

SES PAEDIATRIC TRAINEES NEARLY AUTUMN NEWSLETTER



Microsoft Teams

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Welcome to your (nearly) autumn newsletter! Summer feels like it's over but we're still in August. That means new trainees, new placements and a new curriculum! Progress+ is finally here so we hope you're all prepared. If not, do not worry as there are plenty of resources on the RCPCH website to guide you. The next page has some pointers to help kick start your Progress (see what I did there?).

More training information can be found on the [Scottish School of Paediatrics](#) website for example OOP and LTFT.

We hope you're all settling nicely into your new roles, making new friends and meeting some old ones.

Give us a shout if you need anything!

Chris and Brvonv



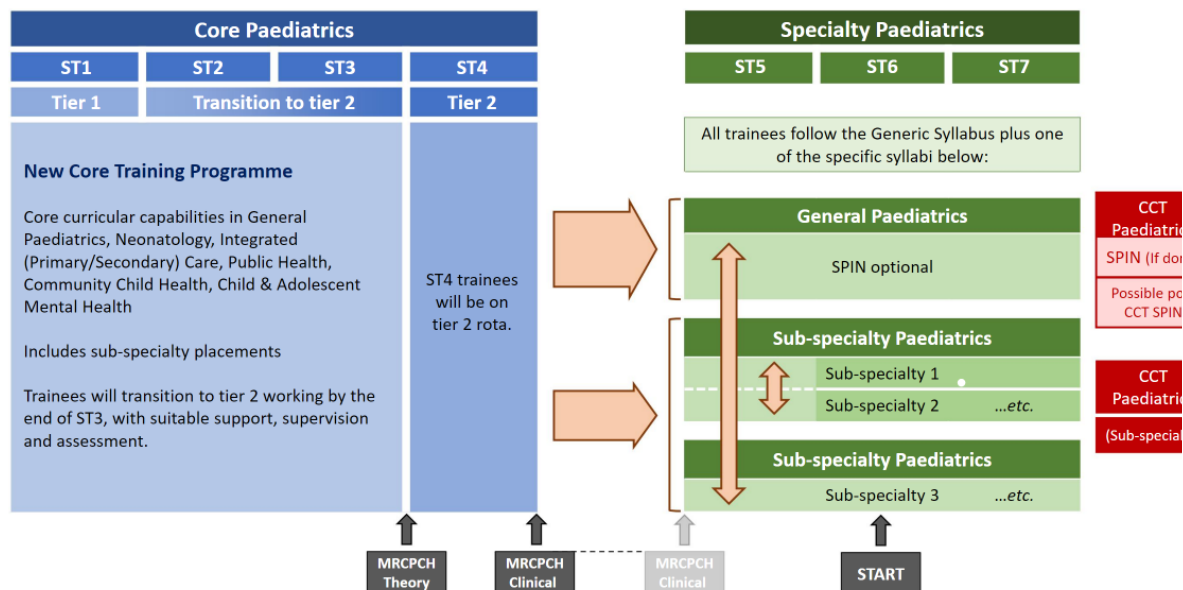
Progress+ is here! 8 years to 7 years, 3 levels to 2 levels

- Minor revamp to the curriculum: 11 Domains remain
- Generic syllabus: “Core” for ST1-ST4 and “Specialty” for ST5-ST7
- ST5-ST7 will also have a “Sub-Specialty” syllabus to complete as well (e.g. gen paed or GRID sub-spec)
- Key capabilities have changed ever so slightly – check syllabus documents and familiarise yourself with “new” curriculum

Progress+ Curriculum (Generic and Subspec)

Generic Core Syllabus ST1-ST4

Generic Specialty ST5+ Syllabus



Risr: New name, same game (!) <- click to access

- Remember to double check your correct grade nomenclature if you're switching from old to new curriculum
- What Am I? ST4+ or ST5 (C4) guide
- Add training post with “Add Supervisor and Core/Specialty level training post” (1 form per placement i.e new form 4/6 monthly)
 - Complete “Supervision Reports (all options)” for:
 - Induction meeting with PDP (Ed sup)
 - Clinical Supervisor Induction Meeting
 - Tag “Key capabilities” to your syllabus
 - ST5+ trainees to tag to Generic syllabus and Sub-Specialty syllabus (oh man there's two!)
 - By now, old tags and curriculums should have been pulled across to Progress+ and retagged to the new curriculum
 - Assessments remain the same (Mini-CEX, CBDs, DOPS etc)

Assessment guide and requirements for ARCP

Email [Training Services](#) for any Risr difficulties

Wonderful Wizardry World of Paediatrics

A big thank you to Cesca Ritchie for organising our magical social event. We welcomed our new trainees with Quidditch pong, a master class in Defence Against the Dark Arts with Professor Emo the Panda and a tantalising taste bud test in Potions class.

We finished the evening with a mind boggling Harry Potter trivia quiz with an array of challenging questions that would've given TAS a run for its money!

Congratulations to Slytherin for winning the house cup! It was great to see lots of new and old faces and we hope to have plenty more fun filled socials in the future!



Finances Every little helps!

Study budget is £600/year/trainee Apr-Mar

Inc up to £100 accommodation fees

Apply via [TURAS](#)

[Study leave application guide](#)

CCH endowment fund: available to all trainees if applying for CCH training opportunities

Email [Ailis Orr](#)

[Blue Light Card](#) - £4.99 for 2 yrs: various discounts

[The Company Shop](#) - Free for NHS: Heavily discounted food shop in Wester Hailes. Short shelf life and variable stock but really good for stocking up the freezer

Any other discounts please feel free to share!

[P87 Form](#) – Claim tax on professional expenses: GMC, RCPCH, Exams, Indemnity etc

Payroll queries via <https://nhsnss.service-now.com/nhslpay>

Education [Friday RHCYP teaching](#) (Chris (Thomas)² Forbes)

- There's plenty of opportunity for UG and PG education
- Email [Val Rae](#) (Med Ed Fellow) for more info on UG and PG education and how to get involved
- 5th year medical student OSCE dates between 30 Oct – 10 Nov, more info will be sent out if you wish to help
- RHCYP “Library” in Castle Mey office: please donate any old books. Also check out “Trainee” folder on shared drive
- Friday ST Teaching MS teams folder has recordings and slides if you've missed any teaching sessions

Wellbeing *“One can never have enough socks” Albus*

Dumbledore

Please do get in contact with your supervisors if you're struggling or need any advice. Remember your mentor buddies too!

The [peer support team](#) are always here to help too.

Doctors in training in NHS Lothian can use Trickle to ask questions to management about training, pay, parking, well being etc. It's a great way to keep up to date with management and training in Lothian.

- [Trickle app](#)
- Team ID: nhs-lothian-dit

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

PAFTAS Paediatric Awards For Training Achievements

- The annual awards for paediatric trainees are back!
- Nominate who you think is the best junior & senior trainee, Ed sup and AHP that embodies the values of the RCPCH
- Anyone can nominate a trainee/supervisor/AHP
- Nominations in each category are judged by an external panel. The winners of each deanery will then be judged by the Scottish Paediatric Society to crown the Scottish winners!
- Winners will then compete in the UK wide PAFTAs!!!
- Nominations will open in Sept – stay tuned 🏆

Tea with TPDs spilling the T

- Got a question you want to ask the bosses?
- Want to find out all the latest news?
- The famous F2F sessions with the TPDs will be returning!
- Bring your finest china and scones (see below)

- Speaking of T:

Ailis Orr is our new TPD! Laura Jones will continue as TPD and will support Ailis in her new role. We look forward to a new paediatric training era with a new curriculum and TPD!

Scones (makes 10)

Dry ingredients:

Self-raising flour 225g

Butter 60g

Caster sugar 30g

Baking powder 1 teaspoon

Pinch of salt

1 egg

Milk full fat ~100mls

- Oven fan 200C

- Mix dry ingredients in a bowl to make a crumble

- Beat the egg separately and add the milk to a volume of 120mls (put 1 tbsp aside for the egg wash)

- Add egg/milk mixture to the crumble to make a wet dough

- Roll out flat to ~3cm thick (don't knead)

- Cut out scones with 8cm cutter (push straight down, don't twist or they won't rise) and brush with egg wash

- Bake in oven for 10-12mins

- Enjoy with clotted cream and jam

Mary Berry

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

Once again, please do let us know on any feedback you may have that we can bring to the next trainee committee meeting, 24th August.

Some questions to consider:

How was induction?

Anything that was missed?

Is your new role clear?

Were your training needs met in your previous post?