


Managing your year out - making the most of it and avoiding the pitfalls

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Context

- 50% + of foundation trainees take 1-3 years out before entering a training programme
- 95% re-enter training programmes within 3 years of completing foundation

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The first consideration

What do you want from the year?



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Common reasons

- A break
- Travel +/- work
- Clinical fellow
- Explore career options
- Enhance cv
- Locums and saving up
- Working for charity
- Anatomy demonstrator
- Educational role



Common reasons

- Earnings
- Location
- Breaks
- Partners
- Future job applications
- Timing
- Number of years
- Recording CPD
- Appraisal
- Indemnity
- Use for cv



UK Jobs

- Locums- agency or direct with Trust? Long term or sessions? Which specialty?
- Clinical fellow – 6 or 12 months, 1 or 2 specialties
- Educational roles – anatomy demonstrators, skills tutors
- Research jobs
- Private sector jobs
- Education-masters, postgraduate certificates

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How to apply UK

- NHS jobs
- BMJ website
- University websites
- Trust websites
- Private providers
- Networking- peers, consultants, managers
- Application forms, visiting, interview practice

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Career taster posts – critically evaluate for your future

- Does it fit with my values?
- Does it use my preferred skills?
- Acute vs long term relationships with patients?
- Team elements?
- Do I like both training and senior roles?
- Lifestyle
- Would a non-Consultant role suit me best?
- Future of specialty?

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Career taster posts – critically evaluate for your future

- Identify Responsible officer use GMC guide
- Indemnity
- Portfolio- consider college ones(charge)
- Consider having PDP
- Appraisal and using MAG form
- If non-clinical? Keeping up skills and appraisal

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Skills Tutors and Anatomy Demonstrators

- University or trust adverts often late in year
- Make direct contact
- Does it include some clinical and opportunity for study for PG Cert etc
- What about appraisal?
- Is it a short year? (September to June)
- Related to a long term goal ?

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Locum considerations

- Do you know and understand that working environment- induction
- Do you have contact number in case you are delayed
- Are you doing CPD? Use e-learning that is free
- Record expenses
- Many are for nights and weekends
- Set a maximum number of hours a week you will work
- Are you keeping proper accounts?

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Locum considerations

- Put aside finance for sick leave that you will not be paid for
- Suitable for supporting application for speciality
- Who is your RO and how will you get appraised?

Jobs outside UK

- Training posts
 - Locums
 - VSO, Red Cross , MSF
 - Agencies
 - Health
 - Registration – GMC and abroad
- Indemnity
 - Training for unfamiliar health care areas
 - Remember start dates are often out of sync with UK

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How to apply for non UK jobs

- Aid organisations and global health agencies
- Local recruitment outside UK
- UK agencies recruiting for jobs outside UK
- BMJ website
- Networking / contacts

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Going outside UK

- Ask GMC re registration and licence to practice
- Indemnity – will they cover you?
- Have you got health cover?
- Special vaccinations / malaria prophylaxis
- Accommodation
- Travel
- Do you need health checks before going – who will pay?

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Returning to training

- Oriel application dates
- Support with application forms
- Portfolio preparation plus time out information
- Interview practice
- Returning for interviews or going abroad after?
- Do less than 2 years in specialty before core application
- Fully back on register
- Evidence for revalidation from time out
- Do you need a mentor for returning to UK training?

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Maintaining Learning and Evidence

- Record all educational activity
- Plan to attend suitable courses
- Post graduate exams
- Leadership
- specific skills
- Publications
- Consider other qualifications- educational
- Feedback
- Reflective practice
- Use of portfolio –
Horus / Royal College

Things to do

- Start planning early
- Be clear what you want from time out
- Prepare for training applications
- Plan for return
- Keep up to date with all tasks
- Be prepared to find that it takes time to settle back into training
- Have fun and enjoy the year

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Useful websites

- Oriel
- GMC
- Colleges
- VSO
- MSF
- Red Cross
- Universities
- BMJ
- NHS jobs
- HEE
- NHS England – MAG form and RO Identification

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