



Professional Support & Wellbeing (PSW) & Supported Return to Training (SuppoRTT)

Professional Support and Wellbeing

Supported Return to Training



Our vision

- To guide doctors, dentists and pharmacists in training through supportive interventions that make a positive difference to their training and wellbeing in the East of England.
- To ensure doctors who have had time out of training can safely return to the training environment and clinical practice.

When might I need support from the PSW and RTT services?

Some examples:

- Long term sick leave
- Training not going as well as expected
- Stresses in personal life impacting on training
- Career advice
- Difficulties with communication or time management
- Exam support
- Clinical incidents
- Planned time out of training

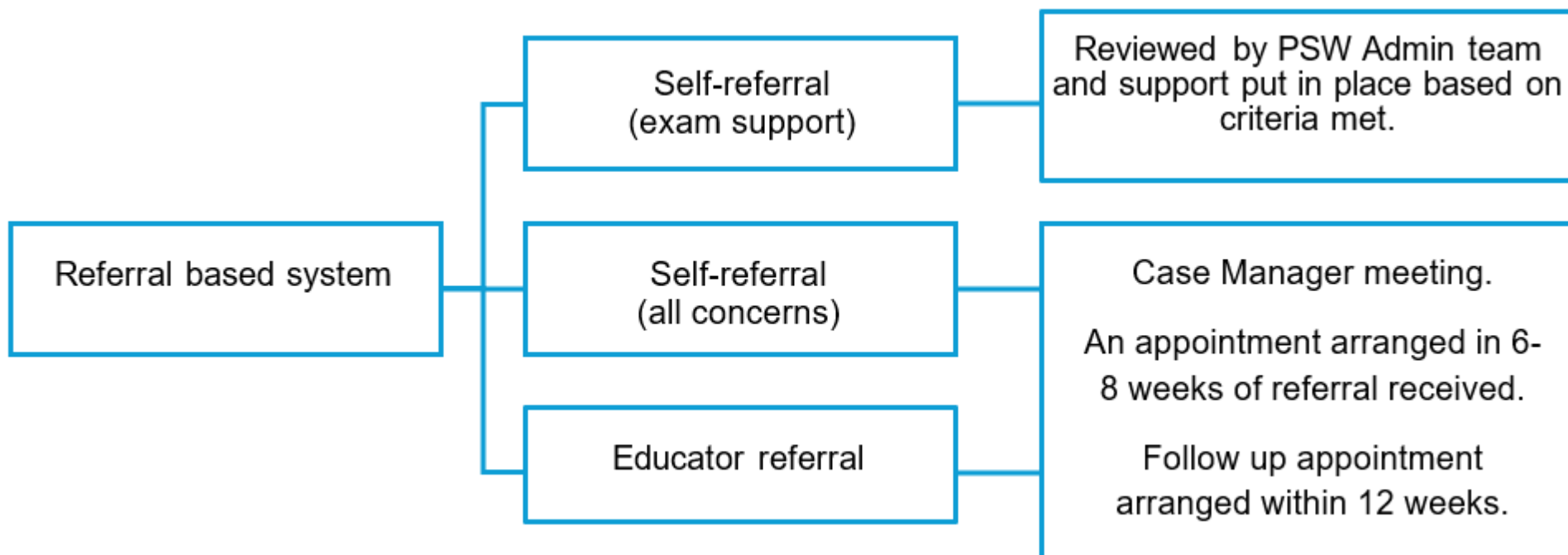


What to expect following a PSW referral

There are three referral pathways into the PSW Service.

All referral forms are online based and accessed via our website -

<https://heeoee.hee.nhs.uk/psw/how-refer>



PSW Referral forms



What to expect following a PSW referral...continued

- Referrals are triaged by admin team on a Tuesday and Thursday
- Immediate support put in place (eg psychology) if appropriate
- Assigned to a clinical case manager
- First appointment is booked and a diary invite is sent
- Meeting on MS Teams, notes shared with trainee and PSW folder.
- TPD and ES informed trainee has engaged with the PSW
- Onward referrals made.
- Follow up as needed.





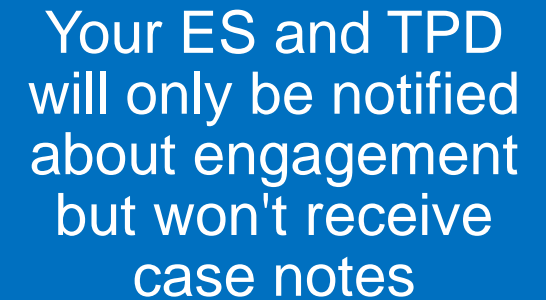
What does a referral mean for my training?



Confidential with
an aim to support
your training.

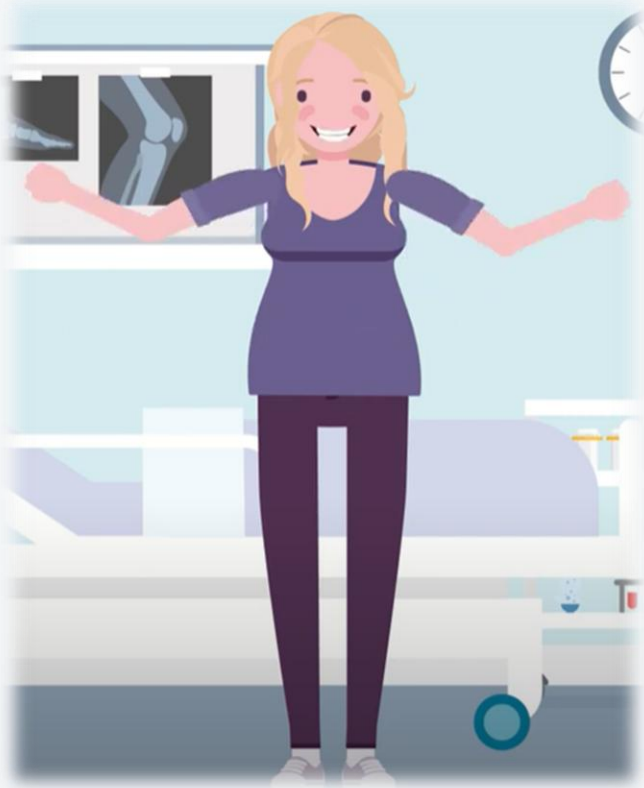


Non-punitive and
does not impact on
your training
progress.



Your ES and TPD
will only be notified
about engagement
but won't receive
case notes

What can the PSW offer?



Exam support



Psychological support



Careers advice



Advice about working less than fulltime, sick leave, returning to training after an absence which includes enhanced shadowing & courses



Neurodiversity screening and assessment

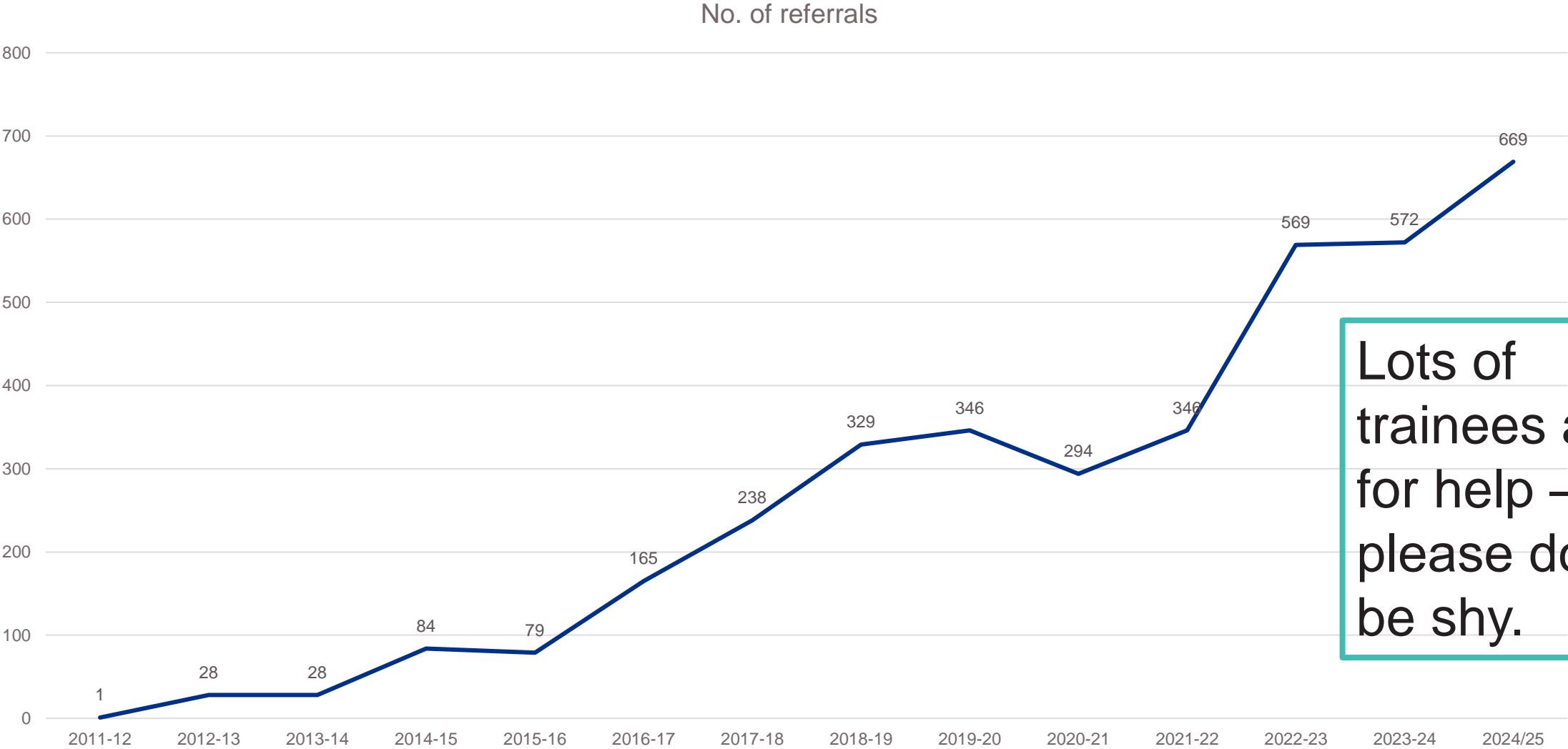


Personal development, coaching and communication skills support



And more!

Number of new referrals into the PSW



Lots of trainees ask for help – please don't be shy.

How have we supported in 2024-2025?

1972 individual case manager meetings

260 referrals for psychology support

At times I have found myself in difficult personal circumstances and PSW have always found a way to support me.

53 workshops, including a full day workshop on serious incidents and antenatal classes

Supported **221** trainees to return safely to clinical practice after time out of training.

66 of these trainees were supported with enhanced shadowing

671 onward referrals for support which include

- psychology support
 - Careers advice
 - Exam support
- Communication skills
- Neurodiverse screening, assessment & coaching
 - Coaching

I don't know where to start. Without support of PSW I wouldn't have completed training.



Thank you for your support! My heart felt gratitude to all the people that supported me during the most difficult time of my life.

Supported Return to Training (SuppoRTT)



Who can access SuppoRTT?

Doctors returning to or starting training in the East of England who have taken **3 months or more** out of training for:

- Parental/maternity leave
- Out of Programme for Research (OOPR) or a Career Break (OOPC)
- Sick leave
- Global Health Fellowship



What does SuppoRTT offer?



Enhanced supervision



Online learning resources



Coaching, Emotional intelligence assessment and psychological support



Additional funding to attend courses



Local Return to Clinical Practice and Wellbeing events.



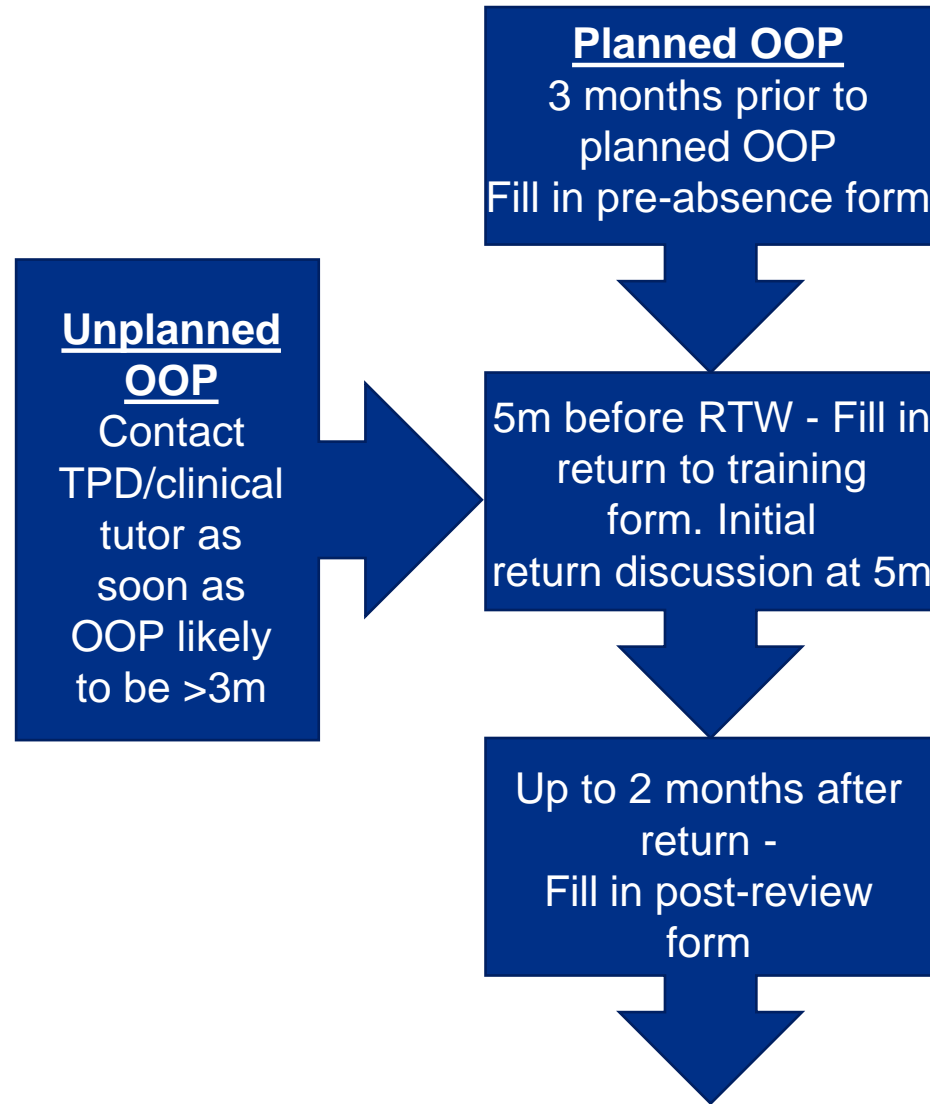
Access SuppoRTT Champions

How to access SuppoRTT

- Submit a SuppoRTT plan.
- Discuss plans to take time out or return to training with Training Programme Director (TPD) or College Tutor (CT).
- Contact the SuppoRTT team or local Trust Champion for advice and guidance.
- SuppoRTT Champions for each trust are available on our [website](#).



Accessing SuppoRTT Timeline



RTW forms can be filled out with TPD or Clinical Tutor, in person or remotely.

[SuppoRTT Forms](#)

Important Information

- The trainee is responsible for organising **their** SuppoRTT.
- Helpful if their ES and TPD understand SuppoRTT and can remind the trainee to use it and signpost them to the webpages.
- TPD completes the initial form with the trainee prior to work absence and again, prior to return.
- Trainee needs to liaise with HR **early** to arrange the enhanced supervision period.



PSW & SuppoRTT animations and impact

PSW animation



SuppoRTT animation



PSW Wellbeing Blogs

PSW trainee testimonials




PSW Podcasts



PSW & SuppoRTT contact details

 england.psw.eoe@nhs.net / england.supportt.eoe@nhs.net

 01223 597736 / 01223 596953 / 01223 597736

 <https://heeo.ee.nhs.uk/psw/east-england-professional-support-and-well-being-service>
<https://heeo.ee.nhs.uk/psw/supported-return-training>





Thank You



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