# Yorkshire & Humber Trainee Wider Forum Minutes of Meeting

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| Date and time | 21 August 2024, Wednesday, 0900-1200 | |
| Venue details | **Virtual: MS Teams** | |
| In attendance | **TEF members:** | |
| Sium Ghebru (Chair) Shrita Lakhani (SL), Raykal Sim (RS), Zehra Naqvi, Theresa Ugalahi, Michell Horridge, Sindhu Pavuluri (SP), Sanah Sajawal, Sophina Mahmood, Chioma Maduka, | |
| **Wider Forum members:** | |
| Rosemary Siby  Pavneet Chana  Katherine Miller  Lucy Kempster  Laura Graystone  Kirsty Devine | |
| **External Speakers/Invitees** | |
| **Name** | **Role** |
| Jon Cooper (JC)  Mark Lansdown (ML)  Sarah Tilston (ST)  Jess Morgan (JM) | Postgraduate Dean  Clinical Ambassador of Getting It Right First Time  Regional Outpatient Transformation Lead  RCPCH Clinical Fellow |
| Apologies | Ugochukwu Uzondu, Zoe Chan, Waqas Din | |

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| Item No. | Item |
|  | **Introductions including preferred hot beverage (tea or coffee) from attendees**  Apologies noted |
|  | **Actions from Previous Meetings**  Confirmed no changes to previous minutes and no actions |
|  | Trainee Representatives forum  **Closed forum for Executive and Wider forum members**  **\*blue sky thinking element\***  Query raised regarding travel claims for excess mileage. For some trainees in the mileage to different sites in one placement, all fall below 17 miles and therefore are not eligible for any excess milage claims. HEE policy on this topic shared and relevant section (33) highlighted. (<http://www.yorksandhumberdeanery.nhs.uk/sites/default/files/hee_national_relocation_framework_1_november_2020_0.pdf> Suggested discussing with employer regarding whether any support for mileage can be provided.  GP Registrar raised query around availability of support for trainees with chronic conditions. The suppoRTT scheme only available to those that are absent from training for 3 or more months. Therefore question revolves around what support is available for trainees who are in work but with chronic conditions that do not meet that criteria. Information around Professional Support that is available to trainees from NHSE YH shared. RS offered for trainee to contact her to discuss situation further.  **Actions:**  **1. SL to raise question regarding support available for trainees with chronic conditions at upcoming meeting with Associate Deans at Professional Support Unit at NHSE YH** |
|  | **Wider forum focus**   * SG shared August [Newsletter and shared link](https://sway.cloud.microsoft/vk3lbFyGBQzzPHMC?ref=Link) * SG raised awareness regarding current recruitment of positions on the Trainee Executive Forum: * 5 positions available (Vice Chair, Secretary, South Locality Lead, Wellbeing Lead, Communication and Engagement Lead) * Posters and links to applications shared. Deadline Friday 30th Aug 2024 at 17.00 * SP discussed WhatsApp group for Wider Forum (WF) * Discussed outcome of previous canvasing for WhatsApp group. WF members happy to join group provided topics are pertinent are to WF and posts are not numerous. * Group to be created within next few weeks. WF members who are interested in joining, encouraged to send phone numbers to SP’s email address (sindhu.pavuluri@nhs.net ) * SL and SP introduced new QR code to join Wider Forum   + Image of QR code and link (<https://bit.ly/4chHf3f> ) to WF     **Actions:**   1. **WF Members to send phone numbers to SP if wish to join WF WhatsApp Group** |
|  | **Guest Speaker Jon Cooper, Postgraduate Dean speaking on ‘My Journey: Background and QA’**  JC discussed personal journey in medicine and in education and training. Outlined how that has led to current role as Postgraduate Dean. Shared personal challenges experienced along the way and the strategies used to help overcome those. Discussed that senior team at Deanery meet monthly basis, often at Blenheim House. |
|  | **Outpatient Training Module – Developments and Q&A**  **Guest speakers: Marks Lansdown, Sarah Tilston**   * Brief introductions: ML & ST both have extensive experience in postgraduate medical education * Background to project:   + The teaching of topics relevant to outpatient care is not currently standardised (eg record keeping, dictating letters)   + There is disconnect in the communication between primary and secondary care. * Aim of project: improve the outpatient clinic experience for trainees by delivering training on the essential skills and knowledge necessary for outpatient settings. * What is it: Patient centred training delivered in an e-learning package split into 2 modules (operational and practical). Takes approximately 90mins. Modules co-written by Post Graduate Doctors in Training (PGDiT) and consultants from medical and surgical specialities. Modules to be trialled regionally in Y&H but potential for national roll out. Following final approval, modules to be introduced at induction. * Discussion with group:   + Positive response to modules: would be very useful/ brilliant resource.   + Potential barrier: finding time to complete the modules. Concern raised that PGDiTs are not given any time to complete mandatory training, which is a struggle to fit in, so undertaking additional modules will be challenging. Acknowledgement that this is a real issue and currently there is too much mandatory training. Discussion that information is bite size and modules are to be done early in training so good practice will build with experience.   + PGDiTs encouraged to supplement the dictation elements of training by asking department/clinic if a template letter is available. |
|  | **Wellbeing in the current NHS Climate**  **Guest speaker: Jess Morgan (JM)**   * JM is paediatrician. Currently doing a Fellowship with Royal College of Paediatrics and Child Health (RCPCH) focusing on wellbeing projects. * Commenced by outlining her own personal journey of wellbeing. * Discussed:   + The often ‘stoic’ attitude in medicine to ‘keep calm and carry on.’ Additionally the stigma clinicians can face for talking how the job can affect them.   + Yet yearly increase since 2020 in the percentage of trainees that are at medium-high risk for burnout. In 2024 this was 63%. Also evidence that burnout is adversely related to patient outcomes   + The need to prioritise wellbeing in the workplace and the importance of having the tools and support in place. Shared the RCPCH Roadmap for transforming the working lives of paediatricians – a guide to help equip paediatricians with the starting skills to thrive in their working lives. (<https://www.rcpch.ac.uk/work-we-do/thrive-paediatrics/roadmap#downloadBox>)   + Presented a concept to help avoid burnout illustrated by 3 circles     - 1st circle: relates to a personal responsibility, for example setting boundaries, understanding and taking care of our needs.     - 2nd Circle: considering how behaviour can impact the mood and morale of colleagues. Building on the concept that having a sense of belonging to a team and feeling valued is critical to its success. This involves being civil and addressing in appropriate behaviour (Civility Saves Lives campaign)     - 3rd Circle: refers to organisational responsibility. For example demonstrating compassionate leadership or creating a culture of psychological safety.   + Signposted to resources available for further support:     - NHS Practitioners: free, confidential mental health service for doctors and dentists with expertise in treating healthcare professionals     - Doctors in Distress (UK Charity that provides support wellbeing network for healthcare workers) |

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| Action Log | | |
| **Item** | **Action** | **Allocated person(s)** |
| 1. | SL to raise question regarding support available for trainees with chronic conditions at upcoming meetings with Associate Deans of Professional Support Unit | SL |
|  | WF Members to send phone numbers to SP if wish to join WF WhatsApp Group | Wider Forum Members |

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| Date of next meeting | 20/11/2024 |
| Completed by | S Lakhani & Sindhu Pavuluri |
| Confirmed by | Sium Ghebru |