**Overview of Exeter GP VTS Teaching Programme**

**ST1**

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| ***Autumn Term: Welcome to GP Training***  *You’ll have five whole day sessions with the TPD team – welcoming you to the scheme and giving you a great grounding in all things GP!* | |
| Induction day | Meet the team and your colleagues, ask questions, socialise, get to know Exeter and surrounds. |
| Official Introduction day | Learn about our mentoring scheme, the GP committee and how to access support. Get to grips with the trainee portfolio and what’s required for ARCP. Meet trainees in other years and learn from their experiences. |
| The World of Quality Improvement | Don’t be put off by seeing QI on your portfolio… An interactive day looking at quality improvement, research and how to bring leadership skills into your day-to-day clinical work. Supported by trainee scholars and local experts, we’ll make QI more accessible and achievable! |
| Wellbeing and Resilience | Working as a junior doctor and in GP comes with its challenges – we’ll work with you to look at ways of ensuring your wellbeing and building resilience through your programme. |
| Introduction to GP Communication Skills | GPs may be seen as generalists but our specialism is really our communication skills. Learn the basics from our experienced GP educators and try out some different techniques with actors. |
| ***Spring Term: Mens, Womens and Sexual Health***  *GP is about more than medicine – so much of what we see relates to more specific areas that you may not have had much exposure to. This term, we hear from specialists in mens, womens and sexual health – delving into some “hot topics” and sorting you out with the basics of what you need to know for your GP placements* | |
| Womens Health | You’ll hear from GPs with special interests in topics such as perinatal mental health, the menopause and the breast clinic as well as local gynaecologists – who should you refer? Who needs a 2WW? What should we be managing ourselves in primary care? |
| Mens Health | You’ll get a session from one of our brilliant local Urologists teaching you all you the important aspects of managing LUTs and ED in the community. Plus get to grips with how to manage the dreaded PSA. |
| Sexual Health and Contraception | Specialists from the GUM clinic plus GPs with a special interest in sexual health will present an “all you need to know” guide to managing these common GP problems. Thinking about becoming a coil fitter down the line? We’ve got a Q&A with GPs who have done this who’ll tell you all you need to know |
| ***Summer term: Back to Basics – Medicine in GP***  *Don’t worry – this won’t be a Kumar & Clark guide to the weird and wonderful knowledge you need for MRCP. We’re stripping it back to basics – what do you need to know to be a safe General Practitioner who knows their stuff (and knows where to look when they forget…)* | |
| Cardiology | You’ll meet some of the local specialists plus Ed, our very own GPSI Cardiologist / TPD. We’ll give you the run down on AF, heart failure, HOCM…. What you need to be able to manage in GP and what to refer in. |
| Respiratory and Neurology half days | So much of COPD and asthma is done by practice nurses now… But you’re who they turn to when they have a question! Get the run down on how to get a diagnosis without a spirometer, and the principles of treatment. Plus learn from some experienced GPs on a few neurology “must knows” – think headache, peripheral neuropathy and managing those tricky epilepsy medications. |
| Elderly care | The generalists of the hospital – our kindred spirits the geriatricians will present a day on managing polypharmacy, movement disorders and falls. |
| MSK: A GP approach | You’ll meet the amazing community physios for the first time – working through a structured, straightforward approach to MSK examinations, who to refer to physio, what information to give, and how to manage a variety of presentations. |

**GEM Group**

We recognise that being a trainee in GP for the first time can be a daunting experience, and you may be on a steep learning curve.

* **Who’s it for?** *The GEM group is for all ST1s and ST2s currently on a GP practice placement.*
* **What does it involve?** *Meeting all together in the mornings then spending the afternoons in a practice of your choice. The morning meetings may be virtual depending on COVID restrictions at the time*
* **Who’s running this thing?** *In the morning you’ll be with the TPDs and ST3 Education scholars… and in the afternoon you’ll be trainee-led!*
* **What will we be learning?** *You’ll be taught on consultation models, different styles and some handy tips and tricks then getting the chance to practise these with actors. You’ll get the opportunity to share videos of your consultations and appraise each other – helping to build confidence for your RCA in ST3.*
* **What about the afternoons?** *You’ll do be building relationships with colleagues in your group, doing team-building activities and presenting to each other on short “hot topics” which are useful in GP – as well as seeing how different practices operate. You should also find time to fit in a pub lunch or a walk on the beach… after all, we are in Devon!*

**ST2**

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| ***Autumn Term: Welcome to ST2***  *Welcome back! After a well-deserved Summer break we’ll be helping you to get “exam ready” for the AKT which may be approaching this year. We’ll be building on your knowledge of the portfolio and some of your non-clinical skills as well as having the first of your ST2 clinical teaching days.* | |
| Introduction to ST2 | We’ll look at your portfolio, ARCP requirements plus the AKT – learn all there you need to know about statistics and non-clinical sections. You’ll have a mentoring session with an external speaker and start looking at how to support your peers through the next few years. |
| More on the AKT… And a bit of interest | You’ll be getting some AKT top tips from colleagues, and learning all the genetics you need to know to pass the exam (and have a good grounding for General Practice!). The rest of the session will be shared between some interesting external speakers and looking at sustainability in primary care. |
| Adult mental health | Such a large proportion of GP consultations involve patients’ mental health – do you feel confident in your approach to managing this? Experienced GPs and local psychiatrists give you top tips on how to manage common presentations, who to refer and how to deal with a crisis. |
| Gastroenterology (and a bit of alcohol) | We get some specialists in to talk to you about common gastro problems and how to manage them, plus the local alcohol team will be helping you with how to approach addiction and heavy alcohol use. |
| ***Spring Term: GP Specialties***  *To be a great GP you really do need to know a bit of everything. This term we’ll be focussing on those specialties that come up the most (mainly the Ds and the Es).* | |
| Dermatology | A whistle-stop tour of all you need to know about the skin – rashes, cancers, benign lesions… who to refer, which lotions and potions to use. Our GP specialists and local dermatologists have got you covered. |
| Diabetes and Endocrinology | When did diabetes get so complicated?? Even though most of this work is done by our amazing practice nurses now, we still need to be able to recognise and diagnose diabetes and have a basic understanding of the myriad of medications now available. We’ll help you get up to speed on these as well as managing those tricky thyroid results you have to deal with… |
| Eyes and Ears | Some super specialists will be giving you the run down on “ophthalmology without a slit lamp in sight” and what you need to be able to do with your otoscope. |
| ***Summer term: Paediatrics – Babies and Beyond***  *Some of you will get the opportunity to experience 6 whole months of Paediatrics whilst on hospital rotations, but for those of you who don’t have this it can be pretty scary seeing kids in GP. This term we’ll focus on all the key aspects of paediatrics and make sure you’re feeling happy and confident when consulting with little people.*  *At the end of the term we’ll be putting some time into your personal development and focussing how to prepare for ST3.* | |
| Babies and Beyond | Learn how to perform a 6 week check and hear from the experts on topics such as paediatric allergy, CMPA, recurrent UTIs, paediatric tummy trouble and lumps and bumps and when to refer them. |
| Child Protection | A must-do before you CCT, we’ll put on a full 6 hour course to get you fully up to speed with Level 3 Child Safeguarding. Run in conjunction with the local GP child safeguarding lead, Paediatricians and a number of local agencies you’ll finish the day feeling much more confident about managing tricky situations. |
| CAMHS and Eating Disorders | Child and teenage mental health – it can be difficult to know where to turn and how to best support your patients. The local teams will give you the heads up on what services are available and what’s expected of you in primary care. |
| Recognising the Sick Child | This is the scary bit – how do you know how poorly a child really is? We run through some practical scenarios looking at the red flags and get hands on with tips for examining children. |

**ST3**

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| ***Autumn Term: Welcome to ST3***  You’ve made it – it’s your final year of training. The year ahead is busy but your TPD team are here to make sure things go as smoothly as possible. Gone are monthly full days of teaching… Now you get to see your friends and colleagues almost every Wednesday afternoon! We’ve thrown in a few full days of teaching for good measure and also a few opportunities to mix with the ST1s and ST2s – after all we’ll probably all be working together in practices pretty soon!  This term focusses on getting to grips with what’s required of you this year and how to get prepared for the RCA.  Some of the sessions coming up include:   * RCA preparation and portfolio requirements * Mentoring skills for GP * Near peer teaching and small group facilitation skills * F2F and telephone communication skills sessions with actors * The world of QI, leadership and research – ticking those portfolio boxes and sparking an interest for the future * MSK and joint injections – getting that technique sorted so you can practise whilst on placement   You’ll have clinical teaching sessions too, on subjects like Rheumatology, Headache, Palliative care, Haematology, Infectious diseases and COVID.  All through the year you’ll have opportunities to meet in small groups of around 6 to support each other, help with exam preparation and talk through challenges. |
| ***Spring Term: Challenges in GP***  It’s the middle of ST3 and you’ve got the basics down… But even the most experienced GP will tell you there are patients they see and situations they experience where they still feel a bit stuck, or wish they could do things better. This term we look at how to approach those challenges, and get some tips from local experts. We’ll be covering:   * How to get your referrals through DRSS * Addiction and prescription drugs * Veterans * Medically unexplained symptoms * Personality disorders * Advanced communication skills * Chronic pain management * Inclusivity for all patients – asylum seekers, teenagers, patients with disabilities * Healthcare for the homeless   Starting to think ahead, we’ll be helping you complete your ARCP requirements with an Adult Safeguarding day and a BLS session as well as starting to think about life after training… |
| ***Summer Term: Preparation for life after training***  Welcome to the Summer Term! For some of you, the end of training is coming up quickly. You may have done your exams and be thinking about what life holds in a few months’ time. If you’re out of sync – don’t worry. This stuff will all be applicable, and will be saved on the youtube channel for you to access when it’s most useful to you.  Let’s be honest, you probably are the most clued up on clinical management that you’ll ever be with all that exam knowledge fresh in your mind. However there’s a lot more to GP than those 10 minutes spent on the phone or consulting with a patient face to face. This term we focus on all those other things you need to know for life on the other side…   * Complaints and how to avoid them * The role of the GMC * Practice management * PCNs – what are they? Who works in them? How can they help me? * Locum finance * Working out of hours * Managing risk and uncertainty * Communication skills – managing situations with colleagues * Writing your CV and what to expect from a practice visit   In tandem to this we’ll be running the **Portfolio GP Series**: 12 short interviews with GPs who have roles outside of their clinical practice. We’ll be asking them how they got there, what tips they’d give to anyone wanting to have additional roles and putting them in the hot seat for a quick fire Q&A with the trainees. In the past we’ve spoken to community surgeons, Dermatology GPSIs, GPs working in ED, GPs working at the medical school and the GUM clinic. We’re always on the lookout for new people to interview and share their wealth of knowledge so if you think you know anyone who would be interested (and interesting!) let the TPDs know! |