

Top TIPS

If you were to give advice about GP training to the new ST1 starting in August, what would you tell them?

E-portfolio:

Keep up to date with portfolio entries: try not to leave everything to the last minute. Utilise your study leave.

Put regular entries in eportfolio from the beginning.

Start e-portfolio early as it takes a while to get used to it. Get into the habit of making regular entries.

Eportfolio- how to access, keep up to date, assessments etc. Study leave - planning courses in advance, which ones to look out for.

Keep up to date with your eportfolio by making entries regularly every week- far easier than trying to add them all at the end and forgetting the exact details!

You have to abide by the e-portfolio, so don't fight it!

Start the e-portfolio early and get to grips with curriculum.

Keep your e-portfolio up to date as you go don't leave it all until the end.

Look at the curriculum domains and professional competency areas and bear them in mind when making portfolio entries from the start.

Keep up to date with your portfolio

Start reflecting early.

Courses and Study Leave:

Go on courses later on in training rather than earlier as they are more useful for exams and when working in GP.

Apply for courses / study leave early as application process very long

Use your study leave to go on courses - 3 years is not a long time.

I would recommend the introduction to sexual health course by RCGP.

Book onto courses early, get to grips with the complicated study leave process quickly,

Take AKT at earliest opportunity in ST2, PassMedicine good resource to revise from.

Timing and preparation for AKT

Curriculum and posts:

To speak to clinical supervisors early in each post about what you would like to achieve during the job and how this can be facilitated.

Try to have a varied mix of positions covering as many of the specialties as you can.

It can be easy to get overwhelmed by all the information you need to learn (especially when looking at the RCGP curriculum): but there are so many opportunities to learn from in GP and you're well supported!