

A Guide to COTs for GP Trainees

COTs are designed to support holistic judgements about your clinical practice and involves assessing an entire consultation, either through the use of video or direct observation. There are 13 potential competencies to cover, although it is not always possible to cover every competency in a consultation. 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.



Types of Cases

Please do select a balanced of cases and ensure you include

- A child under the age of 10 years
- An older adult, aged over 75 years
- 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

Generally it is a good idea to avoid using any consultations lasting more than 15mins as an effective use of time is one of the performance criteria. The whole process, including feedback, should take no longer than 30 mins

Organising a COT

It can be a good idea to get into the habit of videoing yourself on a regular basis. That way, it becomes a more natural thing to do, you get used to seeing yourself on 'screen' and it gives you more consultations to choose from. We would recommend watching the video yourself prior to the actual assessment with your supervisor so that you can critique yourself.

You will need to liaise with the reception staff about the consent procedures used at your practice as it is important that you are not involved in that process.

It is also a good idea to do regular joint surgeries with your supervisor and use one of these consultations for a COT.

Your supervisor will assess you against the 13 criteria and give you feedback

How Many Do I Need To Do?

There are a minimum number of COTs 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