

Keeping up to date and CPD

Thursday 8th October 2020

A large, stylized orange bracket shape that spans across the width of the page, positioned below the date text.

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Keeping up to date



WHO
AM I?

Think
about your
individual
needs



WHAT I
NEED?

Scope,
timescale
and focus



HOW TO
DO IT?

What
works best
for you?



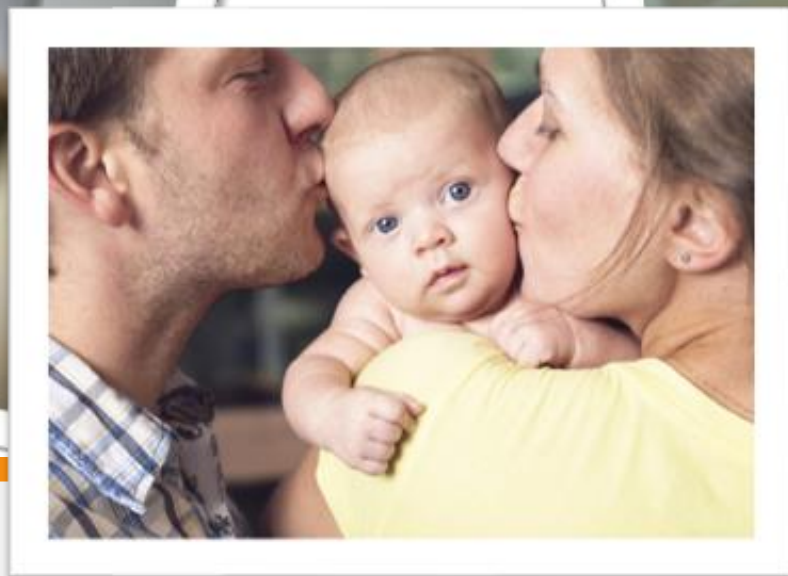
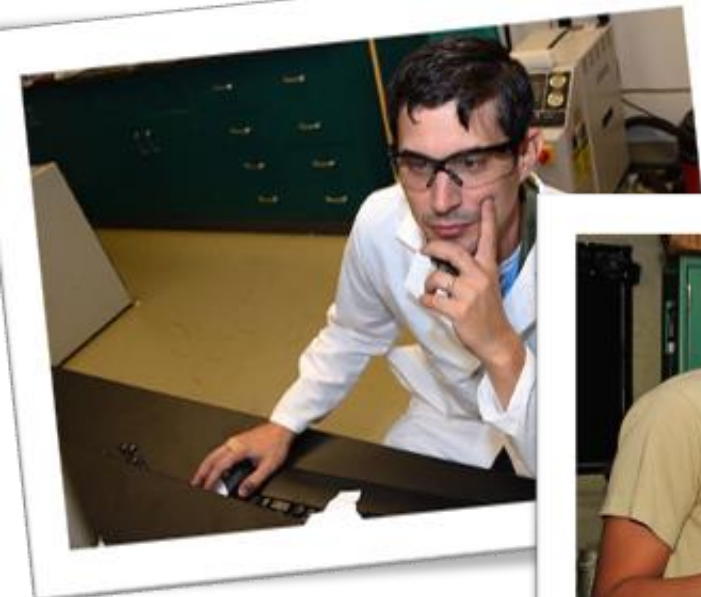
NET-
WORKING

Share
experience
and creative
thinking



MAKE A
PLAN

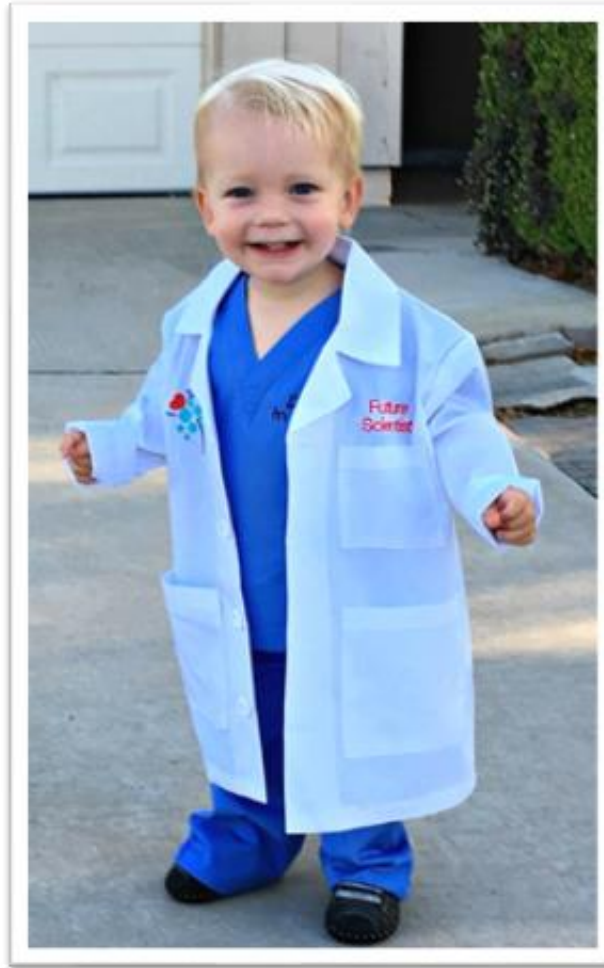
Moving
forward
with
confidence



Barriers to keeping up to date?







What do YOU need?

- What triggered the absence?
- Are you going to go back to the same role?
- Are you trainee?
- How long have you been away from practice?
- Where are you confident?



What do YOU need?

- Where do you feel you need additional training?
- Any new NICE Guidelines, practices or equipment?
- Will you need any adaptations or phased return?
- Has this made a difference to your revalidation?
- Do you need training on new equipment or new procedures?



What do YOU need?

- Have there been significant changes to the management of common conditions?
- Any other significant changes within your specialty?
- Have your role expectations changed?
- Any changes in the law that will effect your practice?
- Any developments in professional standards or ethics?



Revalidation...

... and appraisals

- Still engage in appraisal/ARCP = can be beneficial to attend and link in with programme leads/appraiser
- Keep records
 - Use a CPD diary
 - Work undertaken during absence
 - plans for education on returning to practice



Keep in touch locally...

- Stay on the department and PGMC mailing list
- Audit meetings
- Governance meetings
- Ask for copies of presentations given
- Shadowing (another F1, Med Spr etc)
- Clinics
- Procedures
- Grand rounds

Keep in touch regionally...

- Attend regional training days
- Regional conferences
- Keep teaching
- Get involved if you can



Keep in touch nationally...

- Conferences
- Live streaming
- Webinars
- Up to date guidelines
- Join / Continue to receive emails from national speciality specific organisations
e.g. Royal Colleges, AAGBI
- Follow journals on twitter / Facebook to see which articles are having the most impact

KIT / SPLIT Days

Maternity, paternity or adoption

- 10 days
- Good for still feeling linked to your specialty
- Courses, meetings, regional teaching, induction
- Can test out your childcare plan
- Change from your usual day
- From April 2019, if taken during A/L portion of leave (fully paid), employees can claim a day back in lieu



Conference and Courses

Where to look?

- Nationally and regionally
- RTCP;
 - Here! at HEE EoE 3 times a year
 - RESTART: Return to Anaesthesia Simulation
21/10/20 (Addenbrooke's) and 2021 (Chelmsford)
- GP refresher and returner schemes

Conference and Courses

Where to look?

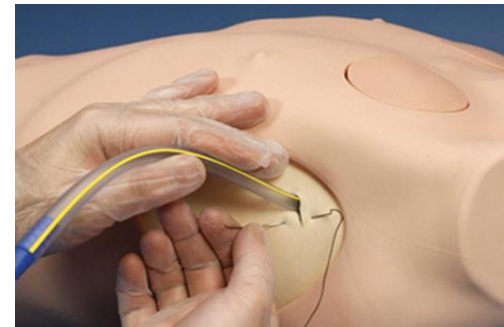
The screenshot shows the NHS Health Education England website. At the top, there is a navigation bar with 'East of England' and a 'Login' button. Below this is a search bar and a menu with items like 'Home', 'Medical Training', 'GP', 'Dental', 'Recruitment', 'Trainee Support', 'Educator Support', 'Contact', and 'Calendar of Events'. A 'PSW Menu' dropdown is also visible. Below the navigation, there are two featured images: 'Calendar of Events' showing a calendar and 'Regional Teaching Opportunities' showing a group of people in a meeting. The main content area is titled 'SupportTT Courses and Events' and contains a grid of event cards:

Return to Clinical Practice 12/03/2020	Return to Clinical Practice Day: Colchester Hospital 26/02/2020	SupportTT Acute Care course insight day - West Suffolk Hospital
COMETS	Procedural Skills	Return to Acute Clinical Practice in Obstetrics and Gynaecology
Cambridge - Return to Work Course - March 2020	GP Trainees: BringBaby courses	NANIME: Return to Clinical Practice Workshop 10th and 11th February 2020

At the bottom of the page, there are two small flyer thumbnails: 'Flyer - Return to Training: A Day in an Emergency Medical Unit' and 'SupportTT Return to Clinical Practice Day - Flyer 27/06/2018'.

What about practical skills?

- College and society resources
- E-learning
- Local courses
- Opportunity to attend procedural clinics
- Regional procedural courses
- ALS/APLS/NLS/ATLS
- Support and uncomplicated lists on return



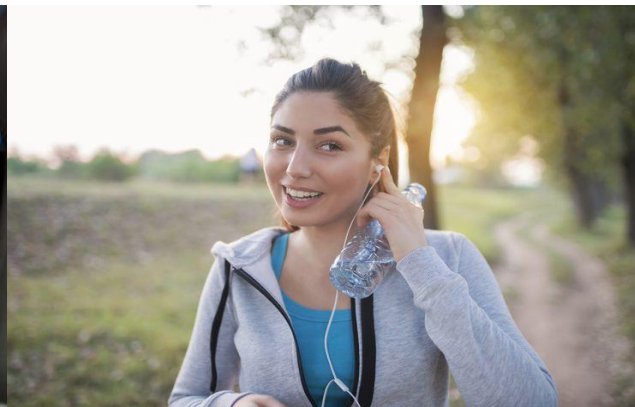
Making Social Media work for you...

- Twitter
- Facebook
- Skype with contacts
- Forums
- You Tube
- Networking, opportunity and support
- GMC guidance for social media



Making it accessible...

- Downloadable texts.
- Electronic journals.
- Podcasts.
- Traveling, commuting, lab-work, childcare, exercising, cleaning, making tea etc, etc, etc!



E-learning

College resources

Journal websites

Societies

PGME resources

E-learning portals

Trainee websites

Exam question banks

Area specific

Anything else?

BMJ Learning
Pastes⁺



Royal College of Physicians

Medical Masterclass

eIntegrity
healthcare e-learning

e-LfH **MIMS**
e-Learning for Healthcare **LEARNING**

Child-friendly conferences

- GAT Annual Scientific Meeting – parent and baby room
- Local meetings
- Or just take a family member / friend to help




Opportunity?

A large green circle with a slight gradient and a drop shadow.

Courses

A large blue circle with a slight gradient and a drop shadow.

**Linked in
profile**

A large red circle with a slight gradient and a drop shadow.

**Exam
preparation**

A large purple circle with a slight gradient and a drop shadow.

Qualifications

A large orange circle with a slight gradient and a drop shadow.

Teaching

Exercise: What's your game plan!...

- 2 minutes
- What are the key points that you're going to take away from this session?
- Write at least one point on the chat please



In summary

- Be prepared
- If possible plan your return with your employer before you leave clinical practice
- Try to fit keeping in touch in around the rest of your life





Health Education England



any questions...?

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Who can help?

British Medical Association www.bma.org.uk
General Medical Council www.gmc-uk.org
Royal College of Anaesthetists www.rcoa.ac.uk
College of Emergency Medicine www.rcem.ac.uk
Royal College of General Practitioners www.rcgp.org.uk
Royal College of Obstetricians and Gynaecologists
www.rcog.org.uk
Faculty of Occupational Medicine www.fom.ac.uk
Royal College of Ophthalmologists www.rcophth.ac.uk
Royal College of Paediatrics and Child Health
www.rcpch.ac.uk
Royal College of Pathologists www.rcpath.org
Faculty of Pharmaceutical Medicine www.fpm.org.uk
Royal College of Physicians of Edinburgh www.rcpe.ac.uk
Royal College of Physicians London www.rcplondon.ac.uk
Royal College of Physicians and Surgeons of Glasgow
www.rcpsg.ac.uk

Royal College of Psychiatrists www.rcpsych.ac.uk
Faculty of Public Health www.fph.org.uk
Royal College of Radiologists www.rcr.ac.uk
Royal College of Surgeons of Edinburgh www.rcsed.ac.uk
Royal College of Surgeons of England www.rcseng.ac.uk
Local deaneries www.copmed.org.uk/hee-offices-deaneries
Medical Women's Federation [www.medicalwomens
federation.org.uk](http://www.medicalwomens
federation.org.uk)
National Clinical Assessment Service www.ncas.nhs.uk
NHS Careers www.nhscareers.nhs.uk
NHS Employers www.nhsemployers.org
Academy of Medical Royal Colleges www.aomrc.org.uk
NHS Confederation www.nhsconfed.org
Physician Re-entry Website (USA)
www.physicianreentry.org

References

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AOMRC (2017) RTP Guidelines [online] Available at:

http://www.aomrc.org.uk/wp-content/uploads/2017/06/Return_to_Practice_guidance_2017_Revison_0617-2.pdf

BMA (2011) BMA Maternity Leave for NHS Medical Staff March 2011 [online] Available at: <https://www.gov.uk/employee-rights-when-on-leave>

BMA (no date) Returning to Work, online. [online] Available at: <https://www.bma.org.uk/advice/work-life-support/working-parents/returning-to-work>

GMC (no date) An introduction to revalidation [online] Available at: www.gmc-uk.org/doctors/revalidation/9627.asp