

Improving our trainees experience of Time out of Training for Parental Leave

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Aims

- Parental leave has unique considerations for time out of training.
- SuppoRRT is well established by Health Education England.
- There are very few courses available within Scotland.
- Trainees feel information is hard to access, contradictory or vague.
- Due to the variables surrounding parental leave – timings; duration; return to training (RTT) this point in any trainees’ career requires consideration.



Methods

- We organised the inaugural return to work event for Surgeons and Anaesthetists.
- Pan Scotland event – open to any surgical speciality, obstetrics and gynaecology and anaesthetics.
- Topics included return to work and breastfeeding, maternal wellbeing from a psychiatrist, performance anxiety and confidence building from a psychologist and the BMA on employment matters.

Results

- 10 Delegates and babies attended representing: Anaesthetics, O&G, T&O and Gen Surg, from South East, West and North of Scotland.
- Questionnaire respondents from: CT2-ST7.
- 3 delegates had previously experienced a return to work and 2 used a KIT for the workshop.
- 6 delegates had had a pre-leave meeting, 9 had tried to find more support about returning (peers, online information); 1 thought enough support was available.
- All respondents had anxiety regarding RTT.
- The post workshop questionnaire showed 100% said their confidence had been boosted by the workshop and that the workshop was relevant to them.
- There was positive feedback to all aspects of the course.

“Shared experience is the most beneficial thing”

“Really lovely to know there is a group of women in cons roles who are committed to trying to improve this”

“It was a great help to know that there is support out there ... that was what today demonstrated”

Conclusions

- The course has resoundingly positive feedback.
- The demand is there and the course has helped delegates preparation for RTT.
- This is now an annual event.