

Health Education England - East of England Trainee Newsletter - May 2021

As the full picture of the horrendous impact of the Covid pandemic in India, and indeed elsewhere in the world emerges, we at HEE are acutely aware of and concerned regarding the impact that this will be having for many of our Trainees, and indeed, Trainers and in so many differing ways.

We are therefore committed to provide whatever support and actions we can to help you through this most challenging of times and to ensure that we have in place readily accessible ways in which you can engage with us.

HEE is also very aware that, at any point in time, there are likely to be significant numbers of junior doctors from overseas working in the East of England. We particularly want to ensure that you are aware of these ways in which you can be supported and that you do not hesitate to seek help through the various routes mentioned below:

- Within your Trusts and depending on your personal preference, you may choose to approach your Educational Supervisor, College Tutor, Director of Medical Education (DME), Medical Staffing or Trust Occupational Health service all and any of whom would be an ideal local, first point of contact to help you access help and support.
- Within GP and depending on your preference, you may choose to contact your current trainer or practice manager, your Educational Supervisor, your Training Programme Director (TPD) or your Head of School. The Lead Employer also has a Health and Wellbeing service with access to Occupational Health.
- Within your Postgraduate School, your TPDs and Heads of School are also available for advice and support.
- Within the Deanery, our Professional Support and Wellbeing Service (PSW) remains committed to provide confidential support and help on a self-referral basis as well as through your trainers. Just contact our PSW direct via <https://heeoe.hee.nhs.uk/psw/east-england-professional-support-and-well-being-service>. In the prevailing circumstances this offer extends to your colleagues in locally employed posts, fellowships and other non-training grades.

Your Trust, Postgraduate Schools and HEE have at their discretion, and in conjunction with your employer, a wide range of supportive actions we can employ in these exceptional circumstances including consideration of compassionate leave or the granting of out of programme (OOP), if you wish to work for a short period as a clinician in India. So please do not hesitate to come forward through any of these routes and we will do whatever we are able to do to help.

Jonathan Waller
Deputy Postgraduate Dean

[The British Association of Physicians of Indian Origin \(BAPIO\)](#)

BAPIO has also recently issued the following information that you may find of interest:

BAPIO UK-India Teleclinic India is in a real crisis with #Covid19 2nd wave. BAPIO is planning to provide free telemedicine support to increase the manpower and health care staff in India.

If you are interested in helping, please register stating your area of expertise and local language skills. Even a small amount of your valuable time can have a significant impact in fighting the pandemic.

Please email bta@bapio.co.uk to register your interest. Your expertise will go a long way to help.

[BAPIO India COVID Fund](#)



[Central HEE wellbeing resources](#)

We know our learners strive to deliver the best possible care for patients, which is why it is crucial they look after their own mental and physical wellbeing.

[HEE Wellbeing Resources](#)



[Professional Support and Well-being \(PSW\) Service](#) [Impact of COVID-19 \(including for non-training grades\)](#)

Are you finding the impact of COVID-19 affecting your mental and/or physical well-being? If the answer is yes, you might want to consider a PSW referral. We are a confidential, non-punitive and supportive service. During the pandemic, we are accepting both educator (Form F) and self-referrals (Form C), which can be downloaded from our website today. Further information and guidance can be found by [Clicking Here](#).

[COVID-19 Displaced \(formerly known as shielding\) trainees.](#)

Updated national and local guidance has resulted in the requirement for a new form to be completed.

All trainees who are currently COVID displaced are required to complete the updated form.

Up to date information, alongside the new form, can be found by [Clicking Here](#).

PSW support and guidance for trainee doctors, dentists and educators can be accessed by completing one of our [referral forms](#) or get in touch via e-mail: psw.eoe@hee.nhs.uk



[Study Leave - Covid Related Support](#)

In recognition of the current challenges with “normal” examination preparation resulting from the COVID19 pandemic, HEE EoE are pleased to continue to provide additional study leave funding support to trainees in relation to exams for the 2021/22 financial year.

If a trainee has received study leave funding for an examination preparation course for a curriculum-required Royal College examination and then fails the examination, they may apply for funding to support further examination preparation course(s) prior to subsequent attempts at the examination. All other previous funding guidelines apply.

- A maximum of £1000 can be claimed per attempt at an examination (or part of an examination).
- Applications and claims can be managed locally.
- Trainees will be required to follow the local study leave process and include relevant evidence with their claims.

In order to ensure that we make best use of the study leave budget and maximise your chances of passing the examination at your next attempt, can we also ask that, if you fail a part of an examination twice or more, you also self-refer to the [Professional Support and Wellbeing Service \(PSW\)](#), so that they can assess whether you might benefit from other forms of examination support.

Please be aware that this offer is for examination preparation courses only; HEE does not fund examination fees or any other curriculum-related knowledge-based assessments such as Diplomas.



Out of Programme Pause (OOPP)

Out of Program Pause is a new opportunity where trainees can step off training to undertake NHS work or similar patient facing work in the UK. They can potentially accrue skills and capabilities which will count towards their training. OOP(P) has been piloted in other regions and, because of the pandemic, is being rolled out nationally.

Less Than Full Time training Category 3 Expansion

As part of the HEE medical education reform programme (MERP) to support the wellbeing of our trainees by offering greater flexibility, all trainees in existing training programmes at time of application would be able to apply for the lead in year of Category 3 LTFT for the training year beginning August 2021. The revised offer is to help address trainee burnout, fatigue and to support our trainees so they can take time to recover from the pandemic and help them to restore work life balance.

This would not include trainees in the Foundation programme. The Foundation Programme trainees not eligible to apply would be able to enter the lead in year in August 2022. This is because of a need for further exploration with the GMC and other partners prior to implementation due to the very short time limited nature of the programme.

The table below outlines the approach to those specialties that Cat 3 has been expanded to as of August 2021.

Specialty	Lead in period go live	Full model implementation go live
Higher Physician Specialties	August 2021	August 2022
Intensive Care Medicine	August 2021	August 2022
Higher Psychiatry	August 2021	August 2022
Higher Radiology	August 2021	August 2022

More information can be found on the [LTFT pages of the HEE, EoE website](#).



Update on the New Travel and Relocation Framework

The old East of England Relocation Policy will cease on 31st March 2021 and all trainees will come under the new framework. All applications with effect from 1st April 2021 will be processed using the new framework. All existing agreements will be upheld.

For more information, please visit the [Relocation pages of the Health Education England, East of England website](#).



LEAF (Learning to be Educators And Facilitators)

We have some spaces available in each of our remaining cohorts, so please sign up to our waiting list linked on the webpage below if you would like to attend:

<https://heeoee.hee.nhs.uk/faculty-educators/learning-be-educators-and-facilitators>

Next cohorts will be arranged for delivery in September 2021 and will be included on the website.



[GMC Trainee Survey](#)

The GMC National Training Survey opened on 20th April 2021 and close on 18th May 2021. Please ensure that you complete the survey to provide useful feedback to the GMC when the information is circulated.

[ARCP and Revalidation Team update](#)

As the busy summer ARCP period kicks off please can you ensure that your portfolio is up to date at least 1 week before your ARCP, ensure your Educational Supervisor Report is available to the panel and that you have submitted your Form R part b to the assessment team. Any enquiries regarding your ARCP please email assessment.eoe@hee.nhs.uk for any enquires regarding revalidation please email revalidation.eoe@hee.nhs.uk or [visit our webpage](#)



[Twitter - @EoETrainees2020](#)

Our new 'EoE Trainee' Twitter page is now LIVE! This is designed to bring you updates and information as it becomes available: bit.ly/eoetrainees – we hope you find this to be a useful resource at a very challenging time.

 [@EoETrainees2020](https://twitter.com/EoETrainees2020)