

Return to training activities (RTT-As) sheet

What are RTT-As?

They are activities that trainees can engage in to refresh their clinical knowledge and skills and prepare them for the emotional and psychological aspects of returning to training.

The list below includes different types of courses as well as self-directed activities, divided by where you might find them.

Which RTT-As should I do?

You won't have time to do everything so pick the activities that will address your biggest concerns. You can use the 'Planning exercise' if you need help identifying the key areas to focus on.

Is funding available for RTT-As?

Courses will usually be funded through KIT/SPLIT/SRTT days or study leave (see 'Funding guidance') and expenses, including childcare can be claimed from SupportTT.

With the explosion of e-resources especially video content, it is worth asking your trust if they will allocate 1 or 2 days to your self-directed learning. It's not realistic to expect you to provide certificates for completion of all self-directed learning but you should at least document them on your e-portfolio once you regain access

Deanery Website:

- EoE Return to clinical practice day
- Other SupportTT courses e.g. Imposter syndrome
- Non-clinical workshops e.g. assertiveness

Specialty school:

- Specialty specific RTT course
- Simulation/VR courses
- Regional training sessions
- Transition or leadership courses

Royal College:

- E-learning e.g. prescribing (SCRIPT)
- Specialty skill courses
- Clinic management courses
- Question banks/past papers

Department:

- Departmental teaching
- 1:1 skills refresher/emergency scenarios
- Access clinical guidelines
- Equipment training videos or guides

New Trust:

- Life support courses/refreshers
- Clinical skills lab
- Mandatory training modules

Virtual:

- Mobile apps eg Induction, BNF
- Educational blogs e.g FoamEd
- Podcasts
- Video content e.g recorded lectures, procedure videos, educational videos