**Specialty:** General Practice

**Forth Valley**

**GMC:** WOS/523  
**NES:** WOS/D1/E1/06

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**Deanery sponsoring programme:** West of Scotland  
**Postgraduate Dean:** Prof Alastair McLellan  
**Responsible Associate Dean/GP Director:** Prof Moya H Kelly

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

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

**Curriculum and Associated Assessment System**  
**Date programme information last updated** August 2014

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

**NHS Forth Valley**  
Forth Valley Royal Hospital

**GP Training Practices in Forth Valley (not all available every year):**

Alva Health Centre, Bridge of Allan Health Centre, Carron Medical Centre, Carronbank Medical Practice, Doune Health Centre, Forthview Practice Bo'ness, New Allan Park Surgery, Ochilview Practice Stenhousemuir Orchard House Health Centre, Polmont Park Medical Group, Richmond Practice Bo'Ness

**Programme Director** Dr Chris Mair  
**Contact** chris.mair@nhs.net
Programme Description

Why choose this programme

The Forth Valley GP Specialty Training Programme offers a very comprehensive and high quality approach to training in general practice.

It is underpinned by two main aspects. The first is the opportunity to undertake a wide ranging variety of posts based in a hospital setting supported by well motivated clinical supervision from our hospital consulting team. The second and very important aspect is the training and support provided by the GP trainers within our training practices in Forth Valley throughout the trainees’ whole training programme.

The move towards programmes where 18 months of training is in general practice has allowed us to develop trainees’ skills to a high standard and also enabled us to mentor our trainees more effectively during their hospital posts. The new GP curriculum has also for the first time defined expectations for GP training and has allowed us to develop a programme of training that will cover all aspects of general practice. This has been achieved through developing a comprehensive Half Day release programme during general practice attachments and regular release to practices during hospital posts. This has been further supplemented by centrally run courses again during hospital posts. The Half Day release programme has been developed based on learning needs and incorporating feedback from each ST group. It involves regular input from all our trainers and offers the opportunity to meet up with peers on the GPST programme on a regular basis. We have also developed a system of clinical attachments to ENT, Dermatology and Ophthalmology to underline our comprehensive approach to training.

The training practices all deliver a high quality of training. These practices are situated throughout Forth Valley and are a variety of small and large practices based in both urban/suburban and rural settings. All practices have a multiprofessional team approach to primary care and all team members are involved in supporting and teaching their trainees. We also are developing an approach where trainees will have the opportunity of one to one teaching from trainers in other practices. There also exists the opportunity to undertake training in 2 different training practices during a training programme thus exposing the trainee to different approaches to training but more importantly to different practice populations and practice settings.

The other exciting change within Forth Valley has been the development of a new acute hospital based at Larbert called Forth Valley Royal Hospital. This opened in August 2010 for some services but now all acute services have been situated there since July 2011. This now offers the trainee the opportunity to work in highly modern hospital facilities with the added benefit of an on-site high quality postgraduate education centre that has been developed with regard to the demands of learning in an IT dominated age.

There also exists regular hospital based clinical meetings that can be accessed by trainees on the GPST programme across all hospital specialties as primary and secondary care practitioners work hard to foster good working links. All practices in Forth Valley also have protected learning sessions for their staff either at practice or locality level. Trainees will have the opportunity to attend these throughout their training thus further adding to their educational experience.

In terms of Out of Hours GP training experience there is a very well developed system of training and clinical supervision provided across different out of hours centre. This has been created to provide an approach to training that matches that which is provided within practices to ensure our trainees are prepared for all future roles in general practice.

Those interested in medical politics are welcomed to attend meetings of Forth Valley LMC and are encouraged to participate in all aspects of NHS Forth Valley.
**Specialty Information**

**Number and type of posts and practices**

There are 10 training posts in the Forth Valley programme.

These posts are made up of six 3-year rotations and four 4-year rotations.

Those doing 4 year rotation posts will undertake 2 years as a ST1 and all trainees will end their training as a ST3 doing a post in general practice.

**Sample 3 Year Programmes**

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**Post Employer:**

Forth Valley Health Board | NHS Education for Scotland

**Sample 4 Year Programmes**

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The 4 year rotations offer trainees the opportunity to undertake a wide range of Grade A clinical specialties for general practice. The first 2 years will be made up of 4 six month posts. The first 2 of these posts will be based at Forth Valley Royal Hospital in Larbert and will be a combination of either A&E and Trauma and Orthopaedics or A&E and General Medicine/Care of the Elderly. The second year of the programme will involve 6 months based in one of our GP training practices and 6 months in General Medicine/Care of the Elderly. The third year of the programme offers 2 six month posts based in obstetrics and gynaecology, paediatrics or psychiatry. The final year is in general practice. The four year programmes offer a very comprehensive training in general practice to fully prepare the
trainees for their future independent career.

The three year rotations commence with two six month posts based in one of our GP training practices and in General Medicine/Care of the Elderly. The second year of the programme offers 2 six month posts based in either obstetrics and gynaecology, paediatrics, A&E or psychiatry. The final year of these programmes is again in general practice.

The allocation of specific rotations is based on personal ranking taking into account performance at the selection centre.

Educational supervision will be provided by a GP based supervisor who will remain constant throughout the training programme. Further educational support locally will come from the local GP training programme director who will meet trainees individually on at least a 6 month basis and from the course organizer of the local Half Day release programme. Clinical supervision and educational support will also be provided by a named consultant in each hospital post.

18 months of each rotation is spent in general practice. Some trainees will undertake 18 months in the same training practice although some will have the opportunity to spend time in 2 different practices during their training allowing them exposure to different practice populations and practice teams.

There are currently eleven training practices within Forth Valley. Each practice provides training to a high standard and offers wide ranging clinical experience. Trainers from each practice rotate in delivering training as part of the Half Day release programme and there exist at least two trainers within each practice to deliver educational support to the trainee.

Experience in hospital posts and in general practice, the educational activities within clinical departments and the Half Day release programme are designed to ensure comprehensive coverage of the GP curriculum. This provides excellent preparation for life as a GP and of course for the various parts of the MRCGP.

**Why come to this area?**

The Forth Valley programme is situated at the heart of Scotland providing great access to the west, east and north via easy rail and road links. This has allowed some trainees to stay in already existing accommodation, however Forth Valley itself offers high quality affordable accommodation in beautiful surroundings and often trainees in GPST programmes opt to stay locally after their training finishes and indeed many are now GP partners within practices locally.

Forth Valley is widely known to be an area of significant historical importance. The release of “Braveheart” highlighted to current generations the roles of William Wallace and Robert The Bruce and the area is full of significant historical sites such as Bannockburn and Stirling Castle and of historical memorials such as the Wallace Monument.

The development and opening of the Falkirk Wheel has been a further asset to the local area and the current canal system linking the west and east coasts of Scotland is also being regenerated and is a major contributor to tourism within Forth Valley.

Surrounding countryside within Forth Valley includes the Trossachs and provides excellent opportunity to participate in outdoor pursuits of walking, sailing, climbing and cycling.

Other sporting opportunities are available through facilities at Stirling University which houses the National Swimming Centre and excellent gym and tennis facilities. The newly opened PEAK council run sports centre in Stirling provides excellent facilities and a wide variety of classes with other excellent facilities at the stadiums of Falkirk and Stirling Albion Football Clubs. Excellent local golf courses and other gym facilities will cater for most sporting needs.
Those interested in expanding rather than reducing their waist line have ample opportunity within Forth Valley. Nick Nairn runs a superb cookery school for those looking to develop their talents and then taste their wares. There are numerous excellent restaurants within the area catering for differing tastes as well as excellent local providers of wine and whisky.

The arts in Forth Valley are supported by the excellent Macrobert Arts Centre at Stirling University providing wide ranging events in theatre, dance and cinema and superb entertainment for children.

Schooling in Forth Valley has been boosted by the re development and new build of nearly all state schools at secondary level. There exists a high standard of nursery education leading in to that provided at primary and secondary care level. Private schooling is available within Forth Valley at Bridge of Allan and Dollar.

Housing in Forth Valley like in the rest of the country has become more affordable and available with the recent recession. There have been affordable opportunities to both buy and rent properties on the market although unfortunately the hospital is no longer able to supply accommodation for GPST doctors.

For more information on GP Training in the West of Scotland please visit our website www.westgpst.scot.nhs.uk
where more information on Training Practice profiles and locations can be found.

How to apply

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

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Quality of Training