

# **Making the most of the GPVTS SCHEME**

by

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# Money, Money, Money!

- Study leave fund:
  - Roughly £600 per 6 months in Hospital jobs, and varies between departments...
  - £ 36 per calendar month in General Practice  
£432 in total...
  - Make the most of your allowance throughout the VTS, or courses will have to come out of your own pocket!

# Relevant Courses

- Minor surgeries Course
- Child health promotion /  
Child health Surveillance
- Child Protection Course
- Family planning course
  - Kings/St Thomas' Hosp: DFFP+GUM course (£500)
  - Margaret Pyke Centre London (£300)
  - Practical sessions in Family planning clinics

# Relevant Courses

- Dermatology course
- GP Refresher courses
- GP ophthalmology course
- DCH / DRCOG...
- MRCGP:
  - RCGP: 5-day at the college, some regional 2-day
  - Pastest
  - KSS Deanery

# Hospital Jobs

Initial 2 years of the VTS:  
4 six-month hospital posts

# Advice for SHO JOBS

- Focus on GP Training!!!
- Remember Wed lunchtime meetings...
- Remember...
  - VTR1 forms
  - Plan courses and exams early to make the most of study leave and budget

# Tips for Paediatrics

- Is this child sick or not?
- Examining children / dealing with parents
- Community experience
- Clinics work
  - Select clinics to attend (1 week before)
  - Asthma / Endocrine / ENT
  - Outreach Cardiology & CF clinics

# Paediatrics...

- Baby checks!
  - Arrange with neonatal SHO
  - Best on on-call day 12 o'clock start / quiet ward
- Developmental assessments..  
Practice!!
- Courses & Exams:
  - Child Surveillance / child protection / DCH

# Tips for Psychiatry

- Get a good grasp of suicide risk assessment
- Use of antidepressants – titration of dose
- Witness Section 135
- CPN & social workers: use time with them!!
- Multidisciplinary/liaison work
- Learn on call services provision, keep numbers!!
- Use time...?courses, ? study for exams, ?gym

# HCOOP

- On-calls, partial shift rota, busy++
- Multidisciplinary, team work
- Update in general medicine & chronic diseases
- Diagnostic skills (ECGs etc)
- Rehabilitation
- Management planning.. own boss for much of the day, but still have good support
- Discharge planning
- ? Diploma exam DGM

# Obs & Gynae

- Busy but good!!
- Don't be daunted by timetable - actually good quality of life and easy to plan whole 6 months ahead
  - Fair bit of time off 9 days off every 5 wks & half days
  - Never working long enough to get really tired
- Straightforward partial shifts in 5 wks cycles
  - 3 weeks days, 1 week nights, 9 days off
  - Rotate to new 'firm' after each 5-week cycle
- Time to study!!
- Hard to fit in courses as rota quite inflexible, but still worth trying!
- DRCOG – not difficult, worth getting

# Obs & Gynae

- Focus on gynae problems
  - Clinics rota in time table
- Theatre time..
  - Time with registrars to ask questions
  - Learn from procedures
- Family Planning - coil fitting?
- 1/2 day 'skills drills' course provided
  - Acute obstetric emergencies course, very useful and relevant to the DRCOG

# Obs & Gynae

## Labour ward

- First on-call to see complications of pregnancy, with SpR cover
- Good learning experience
- Infertility
  - 6 Clinics with Mr Rafla & Mr Shaw
- TOPs
  - Not much exposure

# Hospice / Oncology

- Care of terminally ill
  - Management of symptoms
  - Pain management
- Approach to Bereavement
- Time to study
- Read palliative care handbook
- 1 yr Diploma course?

# A & E

- Unsocial hours but extremely useful!
- Good for confidence in acute cases
- Broad spectrum of cases
- Minor surgery skills
- A good time for Minor Surgical Skills course?
- Resuscitation training & practice

# The GPR year

# Planning

- Need to join local Primary Care Authority
  - Supplementary list of approved medical practitioners. Various documents required and original certificates.
  - Make sure you apply early or you won't be able to see patients!
- MDU/MPS cover
- Information gathering
  - Info pack from KSS Deanery
  - <http://www.gpkss.ac.uk>
  - <http://www.nosa.org.uk>

# GPR YEAR

- It's stressful – don't expect an easy year!
- Hurdles
  - Gaps in knowledge
    - Clinical knowledge
    - Management, Accounts, Ethics, Legal issues...
  - Time keeping
  - Summative Assessment
  - MRCGP

# GPR Yr Planning

## Aims for first few weeks:

- Orientation
  - Practice building and facilities
  - Extended primary care team
  - Local area
- Computer skills
- Prescribing in Primary Care
- Useful phone numbers!!

# GPR Yr Planning

## ■ PERSONAL LEARNING PLAN

- Do try to plan ahead, even if you don't get the time for a long and detailed written plan.

## ■ TUTORIALS

- Precious protected time – think of topics you'd like to cover in advance.
- Keep a note of topics that arise from your consultations.

## ■ STUDY HALF DAYS

- Book hospital clinics well ahead
- What clinics are available within your own practice?

# General Reading

- Consultation Skills
  - Consultation Handbook
  - Inner Consultation by Roger Neighbour
  - The Doctor's Communication Handbook by Peter Tate
- Practical General Practice by Khott & Polmeer
- Clinical Evidence, Prodigy, Guidelines
- Websites, and also leaflets on computer
- BMJ & BJGP are essential for MRCGP
- 'GP' & 'Doctor' magazines are useful & topical

# The GPR YEAR...

- Appraisals with your trainer
  - 3-4 months
  - 8 months
- Useful & formative; should become part of your Personal Development Plan
- Keep records!

# Summative Assessment

- The COGPED MCQ
  - Check dates early
  - Download the application forms from the NOSA website at [www.nosa.org.uk](http://www.nosa.org.uk)
  - You could take this during your hospital jobs to get it out of the way...

# Summative Assessment

## ■ Audit

- Start early: 2<sup>nd</sup> or 3<sup>rd</sup> month in GPR
- You could even start planning your audit during the hospital posts
- Keep it simple: one standard, one criteria
- Use the headings in the marking scheme as the titles for sections in your audit – keep the examiners happy!
- No distinctions - so don't waste your time
- Submit 3 months before the end of the year

# Summative Assessment

- Video - single route or separate tapes?
  - Start early – it can take a while to develop your skills.
  - Equipment & positioning issues.
  - Be nice to reception staff
  - Review tapes before discarding – your ‘bad’ consultation may be better than you thought
  - Safekeeping of consent forms
  - Write summaries early if good videos – easier to remember details, saves time later
  - Submit 3 months before the end

# MRCGP Exams

- Plan ahead – remember PPPPPP!
- Get into a study group early
- Try to read the BMJ – at least from 6 months before you sit the exam
- Good courses
  - RCGP – excellent 5 day course, but £600
  - Regional RCGP courses are good
  - KSS Deanery courses – these are free!
  - Pastest – an OK course. Costs £400
- Persuade Greg Manson to coach you for the oral examination!

# Making the most of the VTS Sessions

Wednesday Half-Days

# GROUP SESSIONS

- Turn up on time and regularly
- Speak your mind
- Clear roles if spokesperson appointed
- Pre-term planning
- Pre-session planning
  - Look at timetable
  - Read up & bring questions

# Other Resources

- Keep in touch with course organisers
  - Practical issues
  - Career guidance
  - Problems
- Check the website and contribute – talk to Dan about an account
- KSS Deanery Job fairs/ AGM
- Oldies like Lalida & Dan!

# Special Thanks!

Lalida Coopamah-Stern

Gregor Stern

Course organisers & trainers