 **Session 5: Plan implementation – applications and interviews**

15:30 -16:00 Questions and close

SKILLS

Resuscitation Council (UK) Paediatric Immediate Life Support

Dates Available	Thursday 3 rd November 2022, Friday 16 th December 2022, Friday 6 th January 2023, Friday 27 th January 2023, Friday 10 th February 2023
Venue	Resuscitation Training Room, Harrogate District Hospital
Course Leader	Paula De Souza - Service Lead for Resuscitation
To Book a Place Email	resuscitation@hdfh.nhs.uk
Places Available	12 Per Session - Friday 6 th January 2023, Friday 27 th January 2023, Friday 10 th February 2023 6 Per session - Thursday 3 rd November 2022, Friday 16 th December 2022
Curriculum Objectives	
<p>Good clinical care Recognises when patient safety is at risk and institutes changes to reduce risk; Plans appropriate strategies for investigation and management</p> <p>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</p> <p>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</p>	
Course Outline	
<p>Learning outcomes The PILS course teaches the knowledge and skills to:</p> <ul style="list-style-type: none"> • 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

Chest Drain Insertion Course

Dates Available:	Thursday 10 th November 2022, Tuesday 17 th January 2023
Venue:	Postgraduate Centre, Scarborough
Course Leader:	tbc
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	
<p>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.</p> <p>Target competencies:</p> <ol style="list-style-type: none"> 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 <p>Please note a £45 deposit, refundable upon arrival, will be required to secure a place on this course</p>	

SPECIALTY

Paediatric Emergencies

Dates Available	Thursday 26th January 2023, Thursday 16th March 2023
Venue	Leeds Clinical Practice Centre, Ashley wing, St James University Hospital, Beckett Street, Leeds LS9 7TF
Course Leader	Dr Hooman Jafari
To Book a Place Email	https://www.maxcourse.co.uk/medicaleducationleeds/guestHome.asp - Click on the link, create an account on Maxcourse to book onto the courses. Limited places, waiting list available if courses are full.
Places Available	Maximum number of trainees per session 10
Curriculum Objectives	
<ul style="list-style-type: none"> • Designed to cover the initial management of a range of Paediatric Emergencies. • We use high-tech manikins to simulate paediatric patients and delegates will have the opportunity to be able to practice a variety of essential skills required to manage paediatric emergencies. 	
Course Outline	
<p>The programme will cover the following</p> <ul style="list-style-type: none"> • Airway problems • Breathing problems • Circulatory insufficiency • Neurological problems • Know when to call for help • Be able to initiate emergency management of a patient until help arrives • Be able to give a SBAR handover • Develop an awareness of Human Factors 	

SKILLS

Ultrasound Course

Dates Available:	Wednesday 2 nd November 2022/ Thursday 3 rd November 2022
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	
<p>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).</p> <p>The course will cover:</p> <ul style="list-style-type: none"> • 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 	
<p>Please note a £45 deposit, refundable upon arrival, will be required to secure a place on this course</p>	

SKILLS

Clinical Skills & Interventions (CSI) Course

Dates Available	Monday 14th November 2022, Monday 21st November 2022
Venue	Medical Education Centre, Doncaster & Bassetlaw Teaching Hospitals NHS Foundation Trust
Course Leader	Jill Martin/ Dr Steven Lobaz
To Book a Place Email	Jill.martin11@nhs.net
Places Available	12
Curriculum Objectives	
<p>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).</p> <p>By the end of the course you will be able to:</p> <ul style="list-style-type: none"> • 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	
<p>Two rooms to be used on both days with 2 faculty instructors on each day. 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</p> <p>Course Structure: 08:00-08:30: Introduction & Welcome 08:30-10:30: 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. 10:30-11:00: Catch up opportunity / Break 11:00-12:30: 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) 12:30-13:15: Lunch (format of Lunch provision will be determined by COVID situation and rules) 13:15-14:45: 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). 14:45-15:00: Break 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</p>	

SKILLS

It Could Only Happen to a Doctor (Virtual)

Dates Available	Friday 6 th January 2023, Friday 17 th January 2023, Friday 3 rd March 2023
Venue	Virtual
Course Leader	Ian Wilson
To Book a Place Email	hyp-tr.foundation.year2@nhs.net
Places Available	Unlimited
Curriculum Objectives	
<p>Much better understanding of the law and GMC guidance of various aspects of ethics</p> <ul style="list-style-type: none"> • 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	
<ul style="list-style-type: none"> • <i>Refresh on and reinforce GMC guidance and some ethical issues with examples of real life situations</i> • <i>Discuss these and other similar issues which delegates may have come across or be likely to come across in the future.</i> • <i>Increased competence in demonstrating knowledge skills and behaviours necessary to apply the professional duties, principles and responsibilities set out in Good Medical Practice.</i> 	

SKILLS

Surgical Skills Day

Dates Available	Tuesday 31st January 2023, Friday 3rd March 2023
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	
<ul style="list-style-type: none"> · 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

SKILLS

Chest Drain

Dates Available	Friday 3rd February 2023 (AM), Friday 3rd February 2023 (PM), Thursday 23rd February 2023, Friday 24th January 2023. Please note, all above courses are half days.
Venue	Suture Centre, Castle Hill Hospital
Course Leader	Dr Mahmud Loubani
To Book a Place Email	hyp-tr.foundation.year2@nhs.net
Places Available	12
Curriculum Objectives	
<ul style="list-style-type: none"> · 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)