



# SES PAEDIATRIC TRAINEES WINTER NEWSLETTER



## Microsoft Teams

[SES Paediatric Trainees](#)

## Facebook Group:

[SES Paediatrics Trainees](#)

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Goodness it's cold! Hope you are all keeping warm (but not febrile) during the depths of this never-ending winter.

Progress + rotations have been finalised. It's pretty much what was drafted before. Please ask if there are questions and also speak with your supervisors if you have specific future plans. The earlier they know the better.

The bosses continue to praise the hard work of all the trainees; be it in the DGHS, neonates or the mothership. The children of SES are very lucky to have you all looking after them ♥

Wishing everyone a Merry Christmas and happy holidays!

Chris and Bryony





## PAFTA Winners! 🏆

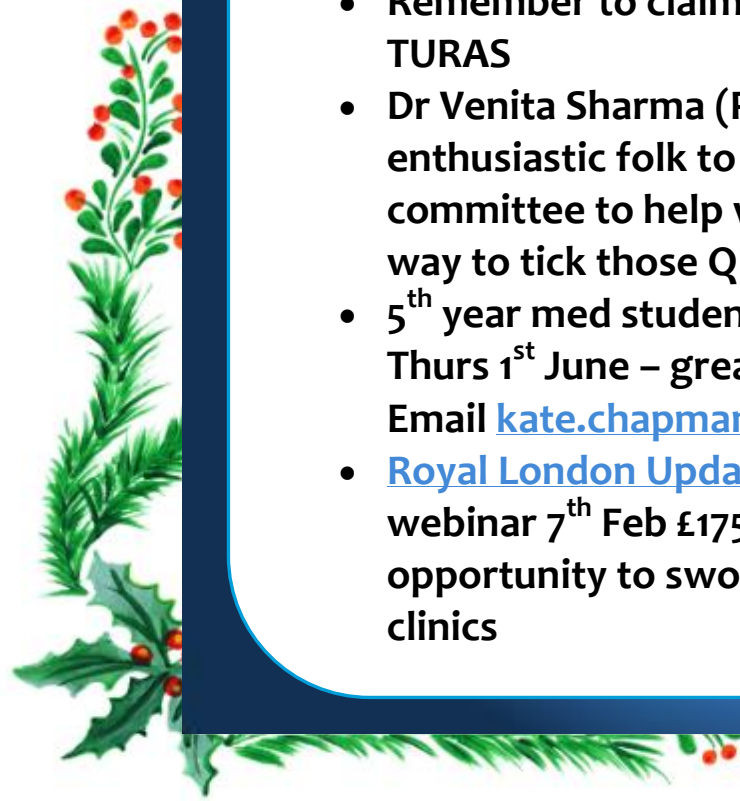
- SES Junior Trainee: Charlotte Lau
- SES & Scotland Senior Trainee: Kirsty Hogg
- SES STARS: Hilary Cruikshank

Huge congratulations to our winners and especially Kirsty who is the overall Scotland Senior Trainee winner! Fingers crossed she wins at the National PAFTAs at RCPCH conference 2023!



## Education [Friday RHCYP teaching](#) (Kate H, Dave C, Vijay)

- Remember to claim study budget £650/year via TURAS
- Dr Venita Sharma (PARU cons) is looking for enthusiastic folk to join the Clinical Guidelines committee to help with RHCYP Guidelines – great way to tick those QI boxes!
- 5<sup>th</sup> year med student OSCE dates: Fri 3<sup>rd</sup> March & Thurs 1<sup>st</sup> June – great day out for all!  
Email [kate.chapman-rounds@ed.ac.uk](mailto:kate.chapman-rounds@ed.ac.uk) if interested
- [Royal London Update for paediatricians](#) – online webinar 7<sup>th</sup> Feb £175 if paid before Jan. Great opportunity to swot up for general outpatient clinics



## Progress + SES rotations Aug'23

ST1	6/12: PARU + SJH; 6/12 NNU (Simpsons)
ST2	8/12 PARU + specs/HDU/CP hub; 4/12 NNU
ST3	6/12 DGH; 6/12 CCH + CAMHs
ST4	4/12 NNU Reg; 4/12 PCCU; 4/12 Specs (RHCYP)
ST5-7	18/12 DGH (6/12 rotations) 18/12 Specs inc PARU, NNU, PCCU (6/12 rotations) (SPIN 1 year)  OR  GRID 3 years

### Notes

- ST1 – no change
- ST2 – new opportunity in CP hub
- ST3 – current ST3s will technically have missed CCH but will have opportunity to be slotted into CCH later on in training
- ST4 – 4 month blocks have potential to be extended to 6 months depending on competencies and if LTFT
- ST5-7 – no change

Please ask if there are any questions!



## Kaizen “continuous improvement”

- Minicex and CBDs – to show a breadth of experience
- Safeguarding CBD – at least one a year
- Remember to engage with your “Skills log”
- “Development log” for reflections/meetings/grand rounds and delivering teaching (can now ask for feedback on teaching form!)

### BE GENEROUS WITH YOUR CURRICULUM TAGGING

- Why give gifts when you can gift out MSFs?
- Are your life support courses up to date?
- Child Protection certificates up to date?
- [Training Services](#) for any Kaizen difficulties



Thank you for taking the time to read through this edition.

Happy Holidays everyone!



## Wellbeing “A hug is always the right size” *Winnie the Pooh*

We’re going through a tough winter.

Please continue to look after yourselves and each other.

Chris’ top tip: Service with a smile and hug often to keep warm (social distancing what’s that?)

Don’t forget to [GREATix](#) all your awesome colleagues!!