

Welcome to The East of England Core Surgical Training Programme. It is important you arrange an early meeting with your AES to set out your training needs for the year and get your initial Learning Agreement (LA) set up.

Please upload a photograph and a current copy of your CV.

- If you have the whole of CT1 in one speciality then the LA MUST be uploaded as 2 separate six month placements.
- If you do not have Part A MRCS you must concentrate on this and have a first attempt NO LATER than January 2025 unless there are significant mitigating circumstances which must be discussed with your TPD

You need to arrange ISCP meetings with your supervisory team as per this timetable:

Month	ISCP Deadline	Exam opportunities
August	Objective setting	
September		MRCS A
October	Midpoint MCR, Interim LA	MRCS B
November		
December		
January	Final MCR, Final LA, AES report	MRCS A
February	Objective setting, MSF	MRCS B
March		
April	Midpoint MCR, Interim LA	MRCS A
May	Final MCR	MRCS B
June	Final LA, AES report, ARCPs	
July	ARCPs	

Work Based Assessments

You should aim to complete 50% of your WBAs with a consultant.

- As a minimum requirement you need to complete each of the assessments in the table below under mandatory WBAs 3x.

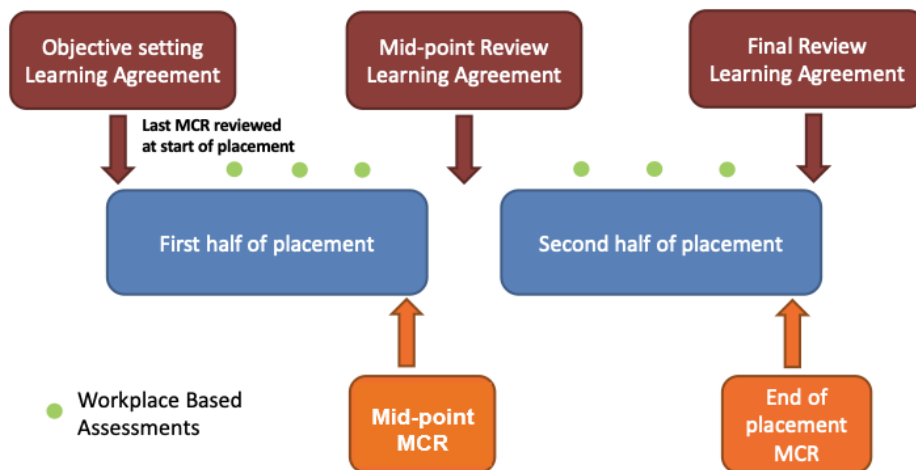
- A good trainee will complete further WBAs on a weekly basis using their performance in CEX, CBD, DOPs and PBAs, concentrating on key skills and topics, to evidence their engagement with and progress in training.
- Use WBAs as source of learning and feedback rather than tick box. Validating these face to face immediately after the event where possible helps this.
- A completed and signed off MSF is mandatory. Minimum of 12 contributor is required. We suggest you instigate in December 2024
- Your logbook should be updated immediately after the operation performed. /
- You need to complete the evidence section of the portfolio and this need to be regularly updated so I can check if you have got Part A/ Part B MRCS and completion ATLS/ BSS/ CCrISP.
- Mandatory WBAs

Competency	WBA form to use on ISCP	Level required
Take a tailored history and perform a relevant examination in an outpatient clinic	CEX (Clinic; history and exam)	2
Take a tailored history and perform a relevant examination for an acutely unwell patient	CEX (A+E/ward; history and exam)	2
Effective hand washing, gloving and gowning	DOPS (Surgeon preparation)	4
Accurate, effective and safe administration of local anaesthetic	DOPS (Administration of LA)	3
Preparation of an aseptic field	DOPS (Preparation of aseptic field)	3
Incision of skin and subcutaneous tissue	DOPS (Incision)	3
Closure of skin and subcutaneous tissue	DOPS (Closure)	3
Completion of WHO checklist (time out and sign out)	DOPS (WHO checklist completion)	3

Multiple Consultant Report (MCR)

MCRs assess your 9 General Professional Capabilities (GPC) and 5 Capabilities in Practice (CIPS). MCRs and learning agreements are related as below. Please involve the Lead CS to create and conduct MCR as time lined below. Mid point and end of placement MCR are

required for each 6 months placements. Once created the clinical supervisors need to respond within 48 hours of creating the MCR. AES has to sign off the MCR for subsequent learning agreement.



Other evidence

- Audit/research/QIP: The JCST recommends one audit to be completed and presented per year, but it is not possible to be competitive in ST3 interview unless you perform at least one audit every 6 months. Submission of an audit project to our regional audit/research/QIP day held in June is mandatory.
- Leadership and Management: You need to demonstrate your leadership qualities at ST3 interview. Eg: (a) organizing and leading M & M monthly meeting (b) organize weekly journal club (c) take up the role of rota-master of your team (d) organize the academic activity of your team, research and teaching.
- Teaching : At ST3 interview, you will need to demonstrate that you have taken the initiative in delivering education, conducting and planning courses such as exam-preparation courses for medical students. It is important to collect feed-back forms. Examples include a) Teaching knot tying and suturing course to the medical students and b) Teaching and demonstrating medical students and foundation doctors or allied healthcare professionals in your hospital and c) Organize small group teaching to help medical students in revision. Those who have passed MRCS part A or B please contribute to the regional MRCS mock exams held in Norwich. At ST3 interview, evidence of regular engagement with teaching is important.

Annual Review of competence Progression

ARCPs will take place from late May 2025. As the ARCP forms part of the appraisal and revalidation process for the GMC it is important that you take it seriously. You will be assessed on your ISCP compliance, MCR, AES reports, logbook, MRCS progress, national teaching completion and any training days, audit and research and overall level of competency.

You will require a final placement and MCR for both your six month placements.

Under other evidence please...

- Complete WBAs and upload WBA checklist
- Complete and upload ARCP checklist
- Complete and upload a specialty checklist for each of your six month placements.
- All examination results

Your ARCP will happen in late May/June. These usually occur in abstentia however those without the requisite competencies, poor on-line evidence or without Part A may have a video call to discuss their progress.

Deanery teaching in the form of skills, simulation will occur through the year and you will be emailed regularly re these sessions and details are also available East of England Deanery Website.

I would like to remind you that MRCS is an essential prerequisite for ST3 so please plan appropriately to gain all parts of the exam well in time for application to this grade. If you already have Part A we suggest you attempt part B by May 2025.

Finally, ensure that you visit the GMC, ISCP and East of England Deanery Websites frequently to remain informed of events that are continuing to change the landscape of your training in surgery. Some important website links are presented below.

Important weblinks

New Curriculum

- <https://www.iscp.ac.uk/media/1371/core-surgical-training-curriculum-august-2021-version-2-july-2023.pdf>

MRCS guidance notes

<https://www.intercollegiatemrcsexams.org.uk/-/media/files/imrcs/mrcs/mrcs-candidate-guidance/candidate-guide-to-mrcs-examination-january-2020.pdf>

ARCP checklist

- <https://heeoee.hee.nhs.uk/surgery/core-surgery/trainee-resources/arcp-guidance-and-faqs>

East of England Core Surgery Teaching Programme

<https://heeoee.hee.nhs.uk/surgery/core-surgery/teaching-programme>
Gold Guide

- <https://www.copmed.org.uk/images/docs/gold-guide-9th-edition/Gold-Guide-9th-Edition-August-2022.pdf>

Core Surgery National Teaching Programme

- <https://pgvle.co.uk/course/view.php?id=215>

Study Leave policy

<https://heeoee.hee.nhs.uk/faculty-educators/study-leave-homepage>