

Dr Kristina Head BMBS DRCOG

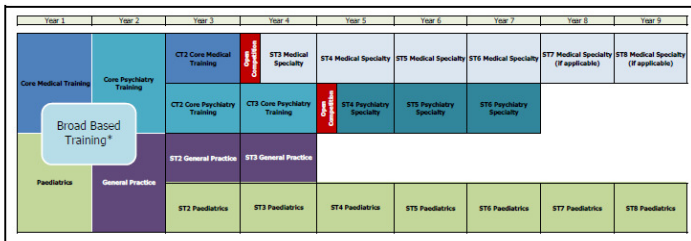
An account of my experiences so far of the programme and an overview of how the programme works.

Having qualified in 2011 from Brighton and Sussex Medical School, my Foundation years one and two were spent in Torbay Hospital, South Devon. During that time I, like my colleagues, covered a wide variety of specialties. No clear career direction presented itself during the 18 months prior to the opening of the national application window for Specialty Training. At the time of applying I heard about the broad based training programme and thought that it would be perfect for me.

Introduction

Broad based training (BBT) is a new training programme which has been developed in conjunction with the Academy of Medical Royal Colleges, the relevant Colleges and the North Western Deanery. Currently it is running in 7 deaneries in the country.

The programme is run over 2 years, with four six month rotations in paediatrics, general practice, psychiatry and core medical training. Upon completion of the programme you can then enter into one of the above specialties at CT2 or ST2 level of training in the same deanery without



Why BBT?

My reasons for wanting to be part of this new programme was to allow me the opportunity to experience specialties that I had not yet been able to experience during the foundation programme such as paediatrics and psychiatry. It gives me extra time to have enough conviction to make a firm career path and a definite direction on my future. In addition to this I anticipated that this programme would help to develop me into a more rounded clinician with my wider perspective and insight during the programme and throughout my career.

How the programme is going

I have started in paediatrics in Gloucester Royal Hospital. After a couple of days of induction I have been spending my time in the different areas of paediatrics and feel as though I am now fully integrated into the specialty team. On the post natal ward I have been doing baby checks, looking for any abnormalities on new born babies. I have worked for a few days on the neonatal intensive care unit (NICU), working with the team to look after unwell neonates and attend deliveries. This week has been spent on the paediatric assessment unit seeing new patients as they present to hospital. This has enabled me to develop my skills in assessing and managing the sick child.

How BBT has been received?

Most colleagues whom I have discussed the programme with have been encouraging, supportive and enthusiastic and several people say I wish I could have done that!

My Rotations

		CT1		CT2	
	Gloucestershire BBT posts	August 2013 - January 2014	February 2014 - July 2014	August 2014 - January 2015	February 2015 - July 2015
Gloucestershire BBT1	Major Specialty (90%)	Paediatrics	GP	Psychiatry	Medicine, Oncology
	Minor Specialty (10%)*	Psychiatry	Medicine	Paediatrics	General Practice

Each rotation has a minor specialty attached to it. This is where 10% of the rotation is spent with one of the other rotations, with the view to experience cross specialty cases. For example whilst doing paediatrics my minor specialty has been psychiatry with a view to experience paediatric mental health. I have spent my time on the general inpatient ward, in ward rounds and in outpatient clinics. There are more days planned where I am hoping to spend time with the child and adolescent mental health teams.

Teaching

Whilst doing each of the four rotations you are expected to attend teaching sessions in that specialty. In addition to this there are BBT specific teaching sessions once a month bringing together trainees in all four of the specialties. These sessions are going to be based on cases which we have experienced, ideally cross specialty cases. This provides a new way of learning by bringing together trainees from different specialties; each with our own interests, experiences and views.

Conclusion

As this is currently a pilot it has at time been challenging with some teething problems; but this is also one of the reasons why this programme is so exciting. It is constantly evolving and our viewpoints are being listened to and acted on. The supervisors and training programme director have been extremely supportive and are helping to guide us during this exciting new programme.

More information

Can be found on the North Western Deanery website <https://www.nwpgmd.nhs.uk/bbt>.

Also follow BBT on twitter: [@NHS_BBT](https://twitter.com/NHS_BBT)