

# 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
21/11/2024 23/01/2025	Chest Drain Insertion Course	Scarborough Postgraduate Centre	Fully Booked
24/09/2024 17/10/2024	Introduction to Emergency Medicine	Simulation Centre, Field House, Bradford Royal Infirmary	10
03/02/2025 14/03/2025	Introduction to Ultrasound Guided Cannulation and Lumber Puncture.	Medical Education Centre, NGH	20
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
15/10/2024 16/01/2025	Palliative Medicine for Juniors	Leeds Clinical Practice Centre St James Hospital	20
24/10/2024 13/03/2025	Psychiatry Bridging The Gap	Virtual	100
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
08/10/2024 18/11/2024	Surviving Major Surgery	York Hospital	20
13/11/2024 14/11/2024	Ultrasound Course	Scarborough Postgraduate Centre	Fully Booked
05/11/2024	Yorkshire Foundation to Anaesthesia	Leeds Clinical Practice Centre SJUH	18

## Chest Drain Insertion Course

Dates Available:	21/11/2024 & 23/01/2025
Venue:	Scarborough Postgraduate Centre
Course Facilitator:	Dr James Robertson
How to book a place:	Email Cassie Anderson: <a href="mailto:cassie.anderson@nhs.net">cassie.anderson@nhs.net</a>
Number of 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:

- 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

# 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:	<a href="mailto:simulation.administration@bthft.nhs.uk">simulation.administration@bthft.nhs.uk</a>
Number of places available:	10
Curriculum Objectives	
<ul style="list-style-type: none"><li>• Assessment and management of patients with life-threatening conditions.</li><li>• Practical procedures: needle thoracentesis, cardioversion, intraosseous access, FAST (USS) scanning, procedural sedation.</li><li>• Increase awareness of human factors and patient safety.</li><li>• Describe the transition from Foundation Trainee to Specialty Trainee to Consultant</li></ul>	

# 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:	<a href="mailto:hayley.barlow2@nhs.net">hayley.barlow2@nhs.net</a>
Number of places available:	20

### 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:	<a href="mailto:hyp-tr.foundation.year2@nhs.net">hyp-tr.foundation.year2@nhs.net</a>
Number of places available:	Unlimited

### 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.

## 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: <a href="mailto:b.rushforth@nhs.net">b.rushforth@nhs.net</a> 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 &amp; Recruitment, Y&amp;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: <a href="mailto:b.rushforth@nhs.net">b.rushforth@nhs.net</a> 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
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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: <a href="mailto:b.rushforth@nhs.net">b.rushforth@nhs.net</a> 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 &amp; Recruitment, Y&amp;H LETB</i>
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11.15 – 12.00	Scenarios for selection centre	All
12.00 – 12.30	Feedback, Q&A, close	

# Palliative Medicine for Juniors

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:	<a href="mailto:emily.holdsworth@nhs.net">emily.holdsworth@nhs.net</a>
Number of places available:	20

## 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&amp;A session</p> <p>Tips on how to build a strong application for ST4</p> <p>Summary of the morning</p>
Opportunity for questions	

# SPECIALTY

## Psychiatry Bridging The Gap

Dates Available:	Thursday 24th October 2024 and Thursday 13th March 2025
Venue:	Virtually
Course Facilitator:	Dr Christopher Douglas
How to book a place:	TBC
Number of places available:	100

### Curriculum Objectives

- 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

09:00	Online Registration
09:20	Welcome and Introduction. Dr Chris Douglas and Dr Charlotte Blewett Foundation Training Programme Directors in Psychiatry, Yorkshire and Humber
09:40	Why I chose Psychiatry as a career? Dr AH, Core Trainee in Psychiatry, Leeds and York Partnership NHS Foundation Trust
10:00	Bitesize Psychiatry – Forensics. Dr MQ, Consultant Forensic Psychiatrist, NHS Foundation Trust
10:20	The “how-to” guide on completing the core training application. Dr JN, College Tutor Wakefield
10:45	Break
11:00	Academic Psychiatry. Dr GC, Consultant Psychiatrist, Leeds and York Partnership NHS Foundation Trust
11:20	Bitesize Psychiatry
11:40	Bitesize Psychiatry
12:00	Bitesize Psychiatry
12:20	Bitesize Psychiatry
12:40	Plenary & Feedback
13:00	Close

## 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:	<a href="mailto:hdf.resuscitation@nhs.net">hdf.resuscitation@nhs.net</a>
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 <a href="mailto:Rebecca.tremain1@nhs.net">Rebecca.tremain1@nhs.net</a>
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

## 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

### 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

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: <a href="mailto:cassie.anderson@nhs.net">cassie.anderson@nhs.net</a>
Number of places available:	8
Curriculum Objectives	
<p>Section 3 - Clinical care</p> <p>Section 4 – Safety &amp; Quality</p>	
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 &amp; FAST (Focussed Abdominal Ultrasound for Trauma).</p> <p>The course will cover:</p> <ul style="list-style-type: none"> <li>• How to achieve competency</li> <li>• The Physics of Ultrasound</li> <li>• Setting and using the machine ('Knobology')</li> <li>• Vascular access, both peripheral and central using Ultrasound for guidance</li> <li>• Use of Ultrasound in ALS: simple Echo</li> <li>• Measurement of the Aorta</li> <li>• Principles and procedure of FAST</li> </ul>	

# Yorkshire Foundation to Anaesthesia

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