Specialty:  General Practice
Central Edinburgh

Deanery sponsoring programme: South East Scotland
Postgraduate Dean: Professor Bill Reid
Responsible Associate Dean/GP Director: Professor Anthea Lints

Programme Type -
- Deanery-based or National: Deanery
- Specialty or Sub-specialty: GP - Specialty
Date of GMC recent approval: August 2010
Associated Royal College / Faculty South East Faculty, Royal College of General Practitioners

Web address http://www.rcgp.org.uk/
Curriculum and Associated Assessment System http://www.gmc-uk.org/education/postgraduate/gp.asp

Date programme information last updated October 2013

Recognised Programme Locations and Environments
This programme involves placements in some or all of these Health Boards and hospitals:

**NHS Lothian**
- Royal Infirmary Edinburgh
- Astley Ainslie Hospital, Edinburgh
- Western General Hospital, Edinburgh
- Liberton Hospital
- Royal Victoria Hospital
- Royal Edinburgh Hospital
- St John’s Hospital, Livingston

**NHS Fife**
- Victoria Hospital, Kirkcaldy
- Queen Margaret Hospital, Dunfermline
- Forth Park Hospital

**NHS Borders**
- Borders General Hospital

**GP Practices you may be allocated to one or more of these dependent on current vacancy**

<table>
<thead>
<tr>
<th>Braids Medical Practice</th>
<th>Bellevue Medical Centre</th>
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<tbody>
<tr>
<td>Bruntsfield Medical Practice</td>
<td>Leith Walk Surgery</td>
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<tr>
<td>Grange Medical Group</td>
<td>Eyre Medical Practice</td>
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<td>Craigmillar Medical Group</td>
<td>Gilmore Medical Practice</td>
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<tr>
<td>University Health Centre</td>
<td>Inchpark Surgery</td>
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<tr>
<td>Mackenzie Medical Centre</td>
<td>Liberton Medical Group</td>
</tr>
<tr>
<td>Stockbridge Medical Practice (Blue)</td>
<td>Springwell Medical Centre</td>
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<tr>
<td>Stockbridge Medical Practice (Green)</td>
<td>West End Medical Practice</td>
</tr>
</tbody>
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Programme Director MeiLing Denney
Contact MeiLing.denney@nes.scot.nhs.uk
Programme Description

Why choose this programme

Edinburgh’s coast and countryside offer a beautiful backdrop to the towering grace of the capital. This is a historic setting, with castles, great houses and miles of glorious coastline. It is also the ancient home of the game of golf. The city offers a huge number and variety of facilities for all tastes and hosts the famous Festival each August. If it’s happening, it’s happening here, this is truly a 24-hour city. Situated beside the river Forth Edinburgh is within easy reach of the countryside and the Highlands are within easy driving distance. Good transport systems allow easy travel within the city as well as access to the rest of the UK and abroad. Edinburgh has an excellent reputation for medical teaching and training.

Fife offers an ideal setting for general practice specialist training combining picturesque inland and fishing villages with the attraction and proximity of larger towns. There is much of historic interest and an active cultural life with several theatres and galleries. It lies within easy commuter distance of Edinburgh. Communication links are well developed with good bus and train services to Edinburgh and easy access by road to Perthshire and the Highlands.

There are excellent leisure facilities in the area including golf, cycling and coastal walks. Fife also offers excellent career prospects with many of those who have completed the training schemes settling in Fife.

Trainees comments:

“Great combination of district general posts within commuting distance, working in the busiest A&E in Scotland, getting some vital Paeds experience and working in a medium sized teaching practice in Edinburgh in ST3.”

AND

“Having trained and lived in Edinburgh and surrounds for nearly 10 years, I was confident that this programme struck a good balance for GP training with respect to relevant hospital posts and an excellent grounding in General Practice. The Educational Release Programme is well organised and the GP Unit is helpful and quick to act on any queries. There’s a wide range of personalities attracted to the SE Scotland GPST schemes which reflects the broad geographical catchment area and makes for interesting peer group sessions. For me, most important is the quality and amount of one on one time and feedback with my trainer, and I’ve heard plenty of other positive opinions on this from other trainees here.”

Central Edinburgh Training Placements

The hospital posts are located in Edinburgh with a number of posts in use from Fife, Borders or West Lothian, this will provide you with a varied clinical experience and the different specialties offer first class clinical training and highlight the interface with general practice. The specialties include: Medicine, Care of the Elderly, A&E, Psychiatry, Paediatrics, Obstetrics & Gynaecology, Family Planning, ENT, Medical Oncology and Palliative Medicine.

We have a variety of training practices in urban, suburban and rural areas. Most have two Educational Supervisors (ES), who are all committed and enthusiastic trainers. A huge breadth of experience awaits you. These ES’s and training practices are appraised on a regular basis and meet and exceed the education requirements of the region and GMC. Although we appreciate that you might wish to choose a particular practice, the reality is that you might be allocated anywhere in the programme geographical area. However, all of these offer excellent experience working in a multidisciplinary team with all members of the team involved in training. The region has an excellent training record with higher than average pass rates for MRCGP. These high standards are reflected in the recent GMC and NES ES
Support and Supervision

In the Edinburgh Central (5) GP Training Programme you will be allocated to a GP practice, in Edinburgh, which will be your final post. Your GP trainer will be your educational supervisor (ES) over the 3 or 4 years. You will attend this practice on a regular basis during the hospital phase in order that your whole educational experience is focused on your goal of becoming a GP. Your ES will provide you with educational support and guidance throughout the 3 or 4 years and is in turn supported by Programme Director, Course Organizers, Hospital Clinical Supervisors and Associate Advisors.

You will also have a named hospital clinical supervisor who will provide regular formative feedback through an appraisal process and you will be required to maintain the RCGP electronic portfolio of clinical experience throughout your three or four years (e-portfolio). Your clinical supervisor and GP ES will liaise closely with you to maximize your potential as a doctor.

Central Edinburgh Rotation Information

A number of three and four year programmes will be offered, (please see indicative numbers information) with the first year consisting of 6 months in a Medical hospital post plus 6 months in General Practice. The second year rotating through a further 2 six month hospital posts and the final year in General Practice. Four year programmes have an additional hospital year, usually at the beginning.

Specialty Information (Please note the rotations may vary from year to year but will always provide broad and balanced placements which meet RCGP and GMC requirements) some placements will be in Fife

### POSSIBLE EXAMPLE ROTATION 1: 4 Year programme

<table>
<thead>
<tr>
<th>GPST 1.1</th>
<th>GPST 1.2</th>
<th>GPST 2</th>
<th>GPST 3</th>
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<tbody>
<tr>
<td>6 months</td>
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<tr>
<td>Geriatric Medicine Edinburgh</td>
<td>O/G VHK Kirkcaldy</td>
<td>GP Edinburgh</td>
<td>General medicine</td>
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<td></td>
<td></td>
<td></td>
<td>Medical paediatrics VHK Kirkcaldy</td>
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<td></td>
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<td>General Psychiatry</td>
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### POSSIBLE EXAMPLE ROTATION 2: 4 Year programme

<table>
<thead>
<tr>
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<td>6 months</td>
<td>6 months</td>
<td>6 months</td>
</tr>
<tr>
<td>General Medicine Edinburgh</td>
<td>GP Edinburgh</td>
<td>O/G VHK Kirkcaldy</td>
<td>Rehab medicine Edinburgh</td>
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<td>ENT Livingston</td>
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<td></td>
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<td>General Psychiatry Edinburgh</td>
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</tbody>
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### POSSIBLE EXAMPLE ROTATION 3: 3 year programme

<table>
<thead>
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<th>GPST 3</th>
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<td>General Psychiatry Edinburgh</td>
<td>Medical Paediatrics VHK Kirkcaldy</td>
</tr>
<tr>
<td></td>
<td></td>
<td>GP Edinburgh</td>
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</tbody>
</table>

In the first year you will be attached to a GP practice. Normally this will also be your final post, but it may be that circumstances change and your final post may be in a different practice. This is particularly true for those taking time...
out of their programme for maternity or sickness leave, or for an Out Of Programme Experience year. However, while sacrificing some continuity, trainees find that they benefit from gaining experience in often contrasting practices and patient populations.

Attachment to an allocated training practice throughout the hospital training offers a regular opportunity to link work in the hospital unit specialty with general practice. Trainees find this a very useful introduction to general practice. You will have an induction day to the practice at the start of training then regular contact throughout your time in hospital posts. Your educational supervisor will perform 6 monthly reviews and annual reviews in line with RCGP work place based assessment.

Learning

South East Scotland has introduced a spiral curriculum to ensure that our educational input allows you to meet the requirements of the RCGP GP Curriculum. We have therefore created learning opportunities appropriate to your level of training throughout your programme. These include:

- Educational release programmes during the GP Placements in ST1 and ST3 focusing on small group learning using both GP and peer facilitation, including Practice Based Small Group Learning as an additional resource for trainees.
- A menu of learning opportunities throughout your hospital placements (HBGL).
  - An Induction to GP training day
  - A Core Curriculum Course Day to guide you through the curriculum.
  - An Introduction to ST1 Educational Release Programme
  - 4 further courses to cover a variety of topics
  - An ST3 Induction and preparation for GPST3
  - A GPST trainee weekly educational programme has been introduced in the Fife hospitals to deliver RCGP curriculum based education.
- GP Attachment days to visit your “home ST3” training practice
- In term two of the ST3 programme you are offered the opportunity to take a number of modules to prepare yourself for the challenges of changing General Practice ahead:
  - Doctor as Teacher
  - Occupational Medicine
  - Practice based small group learning.
  - The Effective GP
South East Scotland Deanery holds an annual audit prize for trainees. All educational support material and learning resources are housed in a web-based e-learning environment which you are invited to explore at [http://gpst.mvm.ed.ac.uk/](http://gpst.mvm.ed.ac.uk/).

At the end of your training there is the opportunity to apply for a small number of further career development fellowships in areas such as "Education", "Research", "Rural General Practice" and "Public Health".

**How to apply**

[http://www.scotmt.scot.nhs.uk](http://www.scotmt.scot.nhs.uk)

**Deanery Administrative Contacts**

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West Port
102 Westport
Edinburgh
EH3 9DN

Email: gp.unit@nes.scot.nhs.uk
Website: [www.nes.scot.nhs.uk](http://www.nes.scot.nhs.uk)

**Quality of Training**

**GMC Trainee Survey Information (2011)**

[Click here for GMC Trainee Survey Information](http://www.nes.scot.nhs.uk)