

HOW TO GET THE MOST OUT OF YOUR VTS



THOMAS KELLY & SOPHIE WING

1) MAKE THE MOST OF YOUR PLACEMENTS...



- Gain experience
- Go to clinics
- Appropriate training opportunities for a GP
- Attend VTS teaching

2) SAY YES TO THINGS...

- Meet up with other trainees and don't use the excuse of 'I'm too busy'
- You may not know what skills and experience your colleagues have and getting to know them might broaden your horizons to other avenues in medicine
- Volunteer for activities through VTS, they can (actually) be fun and you can get both experience and networking through them.



3) UTILISE YOUR STUDY LEAVE...



- Apply to Intrepid and email Lindsey
- Local courses on RCGP website
 - RCGP Courses & Events
- GGPET – free! Book early
- Use study leave for interesting hospital clinics or taster days (paediatrics, sexual health...)
- AKT & CSA – study time and RCGP courses

4) DON'T LEAVE THE E-PORTFOLIO TO THE LAST MINUTE...

- Do the e-portfolio each week
- Set aside a day each week and 20 minutes on that day for eportfolio -honestly it will make it much easier in the long run.
- Bring laptop/iPad to teaching
- Familiarize yourself with the curriculum requirements early



5) CLAIM MONEY BACK...!



- Petrol costs for home visits:
 - 56p per mile
 - ghn-tr.gptrainee@nhs.net
- Relocation costs
 - Richard Giles
 - richard.giles@nhs.net
- Claim tax back on equipment, GMC & exams
 - P87 form

6) KEEP AN OPEN MIND...

- If you are dreading a rotation just remember its only 6 months... You will get through it!
- Try to keep a positive attitude and take any opportunities to learn that you can.





BUT MOST IMPORTANTLY... HAVE FUN!

