

Applying to Foundation

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Time to become...



The practicalities

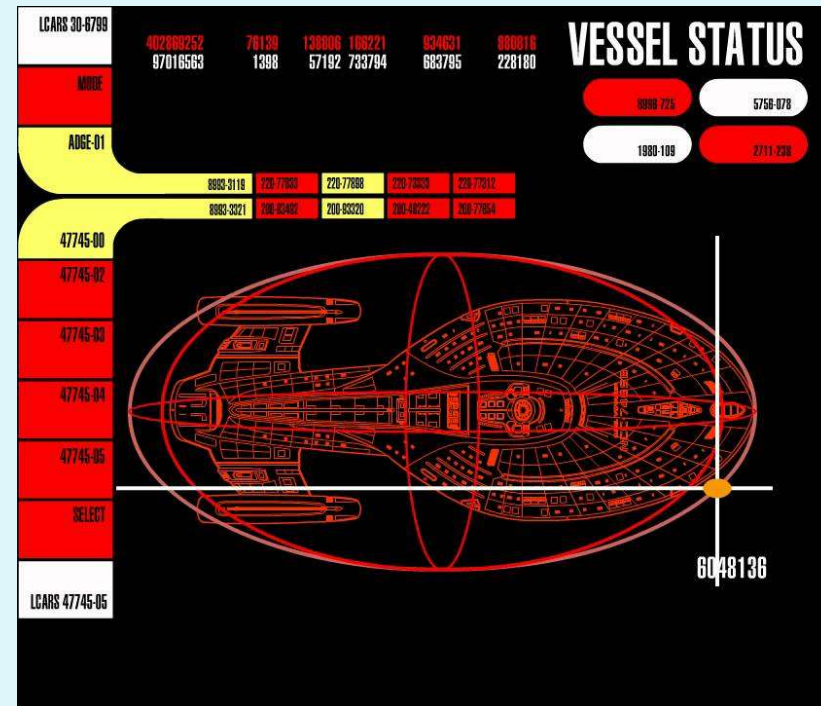


- ▶ The UK Foundation Programme website has the timeline, the application handbook, FAQ and the answer to all your questions.
- ▶ <http://www.foundationprogramme.nhs.uk/pages/fp-afp>

Key Dates :

- ▶ <http://www.foundationprogramme.nhs.uk/content/applicant-guidance>.
- ▶ Monday Sept 23 Registration period opens. All programmes available to view on Oriel. Look at them!
- ▶ Monday 30th sept– Friday 11th October at 12:00 Application period for FP and AFP applications. **It is an online process.**
- ▶ Friday 11th October Deadline for submitting special circumstances applications to the home medical school
- ▶ The dates are the dates! **There are no extensions.**
- ▶ The Oriel applicant portal is compatible with Internet Explorer 11, Safari 7+, Google Chrome 30+, Firefox 24+ and Edge. Applicants are advised to use one of these browsers when using the website and preferably the most up to date version of that browser. Please note that the system is not compatible with Internet Explorer 7 – 10.

▶ RED ALERT!



Getting Started



- ▶ The annually updated applicant guidance is on the UKFPO website
- ▶ <http://www.foundationprogramme.nhs.uk/pages/fp-afp/applicant-guidance>



Choices – location, location, location

- ▶ Stay local
 - Know people and places
 - Peer support
 - Transition student to doctor
 - Point of stability
- ▶ Move to a new area
 - City life somewhere busy?
 - London calling
 - Need mountains/city/surf!
 - Family support elsewhere
 - New adventure

Should I stay?



Or should I go

Factors to consider



- ▶ Application may be a large geographical area
- ▶ Competition ratios
- ▶ You first preference your application area [unit of application]
- ▶ Your scoring from med school decile, extra information, SJT result then ranks you.

Application Statistics

2019 academic application data

East Anglia – Cambridge 24 / 170

East Anglia – Norfolk 12 / 25

EoE educational 22/129

Reports are found:

<http://www.foundationprogramme.nhs.uk/content/resource-bank>

UK Foundation Programme

2018 UK Foundation Programme
First Choice Preferences

The table below provides the number of the programmes, the number of first choice preferences and the competition ratio for each foundation school at the close of the application window on Friday 13th October 2017.

Unit of Application (UoA)	Number of Programmes		First Choice Preference*		Competition Ratio	
	2017	2018	2017	2018	2017	2018
East Anglia	257	257	121	189	0.47	0.68
Essex, Bedfordshire & Hertfordshire (EBH)	304	306	75	179	0.25	0.58
Leicestershire, Northamptonshire & Rutland (LNR)	153	149	82	117	0.54	0.79
Trent	294	285	220	184	0.75	0.65
North Central Thames	180	334	556	828	3.48	2.48
North East Thames	178		292		1.64	
North West London	237	235	827	738	2.65	3.14
South Thames	781	774	742	863	0.95	1.11
North West of England	788	793	778	978	0.99	1.23
Northern	381	380	293	334	0.77	0.88
Northern Ireland	240	243	239	279	1.00	1.15
Oxford	215	218	212	184	0.99	0.85
Peninsula	189	189	145	143	0.77	0.76
Severn	261	265	384	346	1.47	1.31
Scotland	792	789	785	833	0.99	1.06
Wales	322	327	270	282	0.84	0.86
Wessex	292	292	291	220	1.00	0.75
West Midlands Central	178	180	230	306	1.31	1.70
West Midlands North	250	252	81	116	0.32	0.46
West Midlands South	159	165	86	80	0.54	0.48
Yorkshire and Humber	557	563	500	541	0.90	0.96

*First choice preferences column denotes the number of applicants who ranked the foundation school as their first choice allocation.

North Central Thames and North East Thames Foundation Schools merged to form North Central and East London Foundation School for entry to the 2018 UK Foundation Programme.

Outcomes 2018

Medical school	Percentage first choice school	Percentage top 5 school	Preferred home academic	Preferred home general
UEA 2017	69	90	53	31
Uea 2018	77	95	22	33
Cambridge 2017	81	100	25	26
Cambridge 2018	90	100	40	23

In 2018

46 people from UEA applied for AFP, 50% were offered a place 35% accepted

86 people from Cambridge applied for AFP, 49% offered a place and 40% accepted

EAFS

- ▶ 10 Hospitals : NNUH; Addenbrookes; James Paget; Kings Lynn; Ipswich; Colchester; West Sussex; Papworth; Hinchingsbrooke; Peterborough
- ▶ 3 Academic options
 - Research Norwich
 - Research Cambridge
 - PGCERT Ipswich and Kings Lynn with UEA



EoE Foundation Schools

- ▶ <https://heeo.e.hee.nhs.uk/foundation>
- ▶ Both schools run in the same way, but split due to large geographic area.
- ▶ Split further with subregional teaching programme into East and West zones.
- ▶ New for next year, bespoke LTFT posts on ORIEL - 3 year programme with extension of 60-80% LTFT posts in 6 month rotations, in discussion with host trusts and in addition to current posts.
- ▶ Aspiring to excellence in education, training and support.

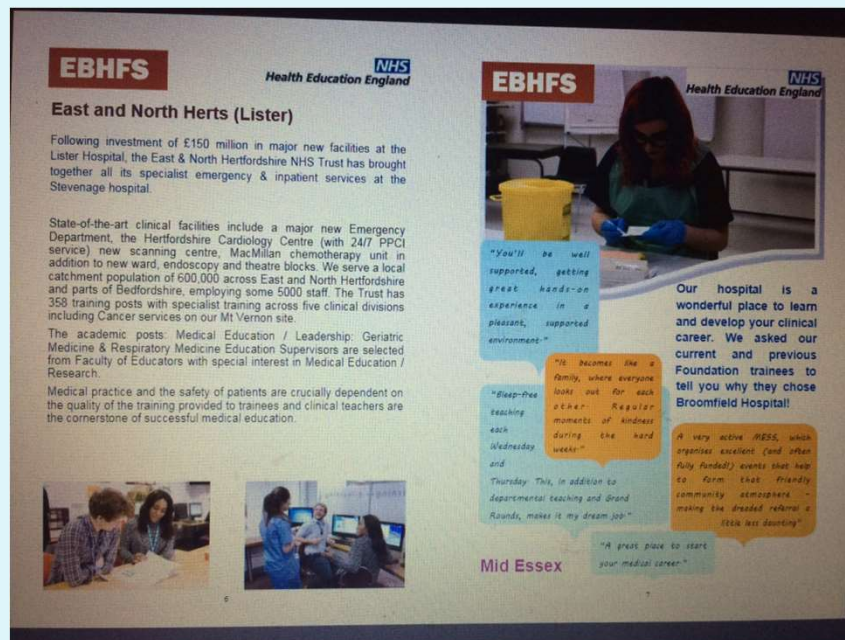
EBH



- ▶ 8 hospitals: Bedford; Luton; E and N Herts; W Herts; Harlow; Mid Essex; Southend; Basildon
- ▶ Academic Programmes
 - Research with Cambridge [FY1 in DGH in EBH]
 - PGCert at Luton; E and N Herts;

Further Information

- ▶ EBH is a relatively new school, but incorporates hospitals that have long held foundation doctors
- ▶ Brochure on our deanery website
- ▶ <https://heeo.hee.nhs.uk/node/1189>



Where to find other info?

- ▶ UKFPO website
- ▶ Websites of the different schools
- ▶ Messly : <https://app.messly.co.uk/programme/1051>

The choose the programme

- ▶ Once you have been allocated to a school this is fixed.
- ▶ The UKFPO doesn't allow swaps.
- ▶ Then some choose a sub area [for example in Yorkshire and Humber] and others move straight into programme preferencing.
- ▶ The programmes are your rotations, generally fixed for 2 years, although wales is different!
- ▶ These are usually viewable on the websites [subject to change and may have errors] and then on ORIEL. [again still may change slightly, we try not to have errors]
- ▶ You must still check on ORIEL that the programme code is attached to the rotations you want.

What is in a programme/rotation?



- ▶ All rotations have a community post
- ▶ Most rotations contain psychiatry
- ▶ All our rotations are on our website.
- ▶ Posts MAY change.
- ▶ [https://heeo.e.hee.nhs.uk/foundation recruitment](https://heeo.e.hee.nhs.uk/foundation_recruitment)

Microsoft Excel window: fl_12_2018-20_southend_basidon_web_version (1) [Protected View] - Microsoft Excel

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Formula bar: A30 = 18/EAN/RAJ00/F1/025

A	B	C	D	E	F	G	H
18/EAN/RAJ00/F1/021	General Surgery (Breast) Southend Hospital	Respiratory Medicine (including 4 wk Acute Medicine Block) Southend Hospital	Psychiatry (Adult) Rochford & Southend Hospitals		Trauma & Orthopaedics Southend Hospital	Medicine for Elderly (including 4 wk Acute Medicine Block) Southend Hospital	General Practice
18/EAN/RAJ00/F1/022	Endocrinology & Diabetes (including 4 wk Acute Medicine Block) Southend Hospital	Clinical Oncology (including 4 wk Acute Medicine Block) Southend Hospital	General Surgery (Vascular) Southend Hospital		Emergency Medicine Southend Hospital	Paediatrics Southend Hospital	General Practice
18/EAN/RAJ00/F1/023	Clinical Oncology (including 4 wk Acute Medicine Block) Southend Hospital	General Surgery (Vascular) Southend Hospital	Medicine for Elderly (including 4 wk Acute Medicine Block) Southend Hospital		Paediatrics Southend Hospital	General Practice	Trauma & Orthopaedics Southend Hospital
18/EAN/RAJ00/F1/024	General Surgery (Vascular) Southend Hospital	Medicine for Elderly (including 4 wk Acute Medicine Block) Southend Hospital	General Surgery (Colo) Southend Hospital		General Practice	Emergency Medicine Southend Hospital	O&G/Sexual health (split) Southend Hospital
18/EAN/RAJ00/F1/025	Medicine for Elderly (including 4 wk Acute Medicine Block) Southend Hospital	General Surgery (Colo) Southend Hospital	Endocrinology & Diabetes (including 4 wk Acute Medicine Block) Southend Hospital		Psychiatry (Adult) Rochford & Southend Hospitals	O&G/Sexual health (split 50/50) Southend Hospital	Emergency Medicine Southend Hospital

Taskbar: Sheet1, Sheet2, Sheet3, 90%, 11:36, 24/04/2018

Programme example

Teaching hospital/DGH

- ▶ Teaching hospital posts are for one year only, and rotate to a DGH. You have to move
- ▶ For those wanting to stay put for 2 years, DGH posts don't all rotate.
- ▶ **Think hard about what is more important! Every year I have trainees asking to stay in their teaching hospital post, and I will continue to say no!**



Hospital vs Post

- ▶ Are you desperate to do O and G? or paediatrics? Or ophthalmology?
- ▶ You may choose to preference your posts then on the subspecialties in the foundation rotation.
- ▶ Be aware that sometimes these change [commissioning, mergers, workforce plan] and so are not definitively 'promised'
- ▶ These are widely spread through the region
- ▶ Or you may choose to prioritise a trust if certain areas are more practical.

Other specialty opportunities

- ▶ It isn't a disaster if you don't get the specialty you are most interested in.
- ▶ Taster weeks
- ▶ Teaching and careers fairs [sub regional teaching]
- ▶ Audit related to interest
- ▶ Mentors and buddy schemes
- ▶ Study leave

Special circumstances

d) Special Circumstances

A total of 199 (3%) applicants approved for pre-allocation to a foundation on the grounds of special circumstances were included in the national allocation run, 198 of which were allocated to the primary list.

The following table shows the distribution of applicants approved for pre-allocation based on special circumstances across the four criteria.

Table 2.4: Special Circumstances Granted by Criterion

Criterion	Description	Number of Applicants Approved	Percentage of Applicants Approved
1	Parent / legal guardian of child under 18	126	63%
2	Primary carer for disabled person	17	9%
3	Medical condition requiring local treatment	48	24%
4	Educational needs	8	4%

A total of 116 applicants were pre-allocated to the foundation school linked to their medical school. There were 83 applicants approved for pre-allocation on the ground of special circumstances by an external panel outside of the home UoA. A total of 19 applicants who applied through the eligibility process were pre-allocated based on special circumstances during national allocation.

For pre-allocations based on special circumstances by foundation school please refer to appendix 5.

Linked applications

- ▶ You may link your application to another applicant's in order for you both to be allocated to the same UoA
- ▶ ▪ You and the other applicant must link to each other and you must rank the UoAs in the same order of preference
- ▶ ▪ If you are both on the primary list, you will both be allocated based on the lower of your individual scores
- ▶ ▪ You cannot “un-link” once your application is submitted



Linked applications will guarantee same school but not same Trust . Both applicants will need to rank the groups in exactly the same order of preference and in trust groupings [ie all of one trust then all the next] for the best chance of obtaining the same trust. We can review our linked applications, and where possible would aim for them to be within an approximate hours commute.

If the same trust is an **absolute requirement**, contact our recruitment team with your rationale and request on receiving our school prior to ranking programmes cut off date, this may mean both parties are moved to a different or unranked trust without further discussion as your request would be mandating prioritising same trust over all other considerations.

What if I don't get my choice?



- ▶ You can withdraw, but it will be a year before you can reapply
- ▶ Enjoy the challenge – meet new people, new friends and enjoy a new area.
- ▶ Specialty training may recommend you do their subject, but the factor is slight, and there are other ways to show interest.
- ▶ Make the most of all your opportunities.



Make it so! >>>