
GPST-101

Dr Amro Ahmed
GPST2

Welcome (Back) to Bolton!

- ❖ E-portfolio Run through/FAQs
- ❖ GP Trainee Representative's Role – How can I help?
- ❖ Advice from Previous GPSTs



The Role & How Can I Help?

- ❖ Any issues or queries?
- ❖ Advice ?
- ❖ Signposting
- ❖ Quarterly meetings with NW GP School
- ❖ Any re-occurring issues that need escalating
- ❖ Need Specific advice from GPST2/ST3?

Tips from Previous STs

- ❖ E-Portfolio - start early + keep on top of it
- ❖ Do your CEPS in hospital - e.g. A&E + O&G
- ❖ Whatsapp Group
- ❖ Highlight your weak areas sooner - make a plan how to get better
- ❖ Try to regularly re-focus in on what you need to learn from the job you're on
- ❖ Time out of program If needed
- ❖ Some supervisors are not very proactive - you need to take the initiative
- ❖ Highlight any issues you're having early
- ❖ Use study days and study budget

“If you do what you love you’ll never work a day
of your life”

–Marc Anthony

“If you don’t know where you’re going, you’ll probably end up someplace else”

–Yogi Berra

Thank You

amroahmed@doctors.net.uk