

Bolton GPST3 Training Roadmap – 1.0 WTE

Projected CCT: _____

Month	1	2	3	4	5	6	7	8	9	10	11	12
Exams												
WBPA												
PSQ/MSF												
Projects (QIA, Leadership, Prescribing)												
Mandatory (BLS, Safeguarding)												
Portfolio												
Courses												
Leave												

Bolton GPST3 Training Roadmap – LTFT

Month	13	14	15	16	17	18	19	20	21	22	23	24
Exams												
WBPA												
PSQ/MSF												
Projects (QIA, Leadership, Prescribing)												
Mandatory (BLS, CEPS, Safeguarding)												
Portfolio												
Courses												
Leave												

Use in conjunction with the RCGP WBPA Tracker (<https://www.rcgp.org.uk/mrcgp-exams/wpba>)



Bolton GPST3 Training Roadmap Checklist:

- ☐ ARCP **ARCP**
- ☐ ESR (every 6 months) **ESR**
- ☐ CCR (18 per 6 months) **CCR**
- ☐ MSF **MSF**
- ☐ PSQ **PSQ**
- ☐ Mini-CEX/COT (7 per 12 months) **COT**
- ☐ CAT (5 per 12 months) **CAT**
- ☐ CEPS (Mandatory: Prostate/Rectal/Male genital/Breast/Female genital bimanual/Female genital speculum)
- ☐ CEPS (Non-Mandatory: Respiratory/ENT/Abdo/Cardiovascular/MSK/Neuro/Child 1- 5 years) **CEPS**
- ☐ QIP (only if not in ST1/ST2) **QIP**
- ☐ QIA (Evidence of activity) **QIA**
- ☐ LEA **LEA**
- ☐ Prescribing Project (1 per ST3) **Leadership**
- ☐ Leadership Project (1 per ST3) **Prescribing**
- ☐ Child Safeguarding (Certificate & 1 log entry) **Child** **Adult**
- ☐ Adult Safeguarding (Certificate & 1 log entry)
- ☐ BLS/AED **BLS**

Bolton GPST3 Training Roadmap Guidance:

This roadmap is designed to help plan ahead for all the various assessments, competencies and evidence required in ST3. It is a lot, and without planning runs the risk of lots of requirements being left until late in the training year. This can cause unnecessary stress.

Use the checklist to populate the map with your ideal/projected completion of all the required items. Use the calendar to space requirements out so that workload is spread.

Refer back to the checklist often to assess progress and re-assign when necessary.

You can print and write on the template, or use the copy/paste function with the supplied icons on the online version.

- Full-time GP resident doctors will use one page from 1-12 months as their ST3 year equals a calendar year.
 - The “ST3 year” is defined differently for Less Than Full Time Trainees:
 - LTFT 80% RDs will take 15 months;
 - LTFT 60% RDs will take 20 months;
 - LTFT 50% RDs will take 24 months
 - RDs taking parental leave or OOPE will pause training and rejoin at the same month of progression.
- Enter as much or as little as is helpful.
- REMEMBER: This checklist makes no reference to the RCGP Curriculum (available at <https://www.rcgp.org.uk/mrcgp-exams/gp-curriculum>) which should be covered sufficiently to award CCT as judged by the ES and ARCP. Completing all the WBPA without consideration of this may mean an unsatisfactory ARCP decision.



Bolton GPST3 Training Roadmap – 1.0 WTE

EXAMPLE

Projected CCT: 04/08/2027

Month	1 Aug	2 Sept	3 Oct	4 Nov	5 Dec	6 Jan	7 Feb	8 Mar	9 Apr	10 May	11 Jun	12 Jul
Exams			AKT					SCA		ESR	ARCP	
WBPA		CAT COT	CAT COT	CAT COT	CAT COT	CAT COT	COT	COT				
PSQ/MSF						MSF	PSQ					
Projects (QIA, Leadership, Prescribing)				QIP	QIP	Prescribing		Leadership				
Mandatory (BLS, Safeguarding)			CEPS	CEPS	BLS Adult	Child	CEPS		LEA CEPS			
Portfolio	4x CCR	4x CCR	4x CCR	4x CCR	4x CCR	4x CCR	4x CCR	SCA break!	4x CCR	4x CCR		
Courses		Statistics Course		Paeds study day		Red Whale Live						Joint Inj Course
Leave					Xmas leave				Spring Break		Post ARCP break	

