

# Welcome to the South Thames Foundation School –

**NHS**  
Health Education England

Information for new F2 doctors  
August 2018

Developing people  
for health and  
healthcare

[www.hee.nhs.uk](http://www.hee.nhs.uk)



## STFS – contacts reminder

- Mainly based in Stewart House, Russell Square
- Enquiries via Support Portal
- <https://lasepgmdsupport.hee.nhs.uk/support/home>
- Policies on STFS website [www.stfs.org.uk](http://www.stfs.org.uk)



## Email addresses

- Ensure that you have a functioning professional e-mail address and that you have informed STFS (avoid Hotmail etc as spam filters may block STFS mails)
- Important to separate social and professional e-mails and identity – eg if you use facebook link it to an e-mail address to which patients do not have access



## Social media

- Take care
- Employer's policies plus guidance from GMC and BMA
- Separate private from professional
- Ensure patient confidentiality never breached
- Care with WhatsApp – an indecent image sent to you is now on your phone!



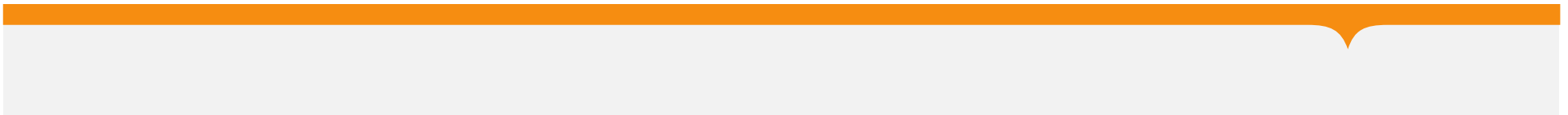
# STFS communications

- Please maintain your notified email address and check it weekly – do not auto-forward as original email service may close
- Enables information about GMC registration, careers etc to be sent out - *to help you*
- STFS bulletins sent fortnightly – also available on website
- All new information also on STFS website



## **Horus e-portfolio – an educational tool**

- New system since August 2017
- Very similar to previous e-portfolio
- Further information on national Horus website / stfs website



# e-LFH

## e-lfh.org.uk

The screenshot shows the e-LFH website homepage. At the top left is the e-LFH logo with the tagline 'e-Learning for Healthcare'. To its right is a quote: 'An extraordinary project in terms of breadth and skill of content' followed by 'e-Learning Age - Judges citation'. Further right is a 'Log in to your e-learning' button and the NHS Health Education England logo. Below this is a navigation menu with links for Home, Programmes, About, Latest News, Support, Demo, and Contact Us, along with a search bar. The main content area features a large orange box on the left with the text 'e-Learning for Healthcare (e-LFH) ...is an award winning e-learning programme providing national, quality assured online training content for the healthcare profession.' To the right of this are icons for Dentistry, Safeguarding Children, Radiology, and Sexual & Reproductive Healthcare. Further right is a 'Latest Information' section with links to 'ICE-BLU project launched', 'e-Pain - Pain management project launched', 'One in a million', 'HRH launches e-SAFE DVD', and 'HEEre we go ...'. Below this is a 'Contributing to the revolution in healthcare training in the UK' section with a quote: 'e-LFH's e-learning projects enhance traditional learning, support existing teaching methods and provide a valuable reference point which can be accessed anytime, anywhere.' To the right of this is an 'e-LFH Showcase' section with an image of a person using a laptop. At the bottom of the page, it states 'e-LFH is a Health Education England Programme in partnership with the NHS and Professional Bodies' and provides links for 'Terms and Conditions', 'Accessibility Statement', and 'Site Map'.

- e learning modules for foundation
- useful to support your experiential learning
- to catch up if you miss a teaching session



# SCRIPT

## (Standard Computerised Revalidation Instrument for Prescribing and Therapeutics)



- <http://kss3.safeprescriber.org/login>
- 41 modules on various aspects & topics of prescribing
  - Available to all STFS doctors
  - Easy to use platform, interactive
  - Certificates produced for each module
  - Modules to be completed as directed by your trust and as to your own educational needs but you must do at least 6 this year

The Principles of Prescribing	<ul style="list-style-type: none"> <li>• Prescription Documentation</li> <li>• Fundamentals of Pharmacology</li> <li>• Taking a Safe and Effective Drug History</li> <li>• Adherence and Concordance</li> <li>• Clinical Kinetics</li> <li>• Dosing and Calculation</li> <li>• Formulation and Administration</li> <li>• Prescribing in Infection</li> </ul>
Prescribing in Medical Emergencies	<ul style="list-style-type: none"> <li>• Drug Allergy and Anaphylaxis</li> <li>• Poisoning</li> <li>• Cardiac Arrest</li> <li>• Fluids</li> </ul>

Managing the Risks of Prescribing	<ul style="list-style-type: none"> <li>• Adverse Drug Reactions</li> <li>• Medication Errors</li> <li>• Monitoring Drug Therapy</li> <li>• Drug Interactions</li> <li>• Toxic Tablets</li> <li>• Parenteral Poisons</li> </ul>
Prescribing in Special Circumstances	<ul style="list-style-type: none"> <li>• Perioperative Prescribing</li> <li>• Prescribing in Hepatic Dysfunction</li> <li>• Prescribing in Renal Dysfunction</li> <li>• Prescribing in Older Adults Prescribing in Pregnancy</li> <li>• Prescribing in Breastfeeding</li> <li>• Paediatric Prescribing</li> <li>• Dementia Friendly Prescribing</li> </ul>

Therapeutic Groups	<ul style="list-style-type: none"> <li>• Respiratory Medicine</li> <li>• Diabetes</li> <li>• Psychiatric Symptom Management in General Hospital Settings</li> <li>• Anticoagulation</li> <li>• Infection in Secondary Care</li> <li>• Management of Pain</li> <li>• Heart Failure</li> <li>• Cardiac Dysrhythmias</li> <li>• Epilepsy</li> </ul>
Clinical Governance	<ul style="list-style-type: none"> <li>• Rational Drug Choice</li> <li>• Root Cause Analysis</li> <li>• Ethics and Consent</li> </ul>
Advanced Prescribing	<ul style="list-style-type: none"> <li>• Palliative and End-of-Life Care</li> <li>• Systemic Anticancer Therapy and Cytotoxics</li> <li>• Prescribing at the Interface &amp; Team Prescribing</li> </ul>



## **PATIENT SAFETY AND YOUR SUPERVISION**

- You should know who is supervising your clinical practice at all times (usually a consultant or experienced middle grade doctor)
- The clinician supervising you must be sufficiently competent to do so
- You should be able to contact your supervisor if you are concerned about a patient
- You should never be forced to work beyond your competence

**If you are concerned that your unit is regularly not adhering to these principles, please contact your educational supervisor or foundation training programme director**



# Your trust should provide you with:

- Appropriate learning experience
- Education weekly or in blocks eg teaching sessions, teaching ward rounds, clinics etc
- Access to the Guardian of Safe Working Hours
- Access to careers advice / guidance
- Representation at local faculty group via elected F2 representative



## Raising concerns / 'whistle-blowing' – GMC guidance

- You must **protect patients from risk of harm** posed by another colleague's conduct, performance or health. The **safety of patients must come first at all times**
- If you have **concerns that a colleague may not be fit to practise**, you must **take appropriate steps** without delay, so that the concerns are investigated and patients protected where necessary

*More information on STFS website / local trust policy*



# Protecting patients (and you)

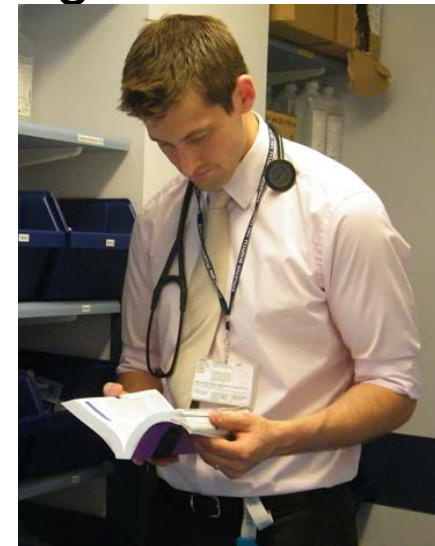
## F2 doctors must NOT

- Site mark (except under direct supervision by the operator)
- Inject contrast unless trained to do so



## Protecting patients (2)

- **F2 doctors must NOT:**
  - initiate or administer cytotoxic or immunosuppressant drugs (except corticosteroids)
- **F2 doctors should ONLY:**
  - prescribe the above drugs following training and when assessed as competent to do so



# Consent

- Taking consent is the responsibility of the doctor performing the procedure
- If a FD is not capable of carrying out a procedure, s/he may **only** obtain consent for it when trained to do so, directly supervised, and under delegation from the experienced doctor carrying out that procedure



# ARCP

## Annual Review of Competence Progression

- Process to ensure that you have met foundation requirements (similar applies in specialty training)
- List of requirements on STFS website. These must be met and e portfolio ready for review by May (date to be advised)
- Meet your ES in April to review
- Also complete Form R in e Portfolio – self declaration of fitness to practise
- Further details will be sent to you by STFS nearer the time in the fortnightly bulletin





# Revalidation

- Every doctor who is fully registered with a licence to practise will need to revalidate.
- STFS will provide all relevant information during the course of the year.
- **For all STFS trainees (inc those in south London trusts)**
  - Designated body = HEE KSS
  - Responsible officer = HEE KSS Postgraduate Dean
- For further information see -  
<http://www.stfs.org.uk/doctor/revalidation-foundation-doctors-stfs>
- Any queries please contact Support Portal



## Leaving early

- If you wish to leave before the official end date of your F2 programme in order to take other employment/training opportunities (eg in N America) you will not be signed off as having met foundation training requirements (as the FP is time limited)
- Leaving early is a major decision requiring careful thought. The STFS directors are happy to meet you to discuss
- If you leave early you will be required to complete a withdrawal form

# Asking for advice about your training

- Usually ask locally first, eg your educational supervisor or FTPD
- STFS must know if it may affect your training programme:
  - You have been or need to be away, for example for illness for > 2 weeks or maternity leave
  - You wish to take time out / work less than full time
  - Special circumstances which may affect your placement
  - You are having problems with your training
  - Raising concerns which you feel have been inadequately dealt with locally
- If so please check the policy and deadlines on [www.stfs.org.uk](http://www.stfs.org.uk) and contact Support Portal

# Support available

## Locally in trust

- Educational / clinical supervisors
- Postgraduate/Medical Education Team
- Occupational Health
- Medical Staffing
- Employee Assistance Programme

## Outside trust

- Practitioner Health Programme: [www.php.nhs.uk](http://www.php.nhs.uk)



Practitioner Health Programme  
Supporting The Health of Health Professionals

## Feedback to STFS

- Foundation programme trainee representative at all trusts – can raise issues locally
- Trainee representatives at STFS committees – inform and influence future directions
- Online questionnaires – please contribute as your views are valued!



# Careers

- Careers support and resources available in your trust
- Four stage approach to career management – see <http://www.stfs.org.uk/doctor/careers-guidance>
- Group teaching about careers
- Also information in fortnightly bulletin
- [www.healthcareers.nhs.uk](http://www.healthcareers.nhs.uk) for further ideas

## Information for doctors

This section has information related to foundation doctors, specialty trainees, and specialty and associate specialists (SAS doctors). There is also information about less than full-time training for doctors, locum work and medical experience abroad.

You'll find lots of information to help a doctor through their career. This includes:

- foundation training programme
- support and tips on applying for medical specialty training
- alternative opportunities and roles for doctors
- getting medical experience abroad
- locum work for doctors
- being a SAS doctor

Find out more information about e-portfolios for doctors.

[Printer-friendly version](#) [PDF version](#) [Login to Bookmark](#)



Make a difference with a career in health. Get all the information you need to take the next step in your career.



## Medical specialty training

After successful completion of the Foundation programme you are awarded the Foundation Achievement of Competence Document (FACD). You are then able to go on to training in a chosen specialty, or general practice (GP) training.

Training programmes differ in length and structure according to specialty.

- General practice lasts three years.
- Other specialties can last 5-8 years.

Length of training can also depend on your rate of achievement of competencies. It can also depend on whether you take time out eg Out of Programme Research (COPR), or if you train less than full-time (LFTT).



# Enjoy your foundation training – and let us know if we can help you plan your future career

- [www.healthcareers.nhs.uk](http://www.healthcareers.nhs.uk)
- <http://www.stfs.org.uk/doctor/careers-guidance>

