

**LIFT Information**

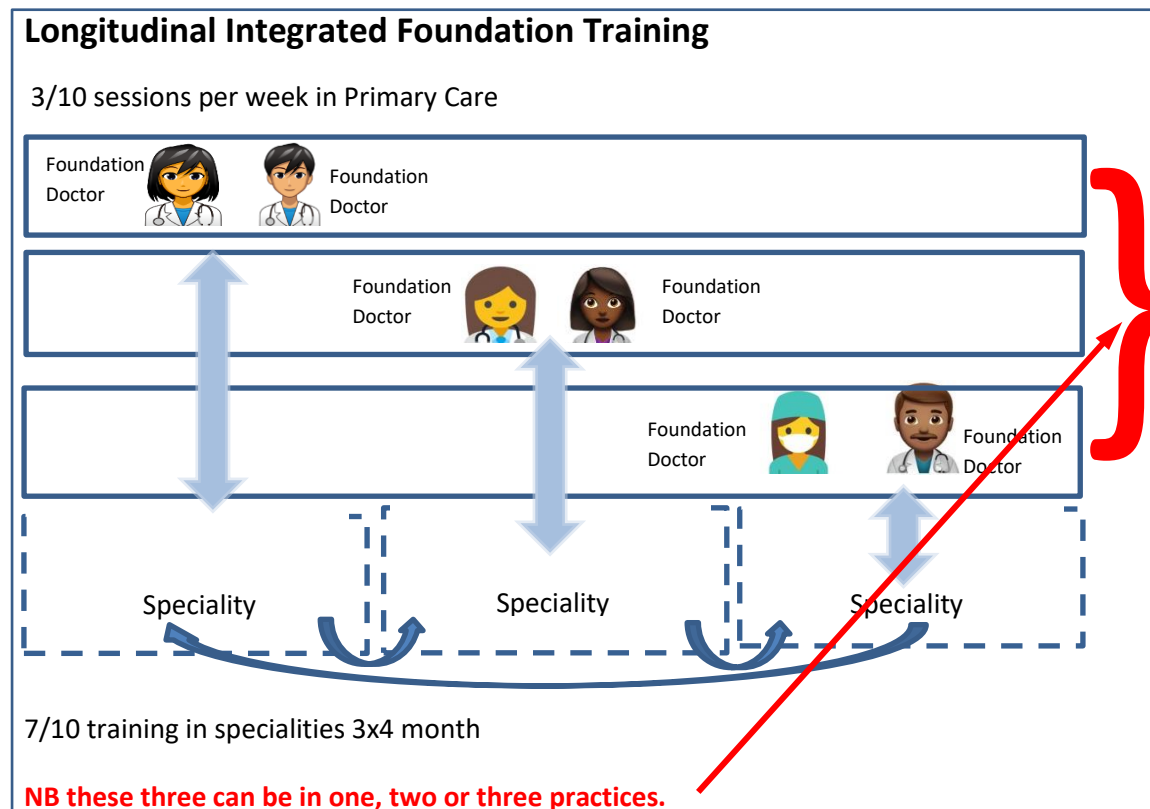
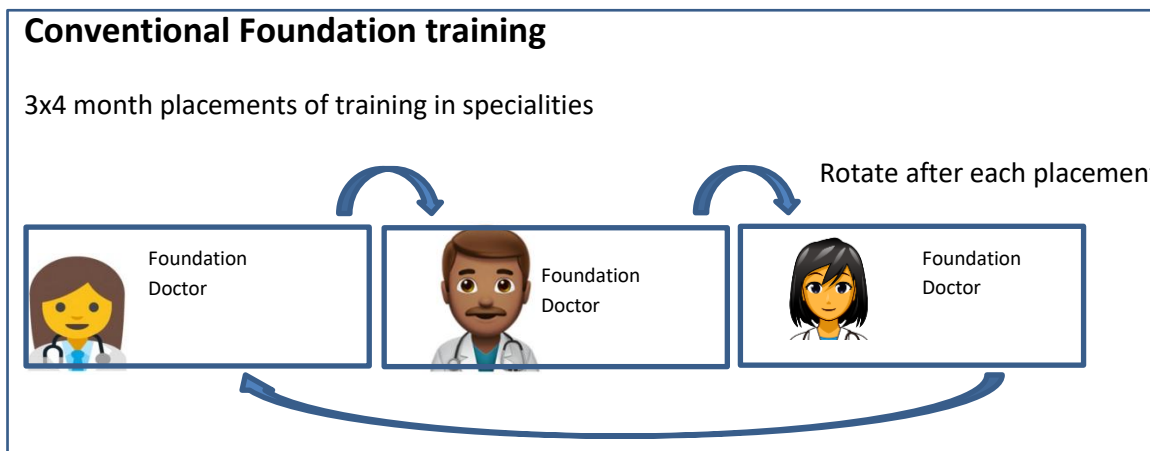
What is LIFT?

L = Longitudinal      F = Foundation

I = Integrated      T = Training

LIFT combines a two-year 3/10 commitment to primary care with 6 x 4 month 7/10 attachments in conventional secondary care Foundation training

Interested in Longitudinal Learning? Check out this YouTube video <https://www.youtube.com/watch?v=cKGeWSws1So>



## The practice

The GP supervisor in LIFT becomes the educational supervisor (ES). As the role combines elements of ES and CS, we double the normal rate for the trainer's grant. For every three-session LIFT Foundation trainee (1/3 WTE), the practice will attract 2/3 of a trainer's grant. Seeing our youngest colleagues grow over two years is enjoyable for trainers.

## Primary Care and the NHS

In the LIFT pilots, 57% of LIFT trainees chose to directly enter specialty training posts in without deferring, compared with 38% of standard trainees at that time. Of the LIFT trainees progressing into specialty training, 50% chose GP training, as opposed to 32% of traditional trainees.

LIFT doctors develop better patient-centred skills compared to conventional model trainees. LIFT trainees have better understanding of healthcare assets across the primary/secondary geographical setting. LIFT widens trainee doctor's interest and commitment to primary care. In everything we could measure, LIFT model training performs at least as well or better than the conventional model.

## The doctors-in-training

All these features are associated with LIFT - better educational supervision, better pastoral care, better work-life balance, better career planning, feel less stressed, feel more supported, valued, and satisfied. The sickness absence rate amongst LIFT trainees is lower, they report fewer critical incidents, and perform more more QI projects.

## Next steps

For more information, please contact the Deputy Dean for Foundation on [paul.baker20@nhs.net](mailto:paul.baker20@nhs.net), or the Foundation Lead for GP on [scott.cooper5@nhs.net](mailto:scott.cooper5@nhs.net).

## Further reading

- Burnett KE, Tregoning C, Hirsh DA, Baker P.
- Longitudinal Integrated Foundation Training: uplifting perspectives.
- Medical Education. 2018 Nov;52(11):1205. doi: 10.1111/medu.13709.
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6221179/>