

A Week in the Life of a Less Than Full Time (LTFT) Trainee

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Specialty/programme	General Surgery	
Grade:	ST7	

What does a typical week training LTFT involve?

Within surgery there is no such thing as a typical week which makes life much more interesting! I currently work at 60% therefore most weeks I will work three elective days with on call commitments in addition. Typically I will have one and a half days in theatre, one clinic and an endoscopy list, with ward rounds most days. I attend the MDT every other week and work weekends and night shifts pro rata. Good planning is the key to success with LTFT in surgery and makes life far more enjoyable for both work and home.

Choose one thing you love the most about your job and describe how training less than full time impacts on this

I love working as part of a team, having a patient with a surgical problem and working as a multi-disciplinary team to provide treatment. When training less than full time it can take time when rotating to new hospitals to integrate fully into the team because it takes longer for staff to get to know you. However, with a bit of practice you get used to initially making a greater effort to get to know team members which pays dividends very quickly.

What makes training LTFT in the east of England great and why?

The Deanery have been supportive in facilitating suitable placements which have enabled me to fulfil both my home and work commitments. I have had a very positive experience of surgical consultants within the region who are supportive of LTFT. They provide effective mentorship, encouragement and excellent training. This is essential as the technical skills of developing as a surgeon LTFT are challenging and a focused, tailored approach to your training is crucial to be successful. Furthermore, having a job-share partner has been a really positive experience for me enabling exchange of ideas, challenging concepts of working practice and overall ensuring that we both fulfilled our training requirements whilst providing excellent clinical care for the patients. I have also discovered an unexpected advantage of working on the new computer system in Addenbrookes Hospital which allows me to access real time patient information at home. It means I can follow up my patients easily, prepare for each theatre list in advance and keep up to date with changes in the ward patients' management

Describe the most memorable event or experience where training LTFT in the east of England has really made a difference to you personally. *For example, the support you have received, improved work/life balance, a particular role model or mentor etc.*

Without the option of LTFT training, I would have been unable to complete my surgical training. I have enjoyed spending time with my family, watching the children grow and participate fully in their lives. I would have definitely missed out many special moments had I continued to work full time.

Describe LTFT training in the east of England in one word or phrase

and

Supportive