Specialty: General Practice  
(Caledonian Programme)  

GMC: NOS/494

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

Programme Type -  
- Deanery-based or National: Deanery  
- 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 2012  

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

- Raigmore Hospital Inverness  
- New Craigs Hospital, Inverness  
- Caithness Hospital, Wick  
- Belford Hospital, Fort William  
- Argyll & Bute Hospital, Lochgilphead  
- Lorn & Islands District General, Oban  
- Dr Gray's Hospital, Elgin  
- Balfour Hospital, Kirkwall  
- Gilbert Bain Hospital, Lerwick  
- Western Isles Hospital, Stornoway  

Programme Director Dr Sue Tracey  

Contact sue.tracey@abdn.ac.uk
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. Complementing 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 3 month hospital posts in GPST2 thereby expanding the breadth of specialty experience in the programme"
The RGH posts have the added attraction of providing broad exposure to a wide range of medical and surgical presentations. These posts may suit someone looking for a taste of remote and rural training within a traditional programme or individuals who feel their pre-GPST training is not as broad as they would like.

Support

During your 3 or 4 year programme you will receive support, feedback and assessment of your progress from our enthusiastic hospital clinical supervisors.

Your GP Educational Supervisor (ES) and training practice will provide the back bone of your training relationships. The ES and training practice will deliver support and guidance through regular contact during your hospital attachments and provide your placement in general practice in your final year thus helping to ensure GP focus throughout your 3 or 4 year programme.

The North of Scotland Educational Supervisors are dedicated professional educators committed to high quality educational development and regularly attend workshops and conferences to keep up to date in supporting trainees.

Learning

Our educational programme is focused on preparing you to achieve the requirements of the MRCGP and to provide a firm footing to commence a career in GP anywhere in the UK.

The programme includes Day Release to general practice throughout your hospital attachments; topic based teaching and small group work. The small group work is divided between both GP tutor facilitation and peer facilitation and includes an introduction to Practice Based Small Group Learning (PBSGL) which is the fastest growing method in Scotland that GPs use to address their CPD needs. A team of local MRCGP examiners offer regular exam preparation courses which have proved extremely popular with our trainees.

These support and learning structures will guide you in developing your e-portfolio both for assessment purposes and to prepare for life long learning and revalidation as essential part of your future GP career.
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.

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”

Useful Websites

http://www.oban.org.uk/index.php
http://www.chb.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/caithness.htm
http://www.lochgilphead.info/

http://www.lochaber.com/
http://www.visithviermore.com/
http://www.inverness-scotland.com/
http://www.visitinairn.com/
http://www.scotland.org.uk/guide/Inner_Hebrides
http://www.visitorkney.com/
http://www.wwwworkney.org/
http://www.shetland.org/
How to apply

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

Deanery Administrative Contacts

Name: Linda Crawford, Specialty Training Officer
Address: NES, Forest Grove House, Forresterhill Road, Aberdeen, AB25 2ZP
Tel: 01224 550676
Email: Linda.Crawford@nes.scot.nhs.uk

Specialty Training Committee

Chair: Dr Ronald MacVicar
Members: Dr Alison Sneddon, Dr Jerry O'Rourke, Dr Sue Tracey, Dr Tim Jones, Dr Elizabeth Barr, Dr Charles Crichton, Dr Andrew Rowlands, Mr Tim Dougall, Dr Ken Proctor, Dr Ruby Watt, Mrs Lesley Jones, Dr Stephen Lynch, Mrs Susan Kinsey, Dr Anna Simpson, Mrs Arlene Hurst, Prof Gillian Needham, Dr Kim Walker, Mrs Linda Crawford, Dr Richard Coleman

Quality of Training

GMC Trainee Survey Information (2011) Link