Dear GP Trainees and GP Trainers,

Don’t forget everything you need to know about GP Training in York, and resources for COVID and Wellbeing are on our new website:

<https://gp-training.hee.nhs.uk/york/>

We don’t have many new updates to tell you this week but we have listed some important points below:

**MRCGP, ESR and ARCP**

Please can we draw your attention to **two new important documents** on our website.

Guidance for all trainees about June’s ESR and ARCPs

<https://gp-training.hee.nhs.uk/york/mrcgp/>

Guidance for Educational Supervisors about June’s ESR.

<https://gp-training.hee.nhs.uk/york/mrcgp/>

**CEPS & Trainees due to CCT**

If you are due to CCT in August you must still provide evidence for all mandatory CEPS.

Evidence can be either:

* Observation by a colleague (ST4 and above) with a statement that you are competent to perform the examination.

or

* Reflection in your LL that you can undertake each CEP with evidence to support why you feel you are competent. E.g I saw a patient who described a breast lump, I offered examination, explained why this was necessary, offered and used a chaperone. I examined the patient and felt a lump that was suspicious of a cancer (describe findings) I explained my findings to the patient (you could write what you said, reflect how you found doing this) and made a referral under the 2 weeks rule. I reviewed the clinic letter and patient notes and see that my findings were confirmed by the consultant and a diagnosis of breast cancer was subsequently made. You could ask the chaperone for feedback. You must ensure that your ES validates the LL in their ESR and states that they feel this is satisfactory evidence

**Please make arrangements to have your CSR and ESR completed by Wednesday 10th June 2020**

**Keeping in touch, support and educational resources**

**Zoom Meeting for trainees every Wednesday at 2pm**

Resources that are mentioned and used during the meetings are added to our Scheme website.

<https://gp-training.hee.nhs.uk/york/programmes/hdr/>

Thank you to Alex and Matt for their updates this week.

Topics for next weeks ‘5-minute skills’ are:

-        Update for TPD and Q&A, Chris Hirst

-        Palliative Care in COVID Q&A, Consultant Anne Garry

-        COVID update in the Hospital

If you have something to share that you found interesting or useful, or something you feel would be educationally beneficial to the rest of the group, please contact Beth or Nicola.

**RCGP COVID Webinar**

If you didn’t manage to join the RCGP COVID Webinar on Wednesday you can view the recording on YouTube: <https://www.youtube.com/watch?v=EUGurkVfJQI&feature=youtu.be>

**Trainees in Secondary Care**

A number of trainees in Secondary Care have this week moved department to help on Medicine wards were the demand is greater. Thank you to those that have agreed to the move and if you have any concerns or require further support please feel free to get in touch.

**WhatsApp Group**

Please let Beth or Nicola know if you would like to be added to the trainee WhatsApp group.

It would be good to have all trainees in the group so we can easily communicate with you all.

 Please feel free to contact Beth or your named TPD if you have any further queries or require additional support.

Kind Regards

**York GP VTS Team**