

HEE YH Foundation School

Bridging the Gap Course Booklet

Training Year
August 2022 – August 2023



Contents			
Date of Course	Course Title	Course Location	Number of Places
28.09.2022 & 18.10.2022	Introduction to Emergency Medicine	Bradford	FULLY BOOKED
26.09.2022 & 31.10.2022	Jump into GP	Hull	300
10.10.2022 & 07.11.2022	Surviving Major Surgery	York	10.10.2022 FULLY BOOKED
14.10.2022 & 10.03.2023	Psychiatry Bridging the Gap	Online	100
18.10.2022, 19.10.2022 & 03.11.2022	What Career is Right for Me?	Sheffield	20
02.11.2022 & 03.11.2022	Ultrasound Course	Scarborough	FULLY BOOKED
03.11.2022, 16.12.2022, 06.01.2023, 27.01.2023 & 10.02.2023	Resuscitation Council (UK) Paediatric Immediate Life Support	Harrogate	12
10.11.2022 & 17.01.2023	Chest Drain Insertion Course	Scarborough	10.11.2022 FULLY BOOKED 17.01.2023 FULLY BOOKED
14.11.2022 & 21.11.2022	Clinical Skills & Interventions (CSI) Course	Doncaster	FULLY BOOKED
06.01.2023, 17.02.2023 & 03.03.2023	It Could Only Happen to a Doctor (Virtual)	Online	No limit
26.01.2023 & 16.03.2023	Paediatric Emergencies	Leeds	10
03.02.2022, 23.02.2022 & 24.02.2022	Chest Drain	Hull	03.02.2023 FULLY BOOKED 23.02.2023 FULLY BOOKED 24.02.2023 FULLY BOOKED 12
31.01.2023, 03.03.2023 & 09.05.2023	Surgical Skills Day	Hull	31.01.2023 FULLY BOOKED 03.03.2023 FULLY BOOKED 20
27.01.2023 & 16.05.2023	Clinical Skills & Interventions (CSI)	Barnsley	FULLY BOOKED
13.02.2023	Basic Principles in Trauma & Orthopaedics Course	Barnsley	FULLY BOOKED
16.02.2023	Management of ENT Emergencies	Hull	20
20.02.2023	Public Speaking & Presentation	Sheffield	7
16.03.2023	End of Life and Frailty Course	Barnsley	16 FULLY BOOKED
07.03.2023, 08.03.2023, 14.03.2023, 15.03.2023, 22.03.2023 & 23.03.2023,	Foundation Programme Simulation Programme	Online	12 (per session)
21.04.2023	Wider Determinants of Health: Health Inequalities and Environmental Sustainability	Online	30 FULLY BOOKED
05.05.2023 & 30.06.2023	Anaesthetic Essentials and Clinical Skills	Airedale	FULLY BOOKED

27.09.2023 & 17.10.2023	Introduction to Emergency Medicine	Bradford	12
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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 26th September/ Monday 31st October 2022 (Half Day Courses)	
Venue	Virtually (via Zoom)	
Course Leader	Dr Lucie Brittain / Dr Bruno Rushforth	
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 (fully booked) and Monday 7th November 2022 (8 places remaining)	
Venue	York Hospital	
Course Leader	Victoria Swales	
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

SPECIALTY
Psychiatry Bridging The Gap

Dates Available	Friday 10th March 2023
Venue	Online
Course Leader	Dr Christopher Douglas
To Book a Place Email	Chris.douglas@swyt.nhs.uk
Places Available	100
Curriculum Objectives	
<ul style="list-style-type: none"> ➤ Provide an opportunity for FYs to get a sense of what opportunities there are to pursue a career in psychiatry. ➤ To gain a perspective of what it is like to be a Core and Higher Trainee in Psychiatry ➤ To gain a greater understanding of the process of getting into Core Training in Psychiatry ➤ To gain an insight into the potential avenue of Academic Psychiatry ➤ To gain an insight into differing specialties in Psychiatry, that are otherwise less accessible to FY trainees. ➤ To get a wider range of the different potential career options in psychiatry ➤ Provide an interactive workshop at which there are opportunities to ask questions and interact with presenters. 	
Course Outline	
9.00am	<u>Online Registration</u>
9.20am	<u>Welcome and Introduction</u> Dr Chris Douglas and Dr Charlotte Blewett Foundation Training Programme Directors in Psychiatry, Yorkshire and Humber
9.40am	<u>Why I chose Psychiatry as a career?</u> Dr AH, Core Trainee in Psychiatry, Leeds and York Partnership NHS Foundation Trust
10.00am	<u>Bitesize Psychiatry – Forensics</u> Dr MQ, Consultant Forensic Psychiatrist, NHS Foundation Trust
10.20am	<u>The “how-to” guide on completing the core training application</u> Dr JN, College Tutor Wakefield
10.45am	~ Break ~
11.00am	<u>Academic Psychiatry</u> Dr GC, Consultant Psychiatrist, Leeds and York Partnership NHS Foundation Trust
11.20am	<u>Bitesize Psychiatry – Perinatal</u> Dr MBH, Consultant Perinatal Psychiatrist, NHS Foundation Trust
11.40am	<u>Bitesize Psychiatry – Psychotherapy</u> Dr VL, Consultant Psychiatrist in Psychotherapy, Leeds and York Partnership NHS Foundation Trust
12.00pm	<u>Bitesize Psychiatry – Learning Disability</u> Dr JR, Consultant Psychiatrist, Tees, Esk and Wear Valleys NHS Foundation Trust
12.20pm	<u>Why I chose Psychiatry as a career?</u>

12.40pm	Dr CS, Higher Trainee in Psychiatry Plenary & Feedback
13:00pm	Close

SKILLS

What Career is Right for Me?

Dates Available	Tuesday 18th October 2022, Wednesday 19th October 2022 & Thursday 3rd 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	hdf.resuscitation@nhs.net
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

Ultrasound Course

Dates Available:	Wednesday 2nd November 2022 & Thursday 3rd November 2022
Venue:	Postgraduate Centre, Scarborough
Course Leader:	Victoria Spencer
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

SKILLS

Chest Drain Insertion Course

Dates Available:	Thursday 10 th November 2022 (FULLY BOOKED) & Tuesday 17 th January 2023 (FULLY BOOKED)
Venue:	Postgraduate Centre, Scarborough
Course Leader:	Victoria Spencer
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>	

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	FULLY BOOKED
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)</p>	

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

SKILLS

It Could Only Happen to a Doctor (Virtual)

Dates Available	Friday 6 th January 2023, Friday 17 th February 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	

- 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.

SPECIALTY

Paediatric Emergencies

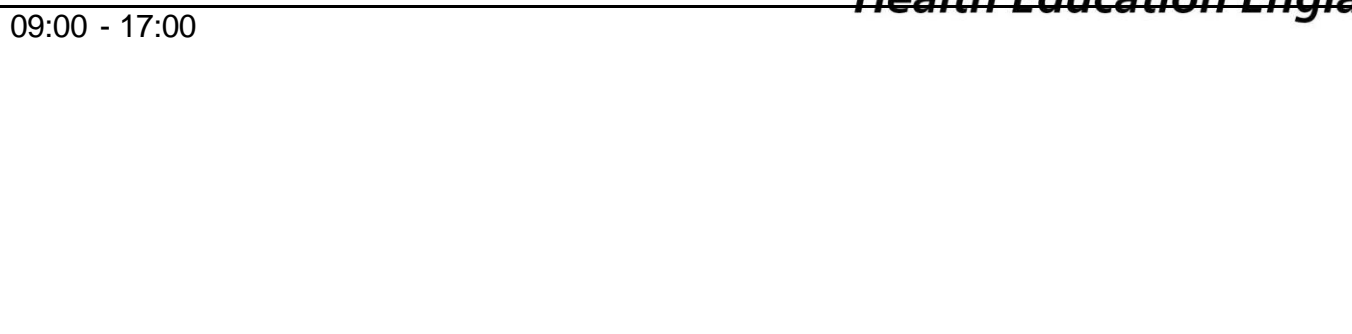
Dates Available	Thursday 26th January 2023, Thursday 16th March 2023
Venue	Leeds Clinical Practice Centre, Ashley wing, St James University Hospital, Beckett Street, Leeds LS9 7TF
Course Leader	Dr Hooman Jafari
To Book a Place Email	https://www.maxcourse.co.uk/medicaleducationleeds/guestHome.asp - Click 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

Surgical Skills Day

Dates Available	Tuesday 31 st January 2023 (fully booked), Friday 3 rd March 2023 & Tuesday 9 th May 2023 (places remaining)
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	
<ul style="list-style-type: none"> · 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 3 rd February 2023 (AM) (fully booked), Friday 3 rd February 2023 (PM) (fully booked), Thursday 23 rd February 2023 (places remaining), Friday 24 th February 2023 (places remaining). 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)

SPECIALTY

Basic Principles in Trauma & Orthopaedics

Dates Available	Monday 13th February 2023 (FULLY BOOKED)
Venue	Medical Education Centre, Barnsley
Course Leader	Mr A Bhosale
To Book a Place Email	tony.whitelam@nhs.net
Places Available	16
Curriculum Objectives	
Basic Principles of Trauma and Orthopaedics	
Course Outline	
<p>Topics covered will be</p> <ol style="list-style-type: none"> 1. Manipulation of fractures – Colles and ankle fractures 2. Joint aspirations and injections 3. Application of Thomas’ splint 4. Basic principles of arthroscopy 5. Internal fixation of fracture with plating- The Lag principle—Hands-on saw bones 6. Tendon repair 7. Interpretation of Trauma radiographs 8. Assessment of polytrauma patients- Orthopaedic perspective 9. Principles of reduction of dislocated joints—ankle, shoulder, elbow, hip 10. Plastering techniques 	

SPECIALTY

Management of ENT Emergencies

Dates Available	Thursday 16th February 2023
Venue	Surgical Skills Centre, CHH
Course Leader	Dr Tariq Khan, ENT Consultant
To Book a Place Email	Hyp-tr.foundation.year2@nhs.net
Places Available	20
Curriculum Objectives	
<ul style="list-style-type: none"> ➤ 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	
<ul style="list-style-type: none"> ➤ Introduction ➤ Power point presentation of different topics. ➤ Delegates will be divided in the groups for hands on practice. <p>Q&A</p>	

SKILLS

Public Speaking & Presentation

Dates Available	Monday 20 February 2023
Venue	Royal Hallamshire Hospital
Course Leader	Rajin Chowdhury
To Book a Place Email	Rajin.chowdhury@hee.nhs.uk
Places Available	7
Curriculum Objectives	
<p>The day is aimed at those with little to no training or experience in public speaking but will be of benefit to those who are more experienced.</p> <ul style="list-style-type: none"> • To learn a basic understanding of cognitive load theory and its relevance to public speaking and presentation • To be able to deliver a talk without the aid of a presentation software • To learn to use presentation software effectively and integrate with what is said • To learn the relationship between words and images when presenting <p>To be able to deliver a talk</p>	
Course Outline	
Morning – talks about public speaking and a presentation followed by candidate talks	

Afternoon – talks about the use of presentation software followed by candidate presentations

SKILLS

Clinical Skills & Interventions (CSI) Course

Dates Available	27th February 2023 & 16th May 2023
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	FULLY BOOKED
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><u>PLEASE NOTE: THIS COURSE REQUIRES A £50 DEPOSIT TO BE PAID IN ORDER TO SECURE YOUR PLACE</u></p> <p>Masks will be worn through by all staff/candidates and COVID social distancing will be maintained</p> <p>Pre-Course Material will be provided prior to Course date</p> <p>Course Structure: 08:45 – 16:30</p> <ol style="list-style-type: none"> 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

SPECIALTY

End of Life and Frailty Course

Dates Available	Thursday 16th March 2023 (FULLY BOOKED)
Venue	Medical Education Centre, Barnsley
Course Leader	Dr Vedder
To Book a Place Email	tony.whitelam@nhs.net
Places Available	16
Curriculum Objectives	
<p>This is a full day course.</p> <p>Advanced care planning: when is it appropriate to do this, having ACP discussions including discussion about DNACPR and issues around feeding and hydration.</p>	
Course Outline	
<ul style="list-style-type: none"> • Role of specialist palliative care and accessing services • Recognising dying and appropriate management and communication in the context • Focus on feeding and hydration, and use of medication that may be sedative 	

SKILLS

Wider Determinants of Health: Health Inequalities and Environmental Sustainability

Dates Available	Friday 21st April 2023
Venue	Online
Course Leader	Rajin Chowdhury
To Book a Place Email	Sign up at: https://forms.office.com/e/KN3ykZH8b6 Email rajin.chowdhury@hee.nhs.uk if there are any issues
Places Available	30
Curriculum Objectives	
<p>Health Inequalities (morning session 9:15am-12:30pm)</p> <ul style="list-style-type: none"> • Define health inequalities • Understand the factors contributing to health beyond what we see in healthcare • Explore how we might improve health through these factors <p>Environmental sustainability (afternoon session 1pm-4:30pm)</p> <ul style="list-style-type: none"> • Understand how the climate emergency harms health • Understand how healthcare contributes to the climate emergency • Describe ways to reduce harms to the climate from healthcare as doctors-in-training <p>Generalism</p> <ul style="list-style-type: none"> • Define generalism • Understand the objectives of the Enhancing Generalist Skills School 	
Course Outline	

The day will be split into 2 sessions. The morning session will focus on health inequalities and the afternoon session will focus on environmental sustainability.

You may attend **either** half-day or **both** making up a full day.

Health Inequalities (9:15am-12:30pm)

- Introduction to the day
- Brief presentation on Enhancing Generalist Skills
- Mixtures of presentations and group work on health inequalities
- Breaks will be included throughout morning
- Lunch

Led by **Toni Williams FFPH, Consultant in Public Health**, Office for Health Improvement and Disparities

Environmental sustainability (1pm-4:30pm)

- Brief presentation on Enhancing Generalist Skills (lunch if you attended the morning half -day)
- Introduction to sustainability within healthcare
- Mixture of presentations and group work – specific to actions that can be taken as doctors in training
- Breaks will be included throughout afternoon

Led by **Dr Frank Swinton, Climate Change Lead**, West Yorkshire Health and Care Partnership, Consultant Anaesthetist, Airedale NHS Foundation Trust

SPECIALTY

Anaesthetic Essentials and Clinical Skills

Dates Available	Friday 5th May 2023 and Friday 30th June 2023
Venue	Airedale General Hospital. Clinical Skills Centre.
Course Leader	Adam Farrar CT3 Joe Lawson CT4 Matthew Nelson CT3
To Book a Place Email	adam.farrar3@nhs.net
Places Available	FULLY BOOKED
Curriculum Objectives	
<p>This anaesthetic taster day will introduce you the anaesthetic training programme and how to make an application before moving on to cover useful anaesthetic concepts and clinical skills, including vascular access and basic use of ultrasound.</p> <p>Key learning objectives:</p> <ul style="list-style-type: none"> ➤ Understand the structure of anaesthetic training and learn how to strengthen an application to anaesthesia. ➤ Gain basic knowledge of drugs used in anaesthesia. ➤ Learn basic use of ultrasound. ➤ Learn and practise key clinical skills related to anaesthesia. 	
Course Outline	
10:00 - Welcome and introduction	

10:15 - Structure of Anaesthetic Training & Application Tips from Trainees
10:45 - Ultrasound basics
11:30 – Break
11:45 - Practical stations:
<ul style="list-style-type: none"> • Ultrasound Guided Cannulation • Intraosseous Access
13:15 – Lunch
14:00 – Relevant Anaesthetic Drugs
14:30 - Practical stations:
<ul style="list-style-type: none"> • CVC insertion • Fascia Iliaca block
16:00 - Home

SKILLS

Essential Surgical Skills

Dates Available:	Thursday 1st June 2023 You must be able to attend both days. This is a 2-day course but will only count as 1 Bridging the Gap session.
Venue:	Medical Education Leeds Leeds Clinical Practice Centre, Ashley Wing, St James's University Hospital, Beckett Street, Leeds LS9 7TF
Course Leader:	Mr Shekhar Biyani
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:	12
Curriculum Objectives:	
The overall aim of the course is to prepare FY2s for their transition to Core Surgical Training offering them the opportunity to practice common elective and emergency procedures, which they will be asked to perform in their new clinical role.	
Course Outline	
Urology Skills	

Circumcision, Suprapubic Catheterisation, Acute Scrotum and Scrotal fixation and Scrotal Examination

General and Vascular Surgery Skills

Laparoscopic Appendicectomy Small Bowel Anastomosis, Formation Ileostomy, Open Hernia repair and Vascular vein patch.

Orthopaedic Skills

Reducing Shoulder Dislocation, Plastering techniques, Knee Injection and aspiration and Thomas Splint and plate fixation of long bones.

SPECIALTY

Introduction to Emergency Medicine

Dates Available	Tuesday 27 September 2023 and Monday 17 October 2023
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 	

SKILLS

Foundation Programme Simulation Programme

Dates Available	Tuesday 7 th March AM & PM Wednesday 8 th March AM & PM Tuesday 14 th March AM & PM Wednesday 15 th March AM & PM Wednesday 22 nd March AM & PM Thursday 23 rd March AM & PM
Venue	Online with support from Andrew Sims Centre
Course Leader	Dr Emma Brooks
To Book a Place Email	Click Link Below / Enquiries to andrewsimscentre.lypft@nhs.net
Places Available	12 (per session)
Curriculum Objectives	
<ul style="list-style-type: none"> •The overall aim is to create a future generation of doctors with greater mental health literacy. •Doctors will develop a better understanding of core mental health conditions and their management. •They will improve their communication, formulation skills, risk management and knowing when to refer patients to mental health teams. 	

•To encourage Foundation Trainees to have a holistic and biopsychosocial approach to those with mental illness.

Session name (all half day/3hrs)	Date and time	LINK
Psychosis/addiction	7th March 2023 9am	https://bit.ly/3lW9mtW
Psychosis/addiction	7th March 2023 1pm	https://bit.ly/3Xyid94
Cognitive impairment/delirium	8th March 2023 9am	https://bit.ly/3ZAOVIR
EUPD/self harm	8th March 2023 1pm	https://bit.ly/3iMMhz5
Cognitive impairment/delirium	14th March 2023 9am	https://bit.ly/3koFvjy
Cognitive impairment/delirium	14th March 2023 1pm	https://bit.ly/3XeSB1a
EUPD/self harm	15th March 2023 9am	https://bit.ly/3DhbetF
Psychosis/addiction	15th March 2023 1pm	https://bit.ly/3CViDhY
Psychosis/addiction	22nd March 2023 9am	https://bit.ly/3WpHa5O
Cognitive impairment/delirium	22nd March 2023 1pm	https://bit.ly/3GOZLIF
EUPD/self harm	23rd March 2023 9am	https://bit.ly/3waxjVM
EUPD/self harm	23rd March 2023 1pm	https://bit.ly/3kojgtL

Course Outline

Outline of session:

Sessions are an expansion of previous successful pilot previously supported by HEE

Each session is a 3 hour/half day teaching session for foundation doctors

8-12 attendees per session with 3 facilitators ranging from core trainees to consultant psychiatrists

Includes didactic teaching, case based discussion and simulation

Topics are areas of psychiatry that foundation doctors have reported are areas of need and include 'cognitive impairment', 'psychosis and substance misuse' and 'EUPD and self harm'.

Each session includes aspects such as mental capacity, risk assessment and mental health act.