

Foundation Schools East of England



Course Details

The Foundation Schools are a two year run through course, that can be entered into during the second year. Trainees can be placed at all of the Acute Trusts and Mental Health trusts within the East of England region, as well as some of the GP practices. Additionally, there is a bespoke Welcome to the NHS Programme for overseas doctors.

Rotations

The Foundation Schools are a two year run through course, that can be entered into during the second year. Trainees can be placed at all of the Acute Trusts and Mental Health trusts within the East of England region, as well as some of the GP practices

Regional Teaching program

60 hours taught programme consisting of 30 core hours of simulation, sub-regional teaching and local teaching and 30 hours trainee choice which is predominantly local with simulation and sub regional available.

Simulation

We offer all trainees a full day of hi fidelity simulation and a minimum of a half day of supervised VR simulation. Trainees can choose to increase this in their non core 60 hours, and we suggest 3 days of sim training. Non supervised VR simulation is available with booking at trainees discretion.

Did you know?

Priority Programmes, aimed at providing additional training opportunities for trainees who wish to go into specific specialties, exist for General Practice, Mental Health, Paediatrics and Pre-Hospital Care

Exams

PSA exams must be taken if not passed at medical school, as well as ALS. SCRIPT E-learning is available for both prescribing and specifically PSA



Meet The Team



Dr Helen Barker
Deputy for EAFS



Dr Helen Johnson
Foundation Schools Director



Dr Ritwik Banerjee
Deputy for EBH

Why The East of England?

Prioritisation of your education with our innovative 60 hours taught programme

Ample opportunities for VR and Simulation

Supportive and friendly faculty, with further support for those with additional responsibilities

Contact us

For more information on the Foundation years in the East of England, please look at our website

<https://heeoee.hee.nhs.uk/foundation>

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Foundation Schools

Frequently asked questions

Teaching & Study Leave

How is the regional teaching program structured? We follow a 60 hours taught programme, with a core 30 hours of simulation, sub-regional teaching and local teaching, and a 30 hours trainee choice which is essentially predominantly local with simulation and subregional available.

How many days of study leave do I get? 15 days [90 hours] in F1 which 60 hours is the taught programme, additional 3 hours are e-learning and 12 hours are ALS . In F2, again 60 hours [10 days] is taught programme, 5 days for a taster and then 15 potential days for aspirational leave.

What opportunities are there for simulation training in the region? We offer all trainees a full day of hi fidelity simulation and a minimum of a half day of supervised VR simulation. Trainees can choose to increase this in their non core 60 hours, and we suggest 3 days of sim training. Non supervised VR simulation is available with booking at trainees discretion.

Training Programme

How many years is the training program? (1+1)

Which units in the East of England can I be trained in? All of the acute trusts and mental health trusts and some GP practices

Is the training run through or decoupled? Run through (though can enter at F2)

How is recruitment organized? National recruitment through ORIEL

Are there more localized Sub-rotations to avoid long commutes? Yes, all of the posts are localised to a trust per year, although the community placements may be at GP or mental health trust for 4 months. Between the F1 and F2, posts in EBH, FS predominantly stay in the same trust whereas approx. 3/4 of EAFS rotate trusts between a teaching hospital and DGH between F1 and F2.

What induction program is there into training in the region?

At F1 the professional practice week in the acute trust, including shadowing period paid before your post commences. For overseas doctor, an additional bespoke welcome to the NHS programme.

Opportunities

What Sub-specialty / fellowship training opportunities are there in the region? This is the foundation programme, but we have some priority programmes that are targeted at specialties, and include additional training opportunities. these are in GP/ mental health / paediatrics / pre hospital care.

What research opportunities are there in the region? We have academic programmes in research at CATO and NATO, and educational academics with educational research at 3 HEI.

Do you support Out Of Program Research (OOPR)? OOPR is not supported during foundation, exceptional circumstances only for TOFP, please see the website.

Is there scope for work overseas during my training? No, but we are developing the option to stream some of our programmes towards readiness for an F3 global health post foundation.

Where can I go for more information?

<https://heeo.e.hee.nhs.uk/foundation>

Exams

What exams will I have to sit during my training? PSA if not passed at medical school and ALS.

Is there any exam preparation organised in the region? We provide SCRIPT e-learning support both for prescribing and specifically PSA.

What are the top 3 reasons for training in the East of England:

1. We prioritise your education with our innovative 60 hours taught programme, including VR access
2. We support our trainees, providing a friendly ear as you start in medicine
3. We offer more focussed support for those with health, caring or other responsibilities