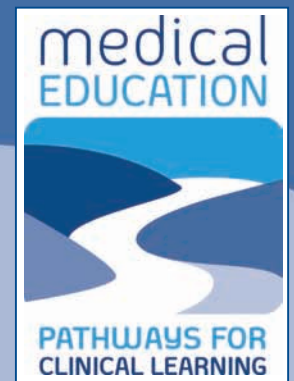


The NHSL Foundation Programme



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THE NHSL FOUNDATION PROGRAMME

Welcome to NHSL Medical Education

The Department of Medical Education strives to support '*pathways for clinical learning*' at the highest level for all medics: from student to senior consultant. 120 Foundation Doctors work in NHS Lanarkshire as part of 4 West of Scotland Deanery (Consortium C) Foundation Programmes that involve the three Lanarkshire acute sites.

In addition to the standard provision of induction, supervision and assessment of such trainees, NHS Lanarkshire provides bespoke training programmes shaped around the Foundation Curriculum and a range of supportive resources. We are constantly striving to improve our service: please let us know of any suggestions for future development (meded@lanarkshire.scot.nhs.uk).

THE FY1 'MEDICAL EMERGENCIES' DAY

This course is provided for FY1 doctors scheduled to commence work in NHS Lanarkshire and is delivered prior to work commencing in early August. It presents a review of the most common medical emergencies and an introduction or reminder of the use of an ABCDE approach to guide clinical assessment and treatment management.

- ◆ **Airway:** including airway assessment and basic airway management, how to use airway adjuncts and suction catheters and how to use nebulised therapy, including how to put together a nebuliser
- ◆ **Breathing:** including teaching about the values, risks and accuracy of oxygen saturation monitoring, ABG transportation and basic ABG interpretation
- ◆ **Circulation:** including assessment of shock and tips on cannulation and IV fluid preparation / prescription
- ◆ **Disability:** including how to assess conscious level (GCS and AVPU) as well as BM monitoring
- ◆ **Exposure:** tips on what to look for when continuing with examination (rashes, swelling, bleeding, colour change)

Theoretical material is presented in an online format which is reviewed ahead of a rotating cycle of clinical stations where the key points to be learned are explored through realistic case-based scenarios, group interaction, discussion and controlled debriefing set within a simulated ward environment. Practise and review of day-to-day essential skills will be provided.

Stations are supported by the use of full-body computer-controlled manikins and other relevant skills equipment and conducted by the Clinical skills team, Lead Clinical Trainers Clinical Teaching Fellows and consultants from across NHS Lanarkshire.



Online content

Sections are provided that address aspects of:

- ◆ assessment and communication
- ◆ cardio-vascular emergencies
- ◆ respiratory emergencies
- ◆ sepsis & shock
- ◆ arterial blood gas interpretation

Day outline

- ◆ introduction
- ◆ review of ABCDE / MEWS / SBAR
- ◆ Basic life support
- ◆ interactive scenario based training
- ◆ essential day to day skills teaching/practice review

Skills covered in scenarios

- ◆ oxygen administration (percentage, masks)
- ◆ nebuliser administration and set-up
- ◆ SPO₂ (including significance)
- ◆ phlebotomy and blood cultures
- ◆ IV cannulation/IV fluid preparation / administration/ additives
- ◆ ECG
- ◆ BLOOD/PRODUCTS/TRANSFUSION
- ◆ arterial blood gas sampling/INTERPRETATION
- ◆ requests (X-rays, laboratory investigations)



THE FY1 'TEACH-IN' SERIES

A range of tutorials complementing the FY1 curriculum are delivered on each hospital site, often by the Clinical Teaching Fellows. An example of one session's topics is given below:



Professional topics

- ◆ Introduction to career management (workshop)
- ◆ Clinical Governance
- ◆ CVs
- ◆ Disability
- ◆ Gentamicin & vancomycin protocols
- ◆ Hand Hygiene
- ◆ Handover
- ◆ Prescribing
- ◆ Professionalism
- ◆ Time Management

Clinical topics

- ◆ Asthma
- ◆ Acute coronary syndrome
- ◆ Delirium
- ◆ Fluid balance
- ◆ GI bleeding
- ◆ Hyperglycaemia
- ◆ Liver failure
- ◆ Respiratory failure
- ◆ Rhythm disorders
- ◆ Shock/SIRS
- ◆ Stroke

IMMEDIATE LIFE SUPPORT COURSE

NHSL ensures that FY1 trainees are offered this course during shadowing or within the first month of their post if they have not completed it during their undergraduate training.



PREVENTION AND MANAGEMENT OF AGGRESSION MANAGEMENT MODULE

In response to recommendations from Ombudsman reports, Deanery and College visits, FY2 trainees (and any additional trainees above FY2, who have not had and wish similar training) attend a half-day training session in Prevention and Management of Aggression; this is included in the mandatory Clinical Skills and ALS training blocks. . Theoretical aspects are explored prior to demonstration and practice of 'breakaway' techniques.

All junior doctors are also encouraged to complete the online module for Management of Aggression which can be found via LearnPro on <http://nhs.learnprouk.com>. PAMOVA contact details are available via Firstport.

Aims

To increase the awareness of the risk of violence at work and to increase the awareness of violence at work from a personal safety perspective.

Objectives

- ◆ to discuss current trends in violence within the NHS setting specifically in the general hospital environment
- ◆ to recognise specific causes of violence
- ◆ to identify responsibilities in terms of the management of aggressive and difficult behaviour in the work setting
- ◆ to identify the key skills required in the prevention and de-escalation of violence
- ◆ to understand the impact of threat and identify coping mechanisms
- ◆ to demonstrate and practise a limited selection of breakaway techniques specific to lone workers
- ◆ to identify some simple personal risk strategies



THE FY2 'SKILLS TRAINING' MODULE (INCLUDING ALS)

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The Foundation curriculum requires all FY2 trainees to achieve competence in specific clinical skills prior to completion of the year. NHSL has introduced a programme which ensures that this training is provided in the first rotation of the FY2 year for those who commence their year in NHSL. All FY2s will be expected to attend this 3 day course within the first few months of work. There will be an online component that should be completed prior to attending for practical skills-sessions in:

- ◆ surgical skills sessions
- ◆ central line insertion
- ◆ chest drain insertion
- ◆ lumbar puncture
- ◆ skin suturing
- ◆ joint aspiration/ injection
- ◆ aggression and violence management
- ◆ ALS (UK Resuscitation Council)
- ◆ Paediatric immediate life support course
- ◆ PAMOVA ½ day practical session



THE FY2 'GENERIC STUDY' SERIES

To address the remaining key clinical and non-clinical aspects of the FY2 curriculum, a series of four mandatory study days runs over the academic year. To promote maximum opportunities for trainee attendance, these days link teaching that was previously given in tutorial format over 2 hour blocks, into single days. Release for these days is arranged in advance through unit rota co-ordinators. A sample schedule is given below:

	Day 1	Day 2	Day 3	Day 4
Month	December	January	April	May
Theme	<i>A medical career Part 1</i>	<i>Neurology and Trauma</i>	<i>A medical career Part 2</i>	<i>General and Psychiatry</i>
AM 9am to 12.30	Time management	General radiology session	Procurator Fiscal and Courts	Diabetes and Endocrinology
	Team working and Handover			Public health: Cancer screening programmes
	<i>Break</i>			
	Appraisal, CPD and lifelong learning	Stroke	Reviewing the literature	Haematology emergencies
	The application process	Meningitis		Nutrition

	Day 1	Day 2	Day 3	Day 4
Month	December	January	April	May
Theme	<i>A medical career Part 1</i>	<i>Neurology and Trauma</i>	<i>A medical career Part 2</i>	<i>General and Psychiatry</i>
PM 1.30 to 5pm	Careers session	The unconscious patient	Audit in clinical practice	Delirium
		Seizures and focal neurology		Common Psychiatric conditions
	<i>Break</i>			
	Interview technique	Head injury	Teaching and presentation skills	Mental health act
		Common fractures		Self harm
				Addiction

The four days are regarded as part of the equivalent of study leave release. Only limited repetition of days is possible so places provisionally allocated must be confirmed and, in the event of non-attendance, a second place cannot be guaranteed.

GENERAL SUPPORT

MEDED

www.medednhsl.com

The website of the Medical Education Department is provided for all trainees and gives access to:

- ◆ clinical guidelines
- ◆ a collection of teaching and training-related websites
- ◆ the CD-ROM collection
- ◆ onexamination.com: free access to this site is available to NHSL trainees pursuing postgraduate exams
- ◆ the NHSL audit system: guidance on how to submit a proposal to undertake an audit within NHSL
- ◆ the NHSL Patient Review System: an electronic handover system designed to support the middle-grade team at weekends and public holidays by enabling them to quickly identify those cases likely to be in need of review or discharge

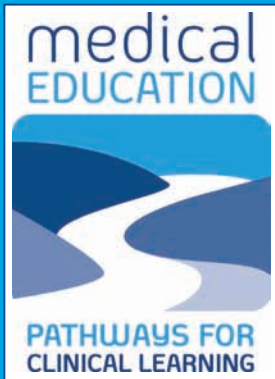
Doctors Online Training System (DOTS)

The Doctors Online Training Systems is used by the Medical Education Department to communicate with all grades of trainees regarding any training courses, confirmation of bookings and other important information (some urgent at a late stage). We would like to remind all trainees that they must check their DOTS account on a regular basis to access messages or urgent/important information.





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