Paediatric Training Routes - What, Why and How?

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Outline

• Possible training routes
  – Subspecialty training: GRID / SPIN
  – Academic training
  – Less than full time training

• Out of programme & possible fellowships

• Other possible things to do

• Writing/abstracts & conferences

• Where & how to get help if you need it
Why I am doing this?

• Thought about different training routes
• Been around a while / know lots of other trainees
• Wanted to summarise & share information not always easy to find
• Found ways to get support didn’t know about
• Been involved in various things – trainee committee, research, UCL teaching, mentee, writing & editing
• Good time of year to think about...
Things to think about at any level

- Life/work balance
- Need to enjoy life & work
- What interests you?
- Where do you want to end up?
- CV

- Don’t have to do everything as a trainee
Curriculum Competencies

• Show a commitment to continuing professional development which would involve not only seeking appropriate training opportunities....

• Recognise their own working preference and how these may impact on team working

• Effective skills in ensuring their own responsible approach to personal health, stress and well being and that of others
Possible training routes

• Clinical training ST1-8
• Subspecialty training – GRID / SPIN
• Academic training
• Less than full time training
Level 1 Training (ST1-ST3)
General Paediatrics based in acute settings.

Level 2 Training (ST4-ST5)
12 Months General Paediatrics
6 Months Neonatology
6 Months Community Paediatrics

Level 3 Training (ST6-ST8)
General Paediatrics OR Paediatrics with Special Interest OR Sub Specialty (GRID)
Subspecialty training

GRID / SPIN / posts in subspecialty
GRID

- Level 3 training
- National application in September
- Lasts 2-3 years
- Apply in ST 5/6
- 2-3 opportunities to apply
- Can apply for more than one specialty
- Can be deemed appointable but no post/don’t accept post
- In 2016, 259 applications from 238 applicants, 183 invited to interview, 134 appointable, 115 appointed
GRID: specialties

- 2016 GRID (no applied, no posts, no appointed)
  - Allergy (5, 2, 2)
  - Clinical Pharmacology (0, 1, 0)
  - Emergency Medicine (33, 12, 11)
  - Neonatology (74, 38, 25)
  - Neurodisability (10, 11, 4)
  - Oncology (13, 6, 8)
  - Paediatric Gastroenterology, Hepatology & Nutrition (8, 12, 5)
  - Paediatric Intensive Care Medicine (18, 17, 10)
  - Respiratory (15, 10, 5)
  - Community Child Health (38, 35, 22)
  - Diabetes & Endocrinology (10, 4, 4)
  - Immunology & Infectious Diseases (7, 3, 3)
  - Nephrology (8, 4, 4)
  - Neurology (12, 10, 5)
  - Palliative Medicine (2, 2, 2)
  - Rheumatology (5, 6, 4)

Metabolic & Child Mental Health – no 2016 posts
Special Interest (SPIN) Modules

- Trainee SPIN modules – in level 3 training
- Post CCT/Paediatrician SPIN module (for consultant/SAS doctor)
- Additional training/experience – can be local lead/part of the clinical network for specialist paediatric care
- Equivalent to 12 months full time training
- SPIN module competency checklist to eportfolio account
Current SPIN modules

- Allergy
- Cardiology
- Paediatric Dermatology
- Diabetes
- Epilepsy
- Gastroenterology
- HDU
- Infectious diseases & Immunology
- Safeguarding
- Neonatal Paediatrics
- Nephrology
- Neurodisability
- Oncology
- Palliative Medicine
- Respiratory
- Rheumatology
- Young People’s Health
Academic Training:
Paediatric Academic Clinical Fellow (ACF)

• ST 1-4 recruitment (October)
• 9 months protected academic time during 3 years – counts as training time
• Aim to secure funding for PhD/MD
• Good introduction to research
• Diverse – oncology, epidemiology, medical education
• London: Imperial, UCL, KCH, QMUL
• Need project by interview – potential supervisors
Academic training: Research Fellowships

• Doctoral
  – MRC/NIHR
  – Wellcome Trust
  – Charities e.g. CRUK
  – Linked to university e.g. UCL (clinical fellow/lecturer)

• Post-doctoral
  – NIHR
  – Wellcome Trust
  – University clinical lecturer

• Other funding e.g. 1 yr project
  – Ask supervisors – often have money
  – Charities e.g. SPARKS
  – Societies e.g. BSPED, ESPGHAN

Always think about the place, person and supervisor
Academic projects

www.projectmatch.org

Get in contact with supervisors

Get advice and contacts for funding applications

Share feedback between trainees and supervisors once training is complete
LTFT

• Category 1
  – Disability/ill health
  – Responsibility for caring for children
  – Primary carer for ill/disabled partner, relative, other

• Category 2
  – Unique opportunities for own personal/professional development
  – Religious commitment
  – Non-medical professional development
  – Other well-founded reasons
Where to get information

• Ask other trainees / consultants
• Ask London school
• Information on websites e.g. LTFT training London deanery, London school academic guide, gold guide
• Information days – GRID, Return to Acute Clinical Practice course
• Leads – e.g. academic leads, TPD
Out of programme, other fellowships & possible things to do along the way
Out of programme - why

- Extra experience – clinical, research, leadership, management
- ‘Get off the conveyer belt’
- Career break e.g. unwell relative
Different types of OOP

- Apply early (more than 6 months ahead) including if applying for something e.g. fellowship
- Advocate for yourself
- OOPE – experience, does not count towards CCT
- OOPT – training, with prospective approval of GMC
- OOPR - research
- OOPC – career break, does not count towards CCT
Fellowships

- RCPCH/VSO fellowship – Ethiopia (OOPE)
- Other overseas opportunities – Global Links
- Fellow in Medical Education (School of Paediatrics)
- Darzi fellow in Clinical Leadership
  - Leadership Development Programme & project
- Faculty of Medical Leadership & Management fellowship
- Simulation fellow (e.g. UCL Partners)
- Clinical Entrepreneur Fellowship Training Scheme (NHS England & Health Education England)
- HEE Workforce Transformation project
Extra things to do: Why

• Particular interest
• Learn something new
• Meet other people
• Different perspective
• CV ‘points’
Extra things to do - ‘CV points’

• Clinical Skills
• Management Skills
• Audit Skills
• Teaching Skills
• Academic Achievements
• Research/Publications
• Transferable Skills
• Interpersonal & communication skills
Extra things to do
London School Opportunities

• Trainee Committee
• Trust Rep
• RSM level 2 teaching – help to organise
• Help with courses

Make sure signed up to bulletin
Extra things to do
London School Trainee committee

• Objectives:
  – Trainee representation
  – Support design & delivery of training innovations
  – Personal & leadership development of members
    Leadership Days & Bi-monthly meetings

• Working subgroups & Vice Chairs
  – Information Technology & Communications
  – Assessment
  – Curriculum development
  – Recruitment & Workforce Planning
  – Supporting Trainees
  – Quality Assurance
  – Academic

Yearly recruitment
Extra things to do
RCPCH involvement

• RCPCH trainee committee
• RCPCH GRID/SPIN CSAC trainee representative
• RCPCH exam question writing groups
• E-learning modules
Extra things to do

Degrees

• Diploma or MSc in paediatrics & child health (UCL)
  – Advanced Paediatrics (Specialist Paediatric modules)
  – Community Child Health (Epidemiology for Child Health)
  – Global Child Health
  – Molecular & Genomic Paediatrics
MSc includes research dissertation

Certificate – less modules
• Diploma/MSc at Imperial
  – Paediatric allergy, Infectious diseases & host defence, Pediatric ventilation, Serious infection & critical care, Paediatric high dependency care, Child public health & social paediatrics, Adolescent health

• King’s College – paediatric critical care, neonatology, respiratory & allergy, cardiology, hepatology, renal & gastroenterology, child mental health
Online / other courses

• Postgraduate Diploma in Paediatric Infectious diseases, Oxford
• Warwick Paediatric Diabetes Diploma/MSc
• Edinburgh Paediatric Emergency Medicine
• Diploma in Tropical Medicine & Hygiene, LSHTM
Extra things to do
Other ideas

• Teaching
• Teach the Teacher/Training to Teach Courses
• UCL exams / exam revision course / UCL intercalated BSc
• NLS/APLS/CPRR instructor/teaching
• Courses & study days
  – Universities/hospitals
  – RCPCH
Writing & Conferences
Writing – what to write

• Abstracts
  – Poster / oral presentation

• Papers
  – Letter / review / original research
    (don’t waste time with case reports)

• Book chapter
Abstracts at conferences

• Summary of work done using specific format given (150-300 words)
  – Audit / QI project / research project / interesting case(s)

• Poster / oral presentation
Upcoming Conferences

• Pan-London school conference
  – Empowering Unheard Voices: Supporting a joined up approach to children’s and young people’s health
  – 16\textsuperscript{th} November 2016
  – Abstract deadline 15\textsuperscript{th} September

• PEDSIG Winter meeting
  – ‘Technology & Education’ 29\textsuperscript{th} November 2016
  – 200 word abstract deadline – 30\textsuperscript{th} September

• RCPCH college conference
  – Healthy child, healthy future: the developmental origins of health and disease
  – May 24-26\textsuperscript{th} 2017
Writing papers – why write

• Enjoy writing
• Asked to write
• Want to tell people about something
• Want to get published
Writing papers - how

• Find a senior author
• Read similar previous articles from a journal
• Remember people read in an emergency / on the bus / in competition with leisure time
• Needs to be succinct, interesting, fun to read
• Things always take longer than you think
Do you want to write?

Education & Practice

- Best practice (15 min consultation)
- Interpretations
- Pharmacy Update
- Guideline Review
- Problem solving in clinical practice
- Research in practice
- Picket - Structured abstracts of sentinel articles
- Illuminations
- Epilogue
- Learning and teaching
- Dermatophile
- Quality Improvement
- Picket
When to do these things?

- Never really too early or too late
- Think about training level
- Look at specifications for what you want to do ahead of time
- Find the right people
- Need to prioritise
- Learn to say no
- **Remember still have career development/paths after CCT** – don’t need a clear plan at the beginning
How & where to get support?
Where to get support: careers advice

London School of Paediatrics

• Locally
• London School of Paediatrics, Peer Mentoring Programme
• ST1 Buddies/Parents
• Ask – other trainees/supervisors/other consultants/TPDs/Head of School/Academic advisors
Where to get support: careers advice
London Deanery

- London Deanery’s Coaching and Mentoring Service
- Career’s Unit

... find mentors along the way
Where to get support: health

- Practitioners Health Programme – addiction/mental health – can self refer
- Individual support team at the deanery
- BMA counselling service (24 hrs)
- Occupational health/GP
- Royal Medical Benevolent Fund
- Support4Doctors
- DocHealth
- ‘Tea & Empathy’ on facebook
Resources

• www.londonpaediatrics.co.uk
• http://www.lpmde.ac.uk/
• http://www.rcpch.ac.uk/
• The Gold Guide