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: August 2010
Associated Royal College / 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 2012
Recognised Programme Locations and Environments
This programme involves placements in some or all of these Health Boards and hospitals:

**NHS Grampian:**
- Aberdeen Royal Infirmary
- Aberdeen Maternity Hospital
- Royal Aberdeen Children’s Hospital
- Royal Cornhill Hospital, Aberdeen
- Woodend Hospital, Aberdeen
- Dr Gray’s Hospital, Elgin:

**NHS Shetland:**
- Gilbert Bain Hospital, Lerwick

Programme Director: Dr Tim Jones
Contact: Tim.Jones@nes.scot.nhs.uk
**Grampian Programme Descriptor**

**Variety**

The Grampian programme includes the opportunity for you to train in a part of the British Isles with outstanding lifestyle opportunities. The programme provides general practice and hospital placements in Aberdeen city and Aberdeenshire, all of which offer excellent GP Training opportunities as a result of the variety of posts and the “hands on” experience.

**Choice**

Our three year programme consists of six months in a GP training practice in ST1 followed by 18 months in a variety of hospital posts with the final ST3 year spent back in a training practice. Some examples of our rotations are shown below. Since August 2012 our rotations have included three hospital posts of four months duration in ST2, some of which include paediatrics, providing our trainees with a breadth of posts relevant for a future career in general practice. Our four year programmes offer a unique six month experience in a rural General Hospital offering exposure to all aspects of medical and surgical presentation. Real hands-on learning! These posts offer close links to the local GP community, excellent supervision and provide a firm foundation in medical generalism relevant for a future career as a GP in any context. They are, of course, particularly valuable experience for anyone considering a future career in rural general practice. The first year includes six months in a rural general hospital and six months in an Aberdeen hospital post. This is, followed by six months in a GP training Practice, then a further 18 months is spent in a variety of hospital posts before the final year in a GP training practice. The additional year of training could benefit all future GPs and, with the prospect of GP training being extended to four years, could be a career enhancing choice.

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Support

The relationship with your GP Educational Supervisor and training practice provides the foundation for your development as a GP Trainee. Educational Supervisors provide support and guidance while you are in the training practice and also maintain regular contact with you during your hospital attachments, thus providing a GP focus throughout your programme.

The North of Scotland GP Educational Supervisors are a team of dedicated professional educators, committed to supporting our trainees and providing them with high quality educational supervision. The feedback from our trainees included in the GMC trainee survey suggest that our trainees regard themselves as some of the best supported and most satisfied in the UK.

During your GPST programme you will also receive support, and feedback from a wide variety of experienced hospital clinical supervisors.

Regular guidance and support is also provided by the North of Scotland Deanery GP team who organise a number of educational events and training sessions, and meet with trainees on a one to one basis when required. The Deanery operates a GPST online moodle site which contains all the important information you will need, access to a variety of educational modules and also trainee discussion forums for keeping in touch with your fellow trainees.

Learning

In addition to the learning you will experience in your practice and hospital posts, the Grampian programme is augmented by an educational programme based in Aberdeen Deanery whose focus is to prepare you for the various assessments which make up the MRCGP.

The Deanery based educational programme includes a variety of whole day and half day sessions throughout the duration of your programme, including topic based teaching and small group work. The small group work includes both GP facilitated and peer facilitated components and provides an introduction to Practice Based Small Group Learning (PBSGL) which is the most rapidly developing model adopted by GPs in Scotland to address their CPD needs.

The variety of support and learning opportunities will enable you to develop an e-portfolio to meet the requirements for assessment as well as preparing you for lifelong learning and revalidation - an essential part of professional life for every GP.

The Deanery GP Team enjoys positive working relationships with the RCGP North East Scotland Faculty. Various educational events are on offer which trainees are welcome to attend, as well as specific educational events for trainees. A team of local MRCGP examiners offer exam preparation courses which are extremely popular with our trainees.
Quality

One of our top priorities is to provide a high quality educational experience for our GPSTs to help them to achieve success in all the components of the MRCGP exam. Feedback from our trainees demonstrates a high rating for our Deanery educational programme and our GP Educational Supervisors. Both components help our trainees to prepare for their assessments. All our GP Educational Supervisors participate in regular educational workshops and an annual trainers’ conference and have received very positive feedback in GMC Trainee questionnaires.

The North of Scotland Deanery Grampian programme offers an excellent training experience for our Trainees which is confirmed in testimonials from previous graduates of the programme, accessible on our [website](#).

Lifestyle

In addition to a high quality training experience, the Grampian programme offers the chance to live in one of the most beautiful locations in the British Isles. Known as the Offshore Oil Capital of Europe, Aberdeen has benefited from the influx of superb sports, dining, shopping and transport facilities normally only found in much larger cities, and its airport is one of the busiest in Europe with regular links to all the major British cities. Despite these excellent facilities, a fifteen minute drive will take you out into the stunning scenery of rural Aberdeenshire, with its many championship golf courses, rivers and hills.

For the more adventurous types, there is the chance to try ‘go ape’, a tree top assault course at Crathes. Hill walkers can enjoy easy access to an array of mountains to climb, including several Munros. When the wintery weather approaches, Glenshee and the Lecht are just a short journey away for skiing, snowboarding and tubing!

For nightlife, Aberdeen offers a variety of opportunities including nightclubs, cocktail bars, comedy clubs, live music and entertainment, Aberdeen has it all!

One of the many shopping centres, Union Square, offers an excellent array of fashionable shops and restaurants to explore at your leisure. You can indulge yourself with a spa treatment or the latest craze in Union Square, Garra fish treatment... followed by fish and chips from the best rated chip shop in Scotland!
Life/Work Balance

The Grampian programme offers a combination of high quality GP training coupled with unparalleled access to recreational, cultural and sporting opportunities. Some of the highest quality of life indexes in the UK are found in the North East of Scotland.

We look forward to offering you a warm welcome!

Aberdeen’s Award winning beachfront.
Specialty: General Practice
(Grampian)

GMC: NOS/493
NES: NOS/D1/E1/1

Useful Websites

http://www.aberdeencity.gov.uk/home/home.asp
http://www.moray.gov.uk/
http://www.aberdeen-grampian.com/
http://www.royal-deeside.org.uk/
http://www.upperdonside.org.uk/
http://www.britnet-carver.co.uk/stonehaven/
http://www.visitbanchory.com/
http://www.visitinverurie.co.uk/cms/
http://www.morayfirth.org/moray.asp
http://www.elginscotland.org/
http://www.visitorkney.com/
http://www.upperdonside.org.uk/
http://www.visitshetland.com/
http://www.visitellon.co.uk/
http://www.orkney.org/
http://www.visitshetland.com/
http://www.iknow-scotland.co.uk/tourist_information/north_east/north_aberdeen_coast/banff_portsoy_peterhead.htm

How to apply

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

Deanery Administrative Contacts

Linda Crawford, Specialty Training Officer
NES, Forest Grove House, Foresterhill Road, Aberdeen, AB25 2ZP
01224 550676
Linda.Crawford@nes.scot.nhs.uk

Specialty Training Committee

Dr Ronald MacVicar
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