

BY EMAIL

To:

**Early graduated doctors deployed to EoE**

**East of England Office  
Directorate of Education &  
Quality**

Victoria House  
Capital Park, Fulbourn  
Cambridge, CB21 5XB



**17 April 2020**

---

Dear New Doctors,

We appreciate that this is a unique and difficult time and one that you, like most of us, have had no similar experience to help you prepare.

The national decision is that all final year medical students who have graduated will be offered the opportunity to voluntarily gain provisional licence and start as Foundation induction year one (FiY1).

We are aware that you may not be working as an FY1 in the East of England (EoE) in August, but want to support you whether you will be staying with us. We want you to be clear that you are valued, and your contribution is going to be welcomed.

Our trusts will be planning how to support your transition from medical student to doctor in these unique times. We are working with your medical schools collaboratively, and within national guidance. I wish to assure you that we have teams of enthusiastic foundation supervisors, programme directors and education departments. You will be 'buddied' with 1-3 Foundation level doctors and a named consultant ('clinical supervisor') who are already in the trust who will support you. There will be a central person (the Foundation Training Program Director or named deputy) who will oversee all the FiY1 in your trust. Please talk to them around any worries you might have.

Centrally, the Foundation school and medical schools plan to have a weekly meeting to ensure that best practice is shared, and any concerns can be escalated and managed appropriately

We know that you have within you the resilience, adaptability and knowledge to do this. However, each of us will have moments when we need some additional support, be it a local smile and cup of coffee, or a little bit more. We are providing, in collaboration with trusts and our regional Professional Support and Wellbeing team [PSW] a variety of support for you and will be highlighting these to your FTPD or through further communications.

<https://heeo.hee.nhs.uk/psw/east-england-professional-support-and-well-being-service>

In addition, we wanted to send you some additional resources. These are both around COVID 19, and some more general foundation competency resources which you might find helpful. This is not because we are concerned about your skills; we are absolutely reassured that you have the skills and knowledge required. Your medical school training has prepared you for this and our medical school colleagues are confident in your abilities. Instead, this is because we are aware that there are lots of concerns within final year students who are progressing rapidly into the work environment in unique circumstances. We wish to start as we mean to proceed, by supporting you and giving you the means to be prepared.

Developing people

for health and

healthcare

www.hee.nhs.uk  
hee.enquiries@nhs.net  
@NHS\_HealthEdEng

## Induction

Before you start, your trusts should be sending you their induction plan, and support plans for when you start.

As HEE we plan to stream a regional welcome through our online platform, and details will be released.

We also suggest that you work through any of the mandatory training requirements as well as VR modules, relevant foundation e-learning for health and script modules in the interim period before you start. We have identified some useful learning resources below for you.

## Foundation Learning Resources

- HEE TEL are working on a cohesive curated resource for all FiY1 doctors with us, and this will include many of the elements below. The link will be on the EoE Foundation webpage. <https://heeoee.hee.nhs.uk/foundation> as soon as this resource is live.
- HEE TEL have agreed that they will open the ELFH induction package so that it can be started and completed prior to allocation or start at a named trust. <https://www.e-lfh.org.uk/programmes/doctors-in-training-induction/>
- We are discussing the foundation programme e-learning access in a similar way
- We are asking if the BMA can open their e-learning to non-members <https://new-learning.bmj.com/>
- We have asked trusts whether 'Asked to see the Patient' resources can be shared within the groups and run in small group or via zoom for the new FiY1
- The foundation doctors handbook is now free to download <https://www.doctorshandbook.co.uk/>
- **E-learning for healthcare** has relevant modules:
  - covid-19 <https://bestpractice.bmj.com/topics/en-gb/3000168#important-update>,
  - Management of the acutely unwell patient <https://portal.e-lfh.org.uk/Component/Details/432231>
  - Assessment of a patient <https://portal.e-lfh.org.uk/Component/Details/431746>
  - Prescribing <https://portal.e-lfh.org.uk/Component/Details/432463>
- You will have access to the safe prescribing **script e-learning** as this has been made an open resource <https://www.safeprescriber.org/>.  
The most relevant modules are:
  - Principle of prescribing: prescription documentation
  - Principles of prescribing: taking a safe and effective drug history
  - Prescribing in emergencies: fluids
  - Managing the risks: medication errors
  - Therapeutic groups: sepsis
  - Prescribing in medical emergencies: anaphylaxis
  - Prescribing in medical emergencies: cardiac arrest
  - Prescribing in medical emergencies: diabetic emergencies

## Virtual Reality (VR) training

We have arranged for VR licences for all our home applicants that will start with us in August and will add you to this resource. We have negotiated for our incoming foundation doctors a **free trial** of 5 scenarios. **This will run in April and May only.** The VR company has offered you technical support. The VR can be done both in VR but also 2D on appropriate laptops and desktops. The use of VR is to practice in safety to feel confident in managing common clinical

situations. We are using your university email addresses as given to ORIEL to give you this access. **Please check for this email** to gain access to the resource, as you will receive an invite to

A company called in simu patient has also offered free access to their simulations. <https://pages.insimu.com/insimu-free-university-access/> Our trust FTPD have been given the email of the contact to set this up for their Trust as you will need to log in with a Trust email suffix. This may therefore only be possible as and when you join an EoE trust, although your medical school may also have taken this opportunity for access.

### Covid specific resources from the Royal Colleges which you might be interested to browse:

RCOG: <https://www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/>  
RCEM: <https://www.rcemlearning.co.uk/foamed/rcemlearning-coronavirus-covid19-tips-and-resources/>  
RCPsych: <https://www.rcpsych.ac.uk/about-us/responding-to-covid-19>  
RCGP: <https://www.rcgp.org.uk/policy/rcgp-policy-areas/covid-19-coronavirus.aspx>  
RCPCH: <https://www.rcpch.ac.uk/key-topics/covid-19>  
RCS: <https://www.rcseng.ac.uk/coronavirus/>  
HEE: <https://www.hee.nhs.uk/coronavirus-information-trainees>

### Other resources around COVID 19:

- The London School of Hygiene and Tropical Medicine have a **free online course** for 3 weeks on Covid-19 <https://www.lshtm.ac.uk/study/courses/short-courses/free-online-courses/coronavirus>
- **Cambridge University Hospitals** have a YouTube channel on covid-19 resources <https://www.youtube.com/channel/UCSp7px6h4DSbIPALwibiZrQ/videos?view=0&sort=da&flow=grid&app=desktop>
- **ICM anaesthesia** covid-19 learning resource <https://icmanaesthesiacovid-19.org/>
- **WHO** resources: <https://www.who.int/teams/risk-communication/health-sector>

### Wellbeing resources:

Again, to reiterate, our professional support and wellbeing unit (**PSW**) has lots of information on its webpage, and additional staff to support you. <https://heeoee.hee.nhs.uk/psw/east-england-professional-support-and-well-being-service>

### Other resources which you might find useful include:

- NHS employers: <https://www.nhsemployers.org/news/2020/03/free-access-to-wellbeing-apps-for-all-nhs-staff>
- Headspace: <https://work.headspace.com/nhs-clinical/member-enroll>. This is now free to all NHS workers
- NHS practitioner health: <https://www.practitionerhealth.nhs.uk/>
- Doctor support network: <https://www.dsn.org.uk/>
- BMA counselling: <https://www.bma.org.uk/advice/work-life-support/your-wellbeing/counselling-and-peer-support>
- NHS mental health site: <https://www.nhs.uk/oneyou/every-mind-matters/>

As new resources are developed, we will add these to our webpage:

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

Finally, on behalf of the East of England, thank you for graduating early and voluntarily commencing work early to help in these unprecedented times.

Yours Sincerely,

**Dr Helen Johnson**  
Foundation School Director  
Twitter: @hjohnson2FSD

Joint signatures and branding of medical schools to be added if agreed.

