



The increasing diversity of type of care provided by GPs in the urgent and unscheduled care setting dictates the need for all GP trainees to develop skills and competencies in this area. It is likely in the future that an increasing range of care will be provided out of normal surgery hours with different models of care including Urgent Care Centres, Walk In Centres, and 7 to 7 services provided across a range of practices.

In order to complete Out of Hours training, GP trainees (GPSTs) must work in the OOH and Unscheduled Care environment sufficiently to demonstrate evidence to support that they have achieved the six out of hours competencies:

1. Ability to manage common medical, surgical and psychiatric emergencies.
2. Understanding the organisational aspects of NHS out of hours care, nationally and at local level
3. The ability to make appropriate referral to hospitals and other professionals.
4. The demonstration of communication and consultation skills required for out of hours care.
5. Individual personal time and stress management.
6. Personal & other staff security/ safety.



**Trainees should ensure they plan their OOH training early in their GP posts.**

**OOH Providers should provide induction, and a named supervisor for every OOH shift.**

**The GPST new Junior Doctor contract still requires six hours a month of OOH work.**

There are guidelines for how GP Trainees undertake their OOH training in the East of England:

- Up to 10% can be counted either in induction, GP OOH courses, or observation of other OOH services (ambulance, OOH District Nurse, 111 service)
- 70-100% working a mix of telephone, base and mobile shifts in an approved OOH Provider
- Up to 20% working in a (training approved) non-standard OOH service such as an NHS Walk In Centre, or a Federation Saturday/ Sunday innovative 7 day service across several practices
- Trainees to book no more than 50% sessions with nurse OOH Clinical Supervisors

Trainees should always be able to discuss any case or issue with an approved OOH Clinical Supervisor/ Associate Trainer or Trainer; who would normally be a GP.