

GP Trainer Nuts & Bolts - COTs

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COTs – a little quiz....

Q. What does COT stand for?

R. Consultation Observation Tool

COTs – a little quiz....

Q. How long should COTs typically last?

R. 30 minutes, to include discussion and feedback to the trainee as well as completing the 'paperwork'

COTs – a little quiz....

Q. How long should the consultation be?

R. Best to be less than 15mins to allow time for discussion and feedback too.

Also, the effective use of time is one of the performance criteria

COTS – a little quiz....

Q. Who can do COTs?

R. GP trainers, Associate Trainers, OOH
clinical supervisors

They are **ONLY** done in general practice

COTs – a little quiz....

Q. How many ways of doing a COT are there?

A. Videoed consultations, joint surgeries where intention to do COT before patient is seen and.....telephone calls

COTs – a little quiz....

Q. What type of consultations should be included?

R. Wide variety, different contexts eg home visits, OOH, and the complexity of the case should increase as trainees progress through their training

COTs – a little quiz....

Q. Are there particular patients that should be included?

R. Children, 10 years and under
Older adults, 75 years+
Mental health

COTs – a little quiz....

Q. Should the trainee pick their best consultations?

R. It's probably natural for the trainee to do that, and the ability to discriminate between good and poor consultations is a sign of professional development. And worrying if they can't!! You can always work on the not so good consultations in a separate process

COTs – a little quiz....

Q. Do we need to have patient consent?

R. Yes, most definitely!

Consent forms on the RCGP website

Debate as to how long they need to be kept

Discuss the process

COTs – a little quiz....

Q. How many does the trainee need to do?

R. ST1 and ST2 – 3 in each ESR review period
ST3 – 6 in each ESR review period

Pro rata for LTFT trainees

These are minimum numbers.....

COTs – a little quiz....

Q. How many performance criteria are there?

R. 13.... Can check what is meant by these criteria on the COT form and there is a summary on the RCGP website

- And now we're going to look at the eportfolio and then do a COT