ST1-3 Sample Rota LTFT (80%)

Sample 40 hours’ week - pro rata - 32 hours

OOH if worked requires equivalent time off in lieu from clinical sessions

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Wednesday |  | Thursday |  | Friday |  |
| 8.00 |  | Admin |  | Admin |  | Duty Dr |  |
| 8.30 |  | Surgery |  | Surgery |  | Duty Dr |  |
| 9.00 |  | Surgery |  | Surgery |  | Duty Dr |  |
| 9.30 |  | Surgery |  | Surgery |  | Duty Dr |  |
| 10.00 |  | Surgery |  | Surgery |  | Duty Dr |  |
| 10.30 |  | Surgery |  | Surgery |  | Duty Dr |  |
| 11.00 |  | Admin |  | Break |  | Debrief |  |
|  |  | Personal Study |  | Visit |  | Duty Dr |  |
| 12.00 |  | Personal Study |  | Visit |  | Duty Dr |  |
| 12.30 |  | Personal Study |  | Meeting |  | Duty Dr |  |
| 13.00 |  | Break |  | Meeting |  | break |  |
| 13.30 |  | Break |  | Meeting |  | break |  |
| 14.00 |  | DRC/visit |  | Surgery |  | Admin |  |
| 14.30 |  | DRC/visit |  | Surgery |  | Admin |  |
| 15.00 |  | DRC/surgery |  | Surgery |  | Surgery |  |
| 15.30 |  | DRC/surgery |  | Surgery |  | Surgery |  |
| 16.00 |  | DRC/surgery |  | Break |  | Surgery |  |
| 16.30 |  | DRC/surgery |  | Admin |  | Break |  |
| 17.00 |  | DRC/surgery |  | Tutorial |  | Surgery |  |
| 17.30 |  | Personal study |  | Tutorial |  | Surgery |  |
| 18.00 |  | Personal Study |  | Tutorial |  | Admin |  |
| 18.30 |  |  |  |  |  | Admin |  |
|  |  |  |  |  |  |  |  |
| Clinical |  | 2.5 |  | 5.5 |  | 7.5 | 15.5 |
| Admin |  | 1 |  | 1 |  | 2 | 4 |
| Break |  | 1 |  | 1 |  | 1.5 | 3.5 |
| Educatio n |  | 6 |  | 3 |  | 0 | 9 |
|  |  |  |  |  |  |  |  |
| Total |  | 10.5 |  | 10.5 |  | 11 | 32 |