Deanery sponsoring programme: South East Deanery
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 Scotland Faculty, RCGP

Web address: [http://www.rcgp.org.uk/](http://www.rcgp.org.uk/)

Date programme information last updated: September 2013

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

<table>
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<tr>
<th>NHS Borders</th>
<th>NHS Lothian</th>
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<tbody>
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<td>Borders General Hospital</td>
<td>Royal Infirmary of Edinburgh</td>
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<td>Royal Hospital for Sick Children</td>
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<td>Other Edinburgh Hospitals</td>
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GP Practices Borders (you may be allocated to any one of these dependent on current vacancy)
Coldstream Medical Practice
Neidpath Practice – Peebles
Selkirk Medical Practice
St Ronan’s Health Centre - Innerleithen
Teviot Medical Practice – Hawick
Waverley Medical Practice – Galashiels
Eyemouth Medical Practice – Eyemouth
The Harbours Medical Practice - Cockenzie

GP Practices Midlothan (you may be allocated to any one of these dependent on current vacancy)
Eastfield Medical Centre – Penicuik
Newbattle Medical Practice- Dalkeith
Pathhead Medical Practice
Penicuik Medical Practice
Roslin Medical Practice,

Programme Director
Dr Geoff Dobson

Contact
Geoff.Dobson@nes.scot.nhs.uk

Programme Description
Why choose this programme?
The Scottish Borders is a scenic, rural and high amenity area with easy access to Edinburgh. It has excellent schools and great opportunities for outdoor pursuits, a wonderful area to bring up a family. There are two world renowned mountain biking tracks near Innerleithen and ample scope for hill-walking and road cycling. The total population is 106,000. The small size of the medical community encourages close and effective relationships between Primary and Secondary Care. Community GP beds are also available.

Midlothian lies due south of Edinburgh, occupying the broad valley between the Moorfoot and Pentland Hills. It has rich farmland, and villages full of character. There is industry and modern technology in bustling towns and villages, where most of the population of 80,000 residents resides. Over 95 per cent of Midlothian’s population lives in the area including Penicuik Bonnyrigg and Dalkeith.

Edinburgh’s coast and countryside offer a beautiful backdrop to the towering grace of the capital, with castles, great houses and miles of glorious coastline. A few years ago Edinburgh was voted as the most desirable city in the UK in which to live. 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. 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.

Borders Training placements

The Borders General Hospital is a modern acute hospital with 300 beds based in Melrose, 37 miles from Edinburgh and provides a comprehensive range of secondary care services. Accommodation may be available on the Borders General Hospital site, which also has excellent library facilities.

The majority of the hospital posts are at the Borders General Hospital with a few in Edinburgh Hospitals. The specialties in the Borders Programme include: Medicine, Care of the Elderly, Orthopaedic Trauma, Psychiatry, Paediatrics, Obstetrics & Gynaecology.

We have excellent training practices, most with two trainers. A huge breadth of experience awaits you. These trainers and training practices are appraised on a regular basis and meet the education requirements of the region and GMC. They 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 above average success rates in MRCGP.

Support and Supervision

In the Borders GP Training Programme you will be allocated to a GP practice, in Borders or Midlothian, which may be your ST3 post, occasionally you may be “fostered” in a different training practice in ST1 (e.g. you may have 1 GP practice in Borders and one in Mid Lothian). Your GP trainer will be your educational supervisor 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 trainer will provide you with educational support and guidance throughout the 3 or 4 years and is in turn supported by Training Programme Director, Course Organisers, Hospital Clinical Supervisors and Associate Advisors.

You will also have a named hospital clinical supervisor in each hospital placement, 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 trainer will liaise closely with you to maximize your potential as a doctor.

A Trainee comments:
“|w as at the Borders General Hospital as a student for numerous rotations and it was such a friendly small supportive environment where the consultants were sure to know your name that I wanted to spend my future training there! It is supportive, friendly - where else would organise a night out for everyone every Thursday and a big bash at the end of
the year? Great to know your colleagues, not just at work but also in a different light! After CCT I plan to do GP but also a bit of Palliative Care.”

Rotation Information

There are a number of 3 year rotations available in any given recruitment period (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 rotates through 2 x 6 month hospital posts and the third year in General Practice. There are also a number of 4 year rotations with the first year consisting of 6 months in two hospital posts, the second year in a Medical hospital post plus 6 months in General Practice. The third year rotating through a further 2 six month hospital posts and the final year in General Practice (see possible examples below). Please read in conjunction with recruitment information and the indicative numbers information. There may be a limited number of rotations available.

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)

| POSSIBLE EXAMPLE ROTATION 1: 4 Year programme |  |  |  |
| GST 1.1 | GPST 1.2 | GPST 2 | GPST3 |
| 6 months | 6 months | 6 months | 6 months | 6 months | 6 months | 12 months |
| Geriatric Medicine BGH | Ortho/Trauma BGH | GP Borders or Midlothian | General medicine BGH | Medical paediatrics BGH | General Psychiatry BGH | GP Borders or Midlothian |

| POSSIBLE EXAMPLE ROTATION 2: 4 Year programme |  |  |  |
| GST 1.1 | GPST 1.2 | GPST 2 | GPST3 |
| 6 months | 6 months | 6 months | 6 months | 6 months | 6 months | 12 months |
| General Medicine BGH | GP Borders or Midlothian | O/G BGH | Geriatric Medicine BGH | Medical Paediatrics BGH | General Psychiatry BGH | GP Borders or Midlothian |

| POSSIBLE EXAMPLE ROTATION 3: 3 year programme |  |  |
| GPST 1 | GPST 2 | GPST3 |
| 6 months | 6 months | 6 months | 6 months | 12 months |
| GP Borders or Midlothian | Geriatric Medicine BGH | General Psychiatry BGH | Medical Paediatrics Edinburgh | GP Borders or Midlothian |

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
• 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 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/

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/

Deanery Administrative Contacts

NHS Education for Scotland
West Port
102 Westport
Edinburgh
EH3 9DN
Email gp.unit@nes.scot.nhs.uk

Quality of Training

GMC Trainee Survey Information (2011)  Click here for GMC Trainee Survey Information