Specialty: General Practice
(Caledonian Programme)

GMC: NOS/494

Region sponsoring programme: North of Scotland
Postgraduate Dean: Professor Gillian Needham
Responsible Associate Dean/GP Director: Dr Ronald MacVicar

Programme Type -
- Regional or National: Regional
- Specialty or Sub-specialty: GP Specialty

Date of GMC recent approval: January 2008

Associated Royal College / Faculty Royal College of General Practitioners

Web address Link
Curriculum and Associated Assessment System Link

Date programme information last updated October 2014

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

NHS Highland
- Raigmore Hospital Inverness
- New Craigs Hospital, Inverness
- Caithness Hospital, Wick
- Belford Hospital, Fort William
- Argyll & Bute Hospital, Lochgilphead
- Lorn & Islands District General, Oban

NHS Grampian
- Dr Gray's Hospital, Elgin

NHS Orkney
- Balfour Hospital, Kirkwall

NHS Shetland
- Gilbert Bain Hospital, Lerwick

NHS Western Isles
- Western Isles Hospital, Stornoway

Programme Director Dr Elizabeth Barr

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Caledonian Programme Descriptor

Variety

The Caledonian Programme provides an opportunity for a variety of approaches to General Practice Specialty Training GPST in the North of Scotland.

The programme provides hospital and general practice training posts in urban settings in and around Inverness (a thriving new city, the capital of the Highlands) and Elgin a smaller but equally vibrant town further along the Moray coast. Complimenting this we have opportunities to experience rural posts throughout the Highlands and Moray. Furthermore in contrast to the national rural track programme we still have opportunities to experience smaller attachments to more remote and rural hospital and general practice experiences without having to commit your whole training programme. So, something for everyone.

Elgin and Inverness contain high quality District General Hospitals DGH with the close staff relations and support that hallmarks this training experience. Our Rural General Hospitals RGH (Shetland, Orkney, Western Isles, Fort William and Oban) provide similar close relationships and even broader clinical exposure than many single specialty hospital posts, ideal for generalist training. There are often more opportunities in DGH and RGH to undertake more supported clinical responsibility and undertake more procedures than in larger centres. Improving confidence as well as competence.

Choice

Our traditional 3 year programme consists of 6 months in a GP training practice in the first year followed by 18 months in a variety of hospital posts and finally a further full year spent back in a training practice. Some examples of our rotations are shown below.

The 4 year programme offers the opportunity to spend the first year of training in one of our Rural General Hospitals in some of the most beautiful parts of Scotland, before returning to a more traditional training model with 6 months in general practice with a further 18 months in a variety of focused hospital specialties relevant for general practice, finishing with a year in general practice.

From August 2012 we offer 4 month hospital posts in GPST2 thereby expanding the breadth of specialty experience in the programme.
GPST training is not as broad as they would like.

To ensure that your learning stays focused on General Practice we deliver an RCGP Curriculum based education programme which runs throughout the duration of your training. This is coordinated by the regional GP Advisor team and comprises several components. We have an induction during the first month of each stage of specialty training which is a good opportunity to meet your GPST peers from other specialties or locations. There are flexible “Core option” days covering key curriculum topics involving visiting specialists. We run fortnightly small group learning sessions using both peer and GP facilitation. Each GPST entering our programme will be PBSGL facilitator trained, with PBSGL forming an important contribution to the peer led group work sessions.
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We also have stage specific courses for GPST1s and GPST3s in GP placements. As an example, these courses include clinical sessions ranging from Child protection, to more exam focused sessions; CSA and AKT preparation (delivered by a college examiner). Throughout the programme, there is maintained continuity with your Educational Supervisor; 3-day attachments at your “base GP practice” every 6 month form the foundation of this. Our hospital Clinical Supervisors support the regular release of GPSTs to attend the educational programme and this continues throughout the entire duration of the training programmes.

The programme continuously evolves responding to feedback both at individual session level, but also via “Consultative forums” which occur twice a year; an opportunity for trainees to feedback what is going well with the programme, and what could be better?

Lifestyle

In addition to a high quality training experience, the Caledonian programme offers a chance to live in one of the most beautiful locations in the British Isles. The scenery is stunning and offers a great backdrop for taking part in the outdoor pursuits on offer world class mountaineering, golf, mountain biking and kayaking to name but a few. There are hidden gems for the surf enthusiast, hills abound for the recreational walker and we’ve had great ski seasons during the last few years. It’s not only the outdoors that attracts many visitors. The Highlands and Islands are also renowned for their history, culture and archaeology. You’ll find live music and dancing, fine foods and our famous whiskeys, with a warm and friendly environment for locals and visitors alike. Some of the highest qualities of living indexes in the UK are found in the North of Scotland. We have the activities, the scenery, the facilities, the housing, the schooling, the employment opportunities…… We have the lifestyle.

Why chose this programme

……..Quality

Quality of Training and Quality of Life

Our programme focuses on helping trainees to attain the MRCGP while providing a breadth of training experience to set you up for a fulfilling career as a competent and confident General Practitioner.

Visit the North of Scotland GP Training blog at http://scotlandgptraining.blogspot.co.uk/

Please take time to view the North of Scotland GMC feedback from previous trainees and our testimonials http://tinyurl.com/NEScareerNorthScotGP

Once experienced many previous GPSTs chose to stay

Ceud Mile Failte “A hundred thousand welcomes”
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Useful Websites

http://www.oban.org.uk/index.php
http://www.obh.scot.nhs.uk/article.asp?page=40
http://www.visitscotland.com/
http://www.thewesternisles.co.uk/
http://www.visithebrides.com/
http://www.visitfortwilliam.co.uk/
http://www.skye.co.uk/
http://www.scotland-inverness.co.uk/caithnes.htm
http://www.lochgilphead.info/
http://www.lochaber.com/
http://www.visitaviemore.com/
http://www.inverness-scotland.com/
http://www.visitinairn.com/
http://www.scotland.org.uk/guide/Inner_Hebrides
http://www.visitorkney.com/
http://www.orkney.org/
http://www.shetland.org/

How to apply

http://www.scotmt.scot.nhs.uk/

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Quality of Training

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