

Return to training: personal reflections

Dr Hilary Wong
Academic Clinical Lecturer/ Neonatal ST8
Cambridge

About me



ISTJ

believe in laws and traditions, and expect the same from others

dependable on following through with things which he or she has promised

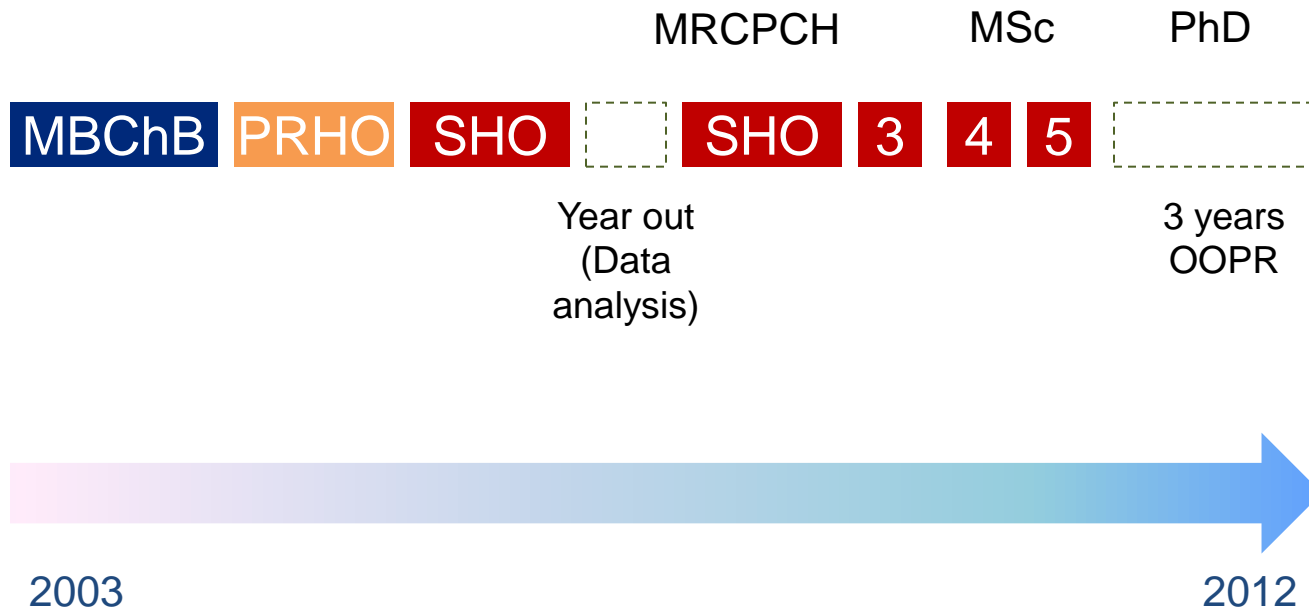
work steadily towards identified goals

serious and quiet, interested in security and peaceful living

loyal, faithful, dependable

Inspector/Duty Fulfiller

About me



challenging my bottom-line approach

ABANDONING/DEVIATING
FROM ROUTINE

MESS/DISORDER

broad information

NOISE

uncertainty

DISMISSING
MY LOGICAL
DECISIONS

disregarding my
established rules and regulations

being
rushed

**denying
personal
needs**

CHANGE



Return to work (1)



Stressors

- * Neonatal grid trainee
- * Advances in specialty
- * Writing up PhD
- * Conflicting demands
- * No social support
- * Baby not sleeping

Positives

- * Familial workplace
- * Tangible goals
- * Minimise daily hassles
- * Good childcare

Return to work (2)



- * Knowing what to expect
- * Shorter maternity period
- * Keeping in touch
- * Less on-calls
- * Mentoring and role models

please starting weeks full
month
year paid any time
know second advice
mat all GP advance told extra reclaim
end asking events Wondering say gone shifts thought
bottle last shared
Thanks tips home baby pay anyone
back locum try seem being health going
evening keep overpayment said able given bit
lot job taking yet well children switch nights help
due LTFT CPD because one account four take
house tax want banding Christmas Hi etc
months reclaiming calls about
breast annual through
rota just work
day really share amount

Return to work study day

- * Pilot in February 2017
- * Modelled after London School of Paediatrics “Preparation for returning to acute clinical practice in Paediatrics”

TOPICS

- Low fidelity simulation
- Key updates in paediatrics
- Forum to discuss issues associated with LTFT training, work-life balance, resilience training, mentoring
- Opportunity to network