

Yorkshire and the Humber Foundation School Bridging The Gap Training Day Booklet Academic Year 2024-25



Contents

| Date of Training Course | Course Title | Course Location | Number of Places |
|--|--|---|-----------------------------|
| 14/02/2025 25/02/2025 | Approaching Oncology and Palliative patients in hospital | Medical Education Centre, NGH | 22 |
| 17/02/2025 | Basic Principles in Trauma & Orthopaedics Course | Medical Education Centre, Barnsley | 16 |
| 21/11/2024 23/01/2025 (Cancelled) | Chest Drain Insertion Course | Scarborough Postgraduate Centre | Fully Booked |
| 14/01/2025 AM & PM 11/02/2025 27/02/2025 | Chest Drain | Castle Hill Hospital OR Hull Royal Infirmary | Fully Booked |
| 30/01/2025 (Cancelled) 14/04/2025 (Cancelled) | Clinical Skills & Interventions (CSI) Skills | Medical Education Centre, Doncaster & Bassetlaw Teaching Hospitals NHS Foundation Trust | Both dates cancelled |
| 24/09/2024 17/10/2024 | Introduction to Emergency Medicine | Simulation Centre, Field House, Bradford Royal Infirmary | Fully Booked |
| 03/02/2025 14/03/2025 | Introduction to Ultrasound Guided Cannulation and Lumber Puncture. | Medical Education Centre, NGH | Fully Booked |
| 07/02/2025 07/03/2025 21/03/2025 | It Could Only Happen To a Doctor | Virtual | No Limit |
| 30/09/2024 | Jump into GP | Rotherham Hospital Medical Education Centre, Rotherham | Limited |
| 14/10/2024 | Jump into GP | Leeds General Infirmary Post Graduate Centre, Leeds | Limited |
| 04/11/2024 | Jump into GP | Virtual | No Limit |
| 02/05/2025 | Management of Traumatic Cardiac Arrest | Hull Institute of Learning and Simulation | Fully Booked |
| 15/10/2024 16/01/2025 | Palliative Medicine for Juniors | Leeds Clinical Practice Centre St James Hospital | Fully Booked |
| 24/10/2024 13/03/2025 | Psychiatry Bridging The Gap | Virtual | 100 |

Contents

| Date of Training Course | Course Title | Course Location | Number of Places |
|--|--|---|------------------|
| 21/01/2025 18/02/2025 | Resuscitation Council (UK) Paediatric Immediate Life Support | Resuscitation Room, Harrogate District Hospital | 12 |
| 05/12/2024 12/03/2025 | Stroke Medicine For Juniors | Leeds Clinical Practice Centre SJUH | 20 |
| 23/01/2025 25/02/2025 | Surgical Skills | TBC | Fully Booked |
| 08/10/2024 18/11/2024 | Surviving Major Surgery | York Hospital | Fully Booked |
| 13/11/2024 14/11/2024 | Ultrasound Course | Scarborough Postgraduate Centre | Cancelled |
| 05/11/2024 | Yorkshire Foundation to Anaesthesia | Leeds Clinical Practice Centre SJUH | 18 |
| 15/01/2025 04/02/2025 27/03/2025 | Yorkshire and Humber Generalist School (Enhance) | Day 1 & 3—Hull Royal Infirmary, Medical Education Centre Day 2—Virtual | 30 |
| 12/02/2025 | Essentials of Pain Management | Medical Education Centre Hull Royal Infirmary, Hull HU3 2JZ | Fully Booked |
| 13/02/2025 | Managing ENT Emergencies | Suture Centre at Castle Hill Hospital, Cottingham | Fully Booked |

Approaching Oncology and Palliative patients in hospitals

| | |
|-----------------------------|--|
| Dates Available: | 14/02/2025 25/02/2025 |
| Venue: | Medication Education Centre, NGH |
| Course Facilitator: | Dr Vitoria Cox Dr Maimoona Ali—Consultant in Palliative Medicine |
| How to book a place: | Email hayley.barlow2@nhs.net |
| Number of places available: | 22 |

Curriculum Objectives

By completing this course, you will be able to:

- Develop fundamental knowledge and skills to help approach various oncology and palliative presentations seen in medical, surgical and acute settings.
- Receive practical advice on managing a variety of scenarios during small group work
- Learn how to provide person-centered, holistic care
- Build confidence in having challenging conversations about end of life care, escalation planning
- Have had the opportunity to learn more about applications for oncology, palliative and ACF training

Course Outline

09:00 – Introduction + House keeping

09:15 – Key concepts in cancer patients and anti-cancer treatments including chemotherapy, radiotherapy, immunotherapy.

10:00 – Key concepts in palliative medicine – including symptom management, holistic care, end of life care

10:30 – Break

10:45 - Case based discussions – oncology emergencies, practical management tips, learning about side effects of anti-cancer treatments

12:15 - lunch

13:00 – Case based discussions – recognising dying, approaching difficult conversations, communication tips, useful prescribing information

14:00 – End of life care activity

14:45 – Break

15:00 – ReSPECT plans and discussions

16:00 – Q&A – working in oncology/palliative + applications to IMT, ACF, Higher Specialty Training + opportunity to reflect on topics discussed during the day

Basic Principles in Trauma & Orthopaedics

| | |
|-----------------------------|--|
| Dates Available: | Monday 17th February 2025 |
| Venue: | Medical Education Centre, Barnsley |
| Course Facilitator: | Mr A Bhosale |
| How to book a place: | tony.whitelam@nhs.net |
| Number of places available: | 16 |

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

Chest Drain Insertion Course

| | |
|-----------------------------|---|
| Dates Available: | 21/11/2024 & 23/01/2025 (Cancelled) |
| Venue: | Scarborough Postgraduate Centre |
| Course Facilitator: | Dr James Robertson |
| How to book a place: | Email Cassie Anderson: cassie.anderson@nhs.net |
| Number of places available: | 8 (Fully Booked) |

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:

- Identify indications to require a chest drain
- Identify Landmarks for insertion and areas to avoid and why
- Identify when to insert Seldinger for small spontaneous pneumothorax or open method for trauma and why
- Thorough understanding of the procedure for insertion using Seldinger technique
- Thorough understanding of the procedure for insertion using open technique
- How to manage the patient following insertion

Chest Drain

| | |
|---|--|
| Dates Available: | 14/01/2025 9am-1pm 14/01/2025 1pm-5pm 11/02/2025 9am-1pm 27/02/2025 9am-1pm |
| Venue: | TBC (Castle Hill Hospital OR Hull Royal Infirmary) |
| Course Facilitator: | Dr Mahmud Loubani |
| How to book a place: | hyp-tr.foundation.year2@nhs.net |
| Number of places available: | 12 (Fully Booked) |
| 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 | |
| <ul style="list-style-type: none"> • 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) | |

Clinical Skills & Interventions (CSI) Course

| | |
|-----------------------------|---|
| Dates Available: | Thursday 30th January 2025 (Cancelled) and Monday 14th April 2025 (Cancelled) |
| Venue: | Medical Education Centre, Doncaster & Bassetlaw Teaching Hospitals NHS Foundation Trust |
| Course Facilitator: | Dr Steven Lobaz |
| How to book a place: | dbth.medicaleducation@nhs.net |
| Number of places available: | *Cancelled* |

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

Introduction to Emergency Medicine

| | |
|--|--|
| Dates Available: | 24/09/2024 and 17/10/2024 |
| Venue: | Simulation Centre, Field House, Bradford Royal Infirmary |
| Course Facilitator: | Shafi Khan & Michaela Blood - Emergency Medicine Consultants |
| How to book a place: | simulation.administration@bthft.nhs.uk |
| Number of places available: | 10 (Fully Booked) |
| 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

Introduction to Ultrasound guided Cannulation and Lumber Puncture

| | |
|-----------------------------|--|
| Dates Available: | 03/02/2025 and 13/03/2025 |
| Venue: | Medical Education Centre, NGH |
| Course Facilitator: | Anthony Simpson |
| How to book a place: | hayley.barlow2@nhs.net |
| Number of places available: | 20 (Fully Booked) |

Curriculum Objectives

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

- Describe spinal anatomy in relation to Lumber puncture.
- Practise Lumber puncture techniques using relevant task trainers.
- Describe anatomy of the upper limb in relation to peripheral and arterial access.
- Perform peripheral IV cannulation.
- Explain the rational for US cannulation in relation to patient care.
- Practise US guided cannulation using Blue Phantom Models with a view of completing Peripheral Iv cannulation competency.

Course Outline

The day will consist of a of a mixture of lectures and hands on workshops split between 3 faculty members. The course will the aim of provided delegates with the relevant information and hands on experience to develop the skills required to perform both Ultrasound guided cannulation and Lumber puncture under supervision.

- Introductions
- Theoretical Lecture: Ultrasound guided Cannulation
- Workshop Ultrasound guided cannulation
- Break
- Ultrasound guided Cannulation Case study
- Lunch
- Theoretical Lecture: Lumber puncture
- Lumber puncture workshop / Case study

SKILLS

It Could Only Happen to a Doctor (Virtual)

| | |
|---|--|
| Dates Available: | 07/02/2025, 07/03/2025 and 21/03/2025 |
| Venue: | Virtual |
| Course Facilitator: | Ian Wilson |
| How to book a place: | hyp-tr.foundation.year2@nhs.net |
| Number of 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">• 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. | |

Jump into GP

| | |
|-----------------------------|---|
| Dates Available: | 30/09/2024 |
| Venue: | Rotherham General Hospital, Medical Education Centre |
| Course Facilitator: | Dr Lucie Brittain / Dr Bruno Rushforth |
| How to book a place: | Please email: b.rushforth@nhs.net to secure a place. |
| Number of places available: | Limited Number as F2F Event |

Curriculum Objectives

Details: Find out more about:

- GP training application process
- What it's like to be a GP trainee
- Opportunities within the Yorkshire and Humber GP training schemes to enhance your training experience
- Career options in GP
- Interactive session with lots of Q&A

Course Outline

| | | |
|---------------|---|--|
| 09:15—9:30 | 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 – 12.30 | Feedback, Q&A, close | |

Jump into GP

| | |
|-----------------------------|---|
| Dates Available: | 14/10/2024 |
| Venue: | Leeds General Infirmary, Post Graduate Centre, Littlewood Hall |
| Course Facilitator: | Dr Lucie Brittain / Dr Bruno Rushforth |
| How to book a place: | Please email: b.rushforth@nhs.net to secure a place. |
| Number of places available: | Limited Number as F2F Event |

Curriculum Objectives

Details: Find out more about:

- GP training application process
- What it's like to be a GP trainee
- Opportunities within the Yorkshire and Humber GP training schemes to enhance your training experience
- Career options in GP
- Interactive session with lots of Q&A

Course Outline

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| 09:15—9:30 | 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 – 12.30 | Feedback, Q&A, close | |

Jump into GP

| | |
|-----------------------------|---|
| Dates Available: | 04/11/2024 |
| Venue: | Virtual – MS Teams |
| Course Facilitator: | Dr Lucie Brittain / Dr Bruno Rushforth |
| How to book a place: | Please email: b.rushforth@nhs.net to secure a place. |
| Number of places available: | No Limit |

Curriculum Objectives

Details: Find out more about:

- GP training application process
- What it's like to be a GP trainee
- Opportunities within the Yorkshire and Humber GP training schemes to enhance your training experience
- Career options in GP
- Interactive session with lots of Q&A

Course Outline

| | | |
|---------------|---|--|
| 09:15—9:30 | 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 – 12.30 | Feedback, Q&A, close | |

SKILLS

Management of Traumatic Cardiac Arrest

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|-----------------------------|--|
| Dates Available: | 02/05/2025 |
| Venue: | Hull Institute of Learning and Simulation |
| Course Facilitator: | Chris Srinivasan Andy Blackmore |
| How to book a place: | Please email: hyp-tr.foundation.year2@nhs.net to book a place |
| Number of places available: | 12 (Fully Booked) |

Curriculum Objectives

An exciting hands-on day that explores the mechanisms for Traumatic Cardiac Arrest and clinical approach in managing the patient

- Understand the differences between medical cardiac arrest and traumatic cardiac arrest
- Appreciate the differences in Trauma teams and Code Red responses for trauma patients
- Understand the physiology in Traumatic Cardiac Arrest and the need for rapid control of reversible causes
- Get hands on experience with splinting of fractured limbs, airway management, chest decompression
- Gain knowledge on the principles of haemostatic resuscitation and how to effectively administer blood products
- Understand the indications for Resuscitative Thoracotomy and the technical skills of performing a clam-shell thoracotomy.

Course Outline

The day is blended learning through mini-lectures, case-based discussion, simulation and skills workshops

- Registration and Welcome
- Mechanism and Physiology of Traumatic Cardiac Arrest
- The approach the patient assessment- CABCADE
- 4Hs and 4Ts versus HOTT approach
- Case based discussions with skills workshops
- Team approach to performing a Resuscitative Thoracotomy (simulation model)

The course is deliberately informal to create an atmosphere where questions are encouraged and sharing experiences.

Palliative Medicine for Juniors

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|-----------------------------|--|
| Dates Available: | 15/10/2024 and 16/01/2025 |
| Venue: | Leeds Clinical Practice Centre, St James's University Hospital |
| Course Facilitator: | Emily Holdsworth |
| How to book a place: | emily.holdsworth@nhs.net |
| Number of places available: | 20 (Fully Booked) |

Curriculum Objectives

- Explore benefits and opportunities of a career in palliative medicine
- Gain insight into life as a palliative medicine trainee
- Understand the integration of dual training in palliative and general medicine
- Improve confidence managing palliative care emergencies using a case-led approach
- Tips for handling 'difficult conversations'
- Develop your ReSPECT forms beyond a typical 'for CPR or not for CPR'

Course Outline

| | |
|---------------------------|--|
| 09:00—09:50 | <p>Session 1: Why choose palliative medicine/ The life of a palliative medicine trainee</p> <p>Why choose palliative medicine?</p> <p>An insight into the training programme</p> <p>Dual training in palliative and general medicine</p> |
| 09:50—10:40 | <p>Session 2: Managing palliative care emergencies</p> <p>Interactive case-based approach to managing common palliative care emergencies you may expect to encounter within FY2 and beyond</p> |
| 10:40—11:00 | Break |
| 11:00—11:50 | <p>Session 3: ReSPECT – making your discussion and form more meaningful</p> <p>Starting a ReSPECT conversation</p> <p>Helpful tips for expanding your conversation beyond 'CPR or not for CPR'</p> <p>How to really make your ReSPECT form count</p> |
| 11:50—12:15 | <p>Summary and Q&A session</p> <p>Tips on how to build a strong application for ST4</p> |
| Opportunity for questions | |

SKILLS

Resuscitation Council (UK) Paediatric Immediate Life Support

| | |
|-----------------------------|--|
| Dates Available: | 21/01/2025 and 18/02/2025 |
| Venue: | Resuscitation Training Room, Harrogate District Hospital |
| Course Facilitator: | Paula De Souza - Service Lead for Resuscitation |
| How to book a place: | hdf.resuscitation@nhs.net |
| Number of places available: | 12 |

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/>

Stroke Medicine for Juniors

| | |
|-----------------------------|---|
| Dates Available: | 05/12/2024 & 12/03/2025 (09:00—12:30) |
| Venue: | Leeds Clinical Practice Centre |
| Course Facilitator: | Dr Becky Tremain |
| How to book a place: | Email Dr Becky Tremain Rebecca.tremain1@nhs.net |
| Number of places available: | 20 |

Curriculum Objectives

- Explore the opportunities available from a career in Stroke Medicine
- Understand the application process
- Gain insight into life as a stroke medicine trainee
- Improve confidence in assessing stroke patients
- Develop an understanding of hyperacute treatments on offer to patients
- Appreciate the importance of MDT working in Stroke Medicine

Course Outline

Session 1: Why choose Stroke Medicine?

Why choose Stroke Medicine?

The application process.

What does the training programme look like?

Session 2: Assessing patients with symptoms suggestive of a stroke

Interactive, case-based session focussed on the assessment of patients with symptoms suggestive of a stroke.

Differential diagnoses for people presenting with focal neurological symptoms.

Session 3: Hyperacute treatments

Management of ischaemic stroke

Management of haemorrhagic stroke

Emerging technology

Session 4: The importance of MDT working

Brain Attack Team

Physiotherapy, Occupational therapy, Speech and Language Therapy

How they all fit together

Session 5: Summary and Questions

SKILLS

Surgical Skills Day

| | |
|---|--|
| Dates Available: | 23/01/2025 25/02/2025 |
| Venue: | TBC (Castle Hill Hospital OR Hull Royal Infirmary) |
| Course Facilitator: | Dr Mahmud Loubani |
| How to book a place: | hyp-tr.foundation.year2@nhs.net |
| Number of places available: | 20 (Fully Booked) |
| Curriculum Objectives | |
| <p>Be able to glove and gown in an aseptic manner</p> <ul style="list-style-type: none">• 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 | |



Surviving Major Surgery

| | |
|-----------------------------|---------------------------|
| Dates Available: | 08/10/2024 and 18/11/2024 |
| Venue: | York Hospital |
| Course Facilitator: | Dr James Wright |
| How to book a place: | clair.taylor1@nhs.net |
| Number of places available: | 20 (Fully Booked) |

Curriculum Objectives

After attending this study day you should understand:

- 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

Curriculum: 6.1 & 6.2 Maintaining Good Medical Practice

Curriculum: 7: Good Clinical Care

Curriculum: 8: Recognition & Management of the Critically Ill Patient

Course Outline

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|-------------|--|
| 09:30 | Welcome and overview |
| 09:45—10:20 | Session 1: An introduction to Perioperative Medicine |
| 10:20—10:40 | Coffee Break |
| 10:40—11:10 | Session 2: Assessing Patients for Major Surgery |
| 11:10—11:40 | Session 2: Intraoperative Management |
| 11:40—12:10 | Session 2: Introduction to Critical Care |
| 12:10—13:00 | Lunch break |
| 13:00—13:30 | Session 3: Analgesia and Pain |
| 13:30—14:10 | Session 3: Ultrasound in anaesthesia |
| 14:10—14:30 | Coffee Break |
| 14:30—16:30 | Session 4: 2 x 45 minute sessions, with half group, switching midway. Cardio-pulmonary Experience Testing Demonstration & Anaesthetic Simulation |
| 16:30 | Evaluation and close |

Ultrasound Course

| | |
|---|---|
| Dates Available: | 13/11/2024 and 14/11/2024 |
| Venue: | Scarborough Postgraduate Centre |
| Course Facilitator: | Dr James Robertson |
| How to book a place: | Email Cassie Anderson: cassie.anderson@nhs.net |
| Number of places available: | *Cancelled* |
| 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 | |

Yorkshire Foundation to Anaesthesia

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|-----------------------------|---|
| Dates Available: | 05/11/2024 (08:15—12:30) |
| Venue: | The Leeds Clinical Practice Centres, Ashley Wing |
| Course Facilitator: | Dr Robert Palin, Specialist Registrar, Anaesthetics (ST4) |
| How to book a place: | Email Dr Robert Palin to book robertpalin@nhs.net |
| Number of places available: | 18 |

Curriculum Objectives

- To provide an insight into a career in anaesthesia and intensive care medicine.
- To further finesse key skills that foundation doctors should be looking to develop and master within the field of acute and emergency care.
- Provide networking opportunities and anaesthetic application information.

Course Outline

08:15 – Arrival Intro talks

08:30 – Introduction to Day

08:40 – Day in the life of a (trainee) anaesthetist

09:00 – Training pathway and applications

Skills sessions (rotating around, 45 mins per station)

Station 1 – AIRWAY – ventilation, equipment, iGel, intubation, advanced tips and tricks

Station 2 – ACCESS – ultrasound guided cannulation and arterial blood gas. How to master

Station 3 – NEURAXIAL – lumbar puncture / spinal. Consent, positioning, technique

Rotation 1 – 09:30 to 10:15

Rotation 2 – 10:30 to 11:15

Rotation 3 – 11:15 to 12:00

Close – Final Q&As and networking opportunity – 12:00 till 12:30

SKILLS

Yorkshire and Humber Generalist School (Enhance)

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|--|--|
| Dates Available: | Day 1—15/01/2025 Person-Centred Care and Complex Multimorbidity Day 2— 04/02/2025 Environmental Sustainability & Social Justice and Health Equity |
| Venue: | Day 1 & 3—Hull Royal Infirmary Medical Education centre Day 2—Virtual |
| Course Facilitator: | Dr Mohamed Malik |
| How to book a place: | Email Mrs Julie Thomson julie.thomson18@nhs.net |
| Number of places available: | 30 |
| Curriculum Objectives—Day 1 | |
| <p>Day 1:</p> <p>Person-Centred Care:</p> <ul style="list-style-type: none"> To champion a person-centred approach to care To enable people, make meaningful decisions about their health and wellbeing. To appreciate the different forms of patient and public participation in their health and care. To Work with an individual’s family, carers, and healthcare professionals to ensure that care is coordinated across teams, and organisations. <p>Complex Multimorbidity:</p> <ul style="list-style-type: none"> To co-create management plans with patients with multiple long-term conditions while balancing risk and benefit. To take action to reduce harm from over-investigation, multiple intervention, and polypharmacy. To identify common disease clusters, predicting the issues that may arise and manage accordingly. To work collaboratively across disciplinary and organisational boundaries to ensure best possible health outcomes . To mitigate risks for a frail and/or vulnerable individual with complex needs living in a variety of settings. | |
| Course Outline—Day 1 | |
| <p>Day 1</p> <p>AM Person– Centred Care</p> <p>8:30-9:00 Coffee and Registration</p> <p>9:00-9:15 Introduction and Overview of Generalist (M Malik/H Cattermole)</p> <p>9:15-10:00 Patient Centred Care Ideology (Prof Joanne Reeves)</p> <p>10:00-10:45 Palliative/ EOL/ Compassionate Care (Dr Yousif Adcock)</p> <p>10:45-11:00 Break</p> <p>11:00-11:30 Every Contract Count (Mr Paul Chapman)</p> <p>11:30-12:15 Mental Health Patient Story (Mrs Lea Dobson)</p> <p>12:15-13:00– Lunch</p> <p>PM—Complex Comorbidity</p> <p>13:00-13:15 Introduction and Overview (M Malik/H Cattermole)</p> <p>13:15-14:00 Jean Bishop Centre Experience / Frailty (Dr Andy Noble)</p> <p>14:00-14:45 Dementia (Dr Simon Stapley)</p> <p>14:45-15:00 Break</p> <p>15:00-15:45 Health Literacy (Mr Chris Lawton)</p> <p>15:45-16:30 Polypharmacy and Deprescribing (Mrs Helen Maslin)</p> <p>16:30-16:45 Wrapping up the day & Take home messages (M Malik/H Cattermole)</p> | |

SKILLS

Yorkshire and Humber Generalist School (Enhance) Continued

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|---|---|
| Dates Available: | Day 1—15/01/2025 Person-Centred Care and Complex Multimorbidity Day 2— 04/02/2025 Environmental Sustainability & Social Justice and Health Equity Day 3—27/03/2025 Population Health and System Working |
| Venue: | Day 1 & 3—Hull Royal Infirmary Medical Education centre |
| Course Facilitator: | Dr Mohamed Malik |
| How to book a place: | Email Mrs Julie Thomson julie.thomson18@nhs.net |
| Number of places available: | 30 |
| Curriculum Objectives—Day 2 | |
| <p>Day 2:</p> <p>Environmental Sustainability:</p> <ul style="list-style-type: none"> • Deliver care in ways that minimises waste and reduce harmful environmental impact. • Create inform approaches to environmental sustainability and planetary health. • Identify measures of environmental sustainability as outcomes of quality improvement activity. • Communicate impactfully the interdependence of human health (and health equalities) and global and local ecological systems. <p>Social justice and health equity:</p> <ul style="list-style-type: none"> • Promote social justice in the communities you serve. • Critically appraise the relationship between social determinants of health and health inequalities. • Value diversity in teams and organisations, adopting and advocating for inclusive practices. • Contribute to the design and delivery of care pathways that reduce inequalities & promote inclusion. | |
| Course Outline—Day 2 | |
| <p>Day 2</p> <p>AM Health Inequality</p> <p>9:00-9:15 Overview of Enhance & Day Objectives (M Malik & H Cattermole)</p> <p>9:15-10:00 Health Inequality the Magnitude (Toni Williams)</p> <p>10:00-10:45 HI as Determine of Disease and Longevity (Toni Williams)</p> <p>10:45-11:00 Break</p> <p>11:00-11:30 Patient Experience (Toni Williams)</p> <p>11:30-12:15 Breakout Room Exercise (Toni Williams)</p> <p>12:15-13:00 Lunch</p> <p>PM Environmental Sustainability</p> <p>13:00-13:45 Impact & Extent of Climate Change (Dr Frank Swinton)</p> <p>13:45-14:30 Health Consequences of Climate Change (Dr Frank Swinton)</p> <p>14:30-14:45 Break</p> <p>14:45-15:30 Environmental Sustainable Health Service (Dr Frank Swinton)</p> <p>15:30-16:15 Breakout Room Exercise (Dr Frank Swinton)</p> <p>16:15-16:30 Closing Remarks and Take-Home Messages (M Malik & H Cattermole)</p> | |

SKILLS

Yorkshire and Humber Generalist School (Enhance) Continued

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|--|---|
| Dates Available: | Day 1—15/01/2025 Person-Centred Care and Complex Multimorbidity Day 2— 04/02/2025 Environmental Sustainability & Social Justice and Health Equity Day 3—27/03/2025 Population Health and System Working |
| Venue: | Day 1 & 3—Hull Royal Infirmary Medical Education centre Day 2—Virtual |
| Course Facilitator: | Dr Mohamed Malik |
| How to book a place: | Email Mrs Julie Thomson julie.thomson18@nhs.net |
| Number of places available: | 30 |
| Curriculum Objectives —Day 3 | |
| <p>Population Health:</p> <ul style="list-style-type: none"> Identify the health needs of a local population using available data and evidence. Addressing population-level determinants of health. Develop care and prevention pathways sensitive to local needs. Identify community assets and how these resources may be mobilised for population health improvement. <p>System Working:</p> <ul style="list-style-type: none"> Identify the organisational units of health and care, their inter-relationship, and funding. Importance of working collaboratively in trusted partnership, across teams, organisations, and systems. Innovative approaches to health embracing new and emerging models of care. | |
| Course Outline —Day 3 | |
| <p>Day 3</p> <p>AM Population Health</p> <p>8:30-9:00 Coffee and Registration</p> <p>9:00-9:15 Overview of Enhance & Day Objectives (M Malik and H Cattermole)</p> <p>9:15-10:00 Introduction to Population Health (Jack Lewis)</p> <p>10:00-10:45 Local Public Health Challenges (Jack Lewis)</p> <p>10:45-11:00 Break</p> <p>11:00-11:45 Epidemiology of Disease (Jack Lewis)</p> <p>11:45-12:15 Disease Prevention and Screening (Jack Lewis)</p> <p>12:15-13:00 Lunch</p> <p>PM System Working</p> <p>13:00-13:15 Introduction and Overview (M Malik & H Cattermole)</p> <p>13:15-14:00 Structure of NHS (Liz Sanders)</p> <p>14:00-14:45 NHS Management (Rob Newton & Jackie Smithson)</p> <p>14:45-15:00 Break</p> <p>15:00-16:00 NHS Finance (Rachel Wrightson)</p> <p>16:00-16:15 Take-Home Messages and Closing Remarks (M Malik & H Cattermole)</p> | |

SKILLS

Essentials of Pain Management

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| Dates Available: | 12 February 2025 |
| Venue: | Medical Education Centre, Hull Royal Infirmary, Hull HU3 2JZ |
| Course Facilitator: | Dr Mohammed Ebeid / Dr Nirmala Soundararajan |
| How to book a place: | Email Hyp-tr.foundation.year2@nhs.net |
| Number of places available: | 24 (Fully Booked) |

Curriculum Objectives

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

- Identify the red flags in patients presenting with acute pain
- Describe multi-modal analgesia and the safety considerations for opioid prescriptions
- Practise trouble-shooting problems with advanced pain interventions (IV PCA, Epidurals, and nerve block catheters)
- Explain your role in opioid stewardship
- Describe the role of regional anaesthetic techniques in the management of acute pain.

Course Outline

The day will consist of a mixture of lectures and hands on workshops split between 3 faculty members. The aim of the course is to provide delegates with the relevant information and hands on experience to manage acute pain on the surgical, medical and trauma wards.

- Emergencies presenting with acute pain (chest pain, headache, backache, abdominal pain, limb pain)
- Pain management modalities
- Workshop: Advanced Pain relief interventions
- Break
- Opioid prescriptions (and conversion/equivalence)
- Lunch
- Managing pain in opioid tolerant patients (to include opioid stewardship, opioid reduction clinics and psychology input)
- Break
- Regional anaesthesia techniques for pain management (focus on SAP, ESP, and fascia ili-ac blocks)

SKILLS

Management of ENT Emergencies

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| Dates Available: | 13 February 2025 |
| Venue: | Suture Centre at Castle Hill Hospital, Cottingham |
| Course Facilitator: | Dr Tariq Khan |
| How to book a place: | Email Hyp-tr.foundation.year2@nhs.net |
| Number of places available: | 20 (Fully Booked) |
| 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.• BREAK• Delegates will be divided in the groups for hands on practice.• Q&A | |

