

North West of England School of Foundation Training

Career Taster Sessions in the Foundation Training Programme

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Career Taster Sessions in Foundation Training

Advisory Notes

UKFPO (March 2009) Definition of a Taster

'A taster is a period of time, usually 2-5 days, spent in a speciality in which the foundation trainee has not previously worked, which enables the development of insight into the work of the speciality and which promotes careers reflection'.

UKFPO guidance on specialty tasters for resident doctors can be found here:

<https://foundationprogramme.nhs.uk/resources/careers/tasters/>

The UKFPO guidance on specialty tasters for resident doctors includes the aims and background, followed by advice on developing high quality tasters including essential components, seven steps to developing local opportunities and tips for specialty/areas to ensure the best experience for the trainees.

The UKFPO has developed a taster reflection form, which is incorporated into the e-Portfolio - Horus. Resident doctors should complete this form, as information from this is collected to provide a register of tasters.

- 1.1 The School encourages the use of study leave during the third placement in F1 and throughout F2 for resident doctors to explore career opportunities.
- 1.2 The School expects every Foundation Programme Director (FPD) to establish and maintain a published list of currently available taster sessions for their resident doctors which should be easily accessible.
- 1.3 FPDs are expected to facilitate the uptake of these opportunities by their resident doctors and maintain records for their annual report. The local arrangements for doctors (especially foundation year 1) to undertake career

taster sessions should be included in the programme study leave policy/guidance.

- 1.4 FPDs should ensure a careers reflection form is entered in the e-Portfolio for the taster, as proof of attendance and of educational value. The contents of the reflection form can be private, but it is suggested this is shared with an educational supervisor in a careers discussion.
- 1.5 Although the UKFPO definition specifies specialty there may be other valuable opportunities such as learning about public health, medical leadership or medical publishing.

The UKFPO website features a comprehensive guidance resource for tasters and we recommend this is accessed in the first instance.

<https://foundationprogramme.nhs.uk/resources/careers/tasters/>