

Welcome to the North Central and East London Foundation School

Information for applicants
2021

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FSD NCEL

Important Contacts 1

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<https://lasepgmdesupport.hee.nhs.uk/support/home>

<http://lonkssfoundation.hee.nhs.uk>

Important Contacts 2

- * Stuart Morris – Operations Manager HET

- * Stefania De Maria - Officer for NCEL, HET

- * 02078663216

- <https://lasepgmdesupport.hee.nhs.uk/support/home>

- <http://lonkssfoundation.hee.nhs.uk/>

Who We Are

NCEL Foundation School is usually based in Stewart House, Russell Square as part of Health Education London

Responsible for training and accrediting Foundation Doctors.

- * Foundation Year 1
- * Foundation Year 2
- * Academic Foundation Training

What We Do

- * Match Foundation Trainees to Placements
- * Educational Contract with Trusts
- * Sign Off
- * Monitoring Quality

GMC registration

- * Provisional registration essential to start F1
- * Can only be held for 3 years and 30 days
- * Full GMC registration awarded at end of F1 on satisfactory completion, requirement to work in UK
- * Revalidation with GMC a continuous requirement



What is Foundation training?

Foundation Training

- 2 year programme
- Provides generic training
- Provides the opportunity to develop leadership, team working organisational and supervisory skills
- Provides each foundation doctor with a variety of workplace experience to inform career choice
- The purpose is **not** to provide specialty training
- Builds on undergraduate education

Foundation Training

- * Requires completing 12 months at F1 and F2
- * Completion is both competency and time based around new curriculum from August 2021
- * Requires completion of work based assessments, PDP reflections and supervisor meetings on Horus
- * The foundation quality charter was launched in 2020 and includes a requirement for self development time

Rotations

- * 3x 4 month jobs per year
- * Usually linked FY1 and FY2 though (some schools you have to apply for FY2 during FY1)
- * Everyone should do 1 Community placement within 2 years of Foundation training
- * 45% have Psychiatry post within the 2 years
- * Usually 4 months A&E or Medical Assessment unit in FY2
- * Usually no repetition of specialties
- * Swap shop-there is a single opportunity to swap an F2 post or a whole rotation, this process is usually run in February

Where We Place Trainees 1

- * North Middlesex University Hospital
- * Royal Free NHS Foundation Trust
- * Barnet and Chase Farm
- * University College London NHS Trust
- * Whittington Health NHS Trust

Where We Place Trainees 2

Barts Health NHS Trust

-(Royal London, St
Bartholomew's, Newham,
Whipps Cross)

Homerton University Hospital
NHS Trust

Barking, Havering, Redbridge
University Hospital NHS Trust
-(King George, Queens Hospital)



Programme Allocation

- * Standard Foundation allocation information released on 11th March
- * Programme preferencing opens 11th March
- Programme ranking specific to each school closes 30th March
- Notification of programme 8th April

-Rank as many as you can - If all your choices are taken, you will be allocated a random programme

- Allocation is by Application Score

If you decline your allocation of either Foundation School (UoA) or programme, you must withdraw from this year's application process.

Programme allocation

- * It is important to note that the NHS is a constantly changing system and even after being matched to an individual programme, there will be situations when placements within that programme may change because of service redesign, working time directive regulations or national directives (UK-wide)

What to think about for ranking

- * Breadth of experience
- * Specialities of interest, location ,GP experience
- * Opportunities to try out specialties might not have considered before
- * Best posts to gain experience and demonstrate competences
- * Development of your portfolio

Should I pick rotations matching my career aim?

- * Foundation is a generic programme
- * Might be useful for subsequent applications and interviews
- * Useful to confirm career choice
- * But may be only opportunity for exposure to different specialties and gain broad skills

Less than full time training

- * Eligibility:

- * Category 1

- * 1. Disability or health
- * 2. Parental responsibilities
- * 3. Caring responsibility

- * Category 2

- * Unique opportunities,
- * religious commitment,
- * non medical development

- * Application submitted to HEE and assessed against criteria

- * FSD must be made aware

- * Percentage LTFT 50-80%

Less than full time training

* Consequences of LTFT

- * Longer training e.g training at 80% in FT will mean an additional 4 months at FT. 60% additional 8 months (5 and 6 rotations respectively)
- * Aim for placement in slot shares with another LTFT colleague
- * Will result in being out of synch with training peer group
- * Pro rata on call, pro rata pay
- * Reflects the same balance of work as their full-time colleagues.
- * Trainees are able to change LTFT% but there is a notification time flex of 16 weeks

F1 commencement

- * Late July / early August all new F1s required to attend a pre-employment shadowing period
- * Employing Trust will provide details
- * Start of your F1 post is 4th August 2021

Before you start

- * Pre employment checks – Occupational Health, Disclosure Barring Service (Previously CRB checks)
- * Employment Contract
- * STEP (supporting trainees entering Practice) form – must be completed from 11th March.
- * Foundation School Registration Form – online

STEP 1

- * STEP (supporting trainees entering Practice) form – must be completed from 11th March.
- * If you think you have specific needs you should make contact with the allocated trust and /or the FS as additional support may be required

STEP 2

- * Graduates who have not worked in the UK before or who have been out of practice for 2 years or more are strongly advised to arrange an extended induction , usually 3 weeks, please contact the FS
- * You should also consider booking yourself on a Welcome to the NHS course run by GMC which is free

After you start

- * Look after yourself -health and sleep are important
- * Ask for help if you need it!

- * Remember professionalism
- * Punctuality and probity are important too

After you start 2

E mail

- * **Email addresses**
- * • Ensure that you have a functioning professional e-mail address and that you have informed FS (avoid Hotmail etc as spam filters block some e-mails)
- * • Important to separate social and professional e-mails and identity –

Social media

- * Social Media
- * Employer's policies plus guidance from GMC and BMA
- * Ensure patient confidentiality is never breached
- * Care with WhatsApp

Curriculum

Competency based and an emphasis on team working and personal qualities

It is necessary to complete the necessary time period of 24 months for Foundation training or equivalent if LTFT

e-portfolio (Horus) completion

Clinical supervisor, educational supervisor and foundation training programme director
useful support in Trust

New curriculum in development for August 2021

Horus

Important that you learn how to use this early to benefit your training –now and in the future

- Educational planning
- Reinforce your learning
- Record of achievements

Not just a tick box exercise

Prescribing Safety Assessment (PSA)

- * Passing the Prescribing Safety Assessment is essential for successful completion of the F1 year
- * If you have not yet passed, or passed more than 2 years ago, you will need to sit the PSA. Ask your Trust Foundation Administrator about arrangements. First sitting is usually in September
- * Ask your FTPD/prescribing lead about suitable SCRIPT modules to help you

Your Trust

Your trust should provide you with:

- * Appropriate learning experience
- * A minimum of 30 hours curriculum based teaching and opportunities for a minimum additional 30 hours of education e.g. Departmental teaching, x-ray meetings mortality and morbidity meetings, QIP/audit meetings
- * Access to the Guardian of Safe Working Hours
- * Access to careers advice / guidance
- * Representation at local faculty group via elected F1 representative

The background is a solid blue color with several white, wavy, overlapping lines that create a sense of movement and depth. The lines are smooth and curve across the frame.

ENJOY YOUR FOUNDATION TRAINING!

We look forward to welcoming you to the school

Questions

