

A Guide to CBDs for GP Trainees

CBDs are designed to look at your professional judgement as well as your ability to make holistic and balanced decisions in situations of complexity and uncertainty within a GP setting. There are 10 potential competencies to cover, although it is usually only possible to discuss 3 or 4 of these competencies in any one CBD. You are expected to cover all of these competencies during your training on several occasions, so it is helpful to pick your cases carefully to help you do that.



Organising a CBD

You should arrange a time to do the CBD with one of your clinical supervisors and give them an anonymised copy of the notes about a week in advance. You need to give them 2 sets of notes for each CBD and they will choose which case to actually discuss.

It can be useful to think about which competency you would like them to assess you for and pick your cases accordingly.

You need to allow 30 mins for each CBD to include discussing the case and having feedback from your supervisor.

Types of Cases

Please do select a balanced of cases and ensure you include

- Children
- people with cancer and palliative care needs
- the elderly
- people with mental health issues

The cases can be drawn from a variety of settings too, such as

- patients seen at the surgery
- and on home visits
- or in the Out Of Hours setting

How Many Do I Need To Do?

There are a minimum number of CBDs required for each review period throughout your training. Generally, this is 3 for each 6 month period in the ST1 and ST2 year with 6 for each review period in the ST3 year. However, this is only a minimum and you may need to do more to provide evidence of your competency