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: National
- Specialty or Sub-specialty: GP Specialty

Date of GMC recent approval: August 2011

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

NHSHighland
- Argyll & Bute Hospital,
- Lochgilphead
- Lorn & Islands District
- General, Oban
- Western Isles Hospital, Stornoway

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

Contact Elizabeth.barr@nes.scot.nhs.uk
Scottish National Rural Track GPST Programme Descriptor

Summary
The Scottish National Rural Track Programme provides a new and unique opportunity to undertake General Practice Specialty Training (GPST) in some of the most beautiful and unspoiled parts of the United Kingdom. This new four-year programme, which was offered for the first time in 2012, aims not only to provide you with the competencies described for GPST in the RCGP's curriculum, but also the competencies to work in rural or remote practice. Think of it as ‘GPST-plus’.

The programme offers a variety of rotations, each based round a Rural General Hospital (RGH) system. There are six RGHs in Scotland with two posts available in rotations based around five of these RGH systems for 2012:

- Belford Hospital, Fort William, Lochaber
- Caithness General Hospital, Wick, Caithness
- Western Isles Hospital, Stornoway, Isle of Lewis
- Balfour Hospital, Kirkwall, Orkney
- Gilbert Bain Hospital, Lerwick, Shetland

We hope that, based on the success of this new venture, a rotation based around the Lorn and the Isles Hospital in Oban, Argyll will be added in future years.

The experience in our RGHs is ideally suited to GPST. Experience is general and undifferentiated; there is no super-specialisation and you will handle everything from major trauma to minor self-limiting problems, always with the possibility of considering emergency retrieval to bigger centres. The support is hands-on from consultants with no middle grades and the experience for GPST is consistently very highly rated in local and national surveys. Our RGHs are recognised as treasured educational resource and North of Scotland Deanery Foundation Programmes rotating through them routinely and they provide a significant undergraduate teaching role.

The RGH experience is complemented by a 6-12 month attachment to a District General Hospital to ensure that the GP curriculum is covered with a breadth of hospital posts. The hospital experience in the rural-track programme is delivered in years 1 & 2 and this experience is matched by 18 months as a GP Specialty Registrar in one of our local training practices in years 3 & 4.
The aim is that you will be based in a single rural area for your programme with only one move away from that area in year 2. However in year 3 we have built in a unique 6 months opportunity for an out-of-programme experience (OOPE) to be used to complement your rural-track programme in agreement with your Training Programme Director.

**Choice**

This is a four year programme and if successful at recruitment you will be based in a single rural area for most of your training. We are offering two rotations based in each of Lochaber, Caithness, the Western Isles, Orkney and Shetland. Each location has unique lifestyle attractions but all are well placed to provide high-quality training, providing experience sufficient to gain all the normal GP competencies but also with a focus on delivering the specific competencies to work in remote or rural areas. Provisional examples of the rotations involved are as below:

<table>
<thead>
<tr>
<th>Example 1: Fort William</th>
<th>Year 1</th>
<th>Year 2</th>
<th>Year 3</th>
<th>Year 4</th>
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<tbody>
<tr>
<td><strong>Specialty</strong></td>
<td>Fort William RGH year</td>
<td>6 months Fort William RGH + 6 months Psychiatry (Lochgilphead)</td>
<td>6 months OOPE + 6 months in Fort William practice</td>
<td>Year in Fort William Practice</td>
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<td><strong>Year 2</strong></td>
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<td><strong>Example 2: Caithness</strong></td>
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<td><strong>Specialty</strong></td>
<td>Caithness RGH year</td>
<td>6 months Paediatrics (Elgin) + 6 months Obstetrics &amp; Gynaecology (Elgin)</td>
<td>6 months OOPE + 6 months in Caithness practice</td>
<td>Year in Caithness Practice</td>
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<td><strong>Year 3</strong></td>
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<td><strong>Example 3: Western Isles</strong></td>
<td>Western Isles RGH year</td>
<td>6 months Western Isles RGH + Paediatrics (Inverness)</td>
<td>6 months OOPE + 6 months in Western Isles practice</td>
<td>Year in Western Isles Practice</td>
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<td><strong>Year 4</strong></td>
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<td><strong>Example 4: Orkney</strong></td>
<td>Orkney RGH year</td>
<td>6 months Emergency Medicine + 6 months Paediatrics or O&amp;G (Aberdeen or Elgin)</td>
<td>6 months OOPE + 6 months in Orkney practice</td>
<td>Year in Orkney Practice</td>
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<tr>
<td><strong>Year 5</strong></td>
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<td><strong>Example 5: Shetland</strong></td>
<td>Shetland RGH year</td>
<td>6 months Emergency Medicine + 6 months Paediatrics or O&amp;G (Aberdeen or Elgin)</td>
<td>6 months OOPE + 6 months in Shetland practice</td>
<td>Year in Shetland Practice</td>
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The built-in option of a 6-month Out of Programme Experience in year 3 will provide an unparalleled opportunity for you to complement your training with innovative, rurally-relevant attachments in agreement with your Training Programme Director. We have a wealth of international contacts and will be keen to help you manage this opportunity, though there is a responsibility on you to organise the attachment and source funding support. Possibilities might include:

- Rural Family Medicine training attachments or exchanges with Canada, Australia or South Africa
- An attachment to a family medicine programme in a third world country
- An anaesthetic attachment to an available post to provide some advanced skills in airway management and rapid sequence induction
- An attachment to a hospital post to gain experience not already gathered in the programme

**Support**

During your 4 year programme you will receive support, feedback and assessment of your progress from our enthusiastic hospital clinical supervisors. Your GP Educational Supervisor (ES) will provide the educational supervision throughout your programme with a continuity of training relationship throughout with your training practice. The ES and training practice will provide support and guidance through regular contact during your hospital attachments and provide your placement in general practice in your final years thus providing a GP focus throughout your programme.

The GP 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. The quality of educational supervision is consistently highly rated by GPSTs in local and national surveys.
Learning

The educational programme, which sits alongside your work-place based learning, 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. In the rural-track programme, however, as well as participating in the Deanery educational programme, there will be an additional annual programme aimed specifically at gaining rural-track competencies such as pre-hospital care, management of paediatric and obstetric emergencies etc. (again think ‘GPST-plus’).

The Deanery educational 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 for GPs to address their CPD needs.

These structures will guide you to develop your ePortfolio both for GPST assessment purposes and, equally as importantly to prepare you for life long learning and revalidation an essential part of the future GP.

Lifestyle

Scottish National Rural-track GPST Programme offers you a chance to live, train and work in some of the most beautiful locations in the UK. The opportunities to partake in outdoor leisure and sporting pursuits are unparalleled with world class mountaineering, surfing, sailing, golf, mountain biking and kayaking on offer, to name but a few. The North and West of Scotland is also renowned for its history, culture and archaeology. Celtic and Norse influences abound. You’ll find live music and dancing, fine foods and our famous whiskies, with a warm and friendly environment for locals and visitors alike. For more information, click on the links below. Some of the highest qualities of living indices in the UK are found in the North and West of Scotland. We have the activities, the scenery, the facilities, the housing, the schooling, the transport infrastructure, the employment opportunities…….. We can ensure an enviable lifestyle to match the excellent training opportunities.

Why chose this programme

……..Quality

Quality of Training and Quality of Life

The Scottish National Rural-track GPST programme focuses on supporting you to attain both the competencies required to pass the MRCGP and the competencies to work in rural or remote practice. Our aim is to provide you with the foundation for a career as an independent practitioner and an independent learner. We aim that you will also be enthused about, and prepared for, working in some of the most beautiful areas and welcoming communities in the land.

Ceud Mile Failte “A hundred thousand welcomes”

GMC Trainee Survey Information (2010)    Link
Useful Websites

http://www.oban.org.uk/index.php
http://www.ohb.scot.nhs.uk/article.asp?page=40
http://www.visitshetland.com/
http://www.thewesternisles.co.uk/
http://www.visitthebrides.com/
http://www.visit-fortwilliam.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.visitorkney.com/
http://www.orkney.org/
http://www.shetland.org/

How to apply

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

Deanery Administrative Contacts

<table>
<thead>
<tr>
<th>Name</th>
<th>Tel</th>
<th>Email</th>
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<tbody>
<tr>
<td>Linda Crawford, Specialty Training Officer</td>
<td>01224 550676</td>
<td><a href="mailto:Linda.Crawford@nes.scot.nhs.uk">Linda.Crawford@nes.scot.nhs.uk</a></td>
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<tr>
<th>Name</th>
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<tbody>
<tr>
<td></td>
<td>NES, Forest Grove House, Forresterhill Road, Aberdeen, AB25 2ZP</td>
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Specialty Training Committee

<table>
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<tr>
<th>Chair</th>
<th>Members</th>
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<tr>
<td>Dr Ronald MacVicar</td>
<td>Dr Alison Sneddon, Dr Jerry O'Rourke, Dr Sue Tracey, Dr Tim Jones, 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 Karen Foster, (Dr Anna Simpson, Mrs Arlene Hurst, Mrs Diane Whittle, Prof Gillian Needham, Dr Kim Walker, Mrs Linda Crawford, Dr Richard Coleman)</td>
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</tbody>
</table>

Quality of Training

GMC Trainee Survey Information (2010) | Link