



Health Education North West

GUIDE TO SPECIALTY TRAINING IN RHEUMATOLOGY HEALTH EDUCATION NORTH WEST (NORTH WESTERN)

Welcome to the Rheumatology Specialty Training Programme in HENW (North Western)! The following guide contains information on the training programme but is not exhaustive and may alter over the course of your training. Further information can be obtained from a variety of sources (see contact list at the end of this document).

If you have any queries or need any information not contained in this guide, please contact the Training Programme Director (TPD).

General Information

The Health Education North West (North Western) rheumatology rotation covers a number of district general and central teaching hospital departments. There are 20 training posts delivered across 14 sites. The programme follows the curriculum set out by the Joint Royal College of Physicians Training Board (JRCPTB) (www.jrcptb.org.uk) and it is expected that all areas of this will be covered though the course of the programme. Curriculum mapping documents are available for each training site to enable trainees to make the most of the vast array of training opportunities.

The programme is managed by programme director and Training Committee chair, Dr Chandini Rao, a consultant rheumatologist based at Blackpool Teaching Hospitals. The Training Committee (TC) meets twice a year and has trainee representation in the form of one junior (ST3/4) and one senior (ST5/6) trainee. Traditionally most rheumatologists in the region have practiced as single specialty consultants. However, recent workforce planning discussions and the Shape of Training recommendations clearly state the need for greater numbers of specialists to train in General (Internal) Medicine (G(I)M) as well as in their chosen specialty. In Health Education North West (North Western), we therefore recruit to a dual (Rheumatology and G(I)M) training programme, which is delivered over 5 years. All dual training posts with G(I)M in the region involve the care of general medical inpatients and acute medical admissions, usually with partial shift on call rotas, which are all EWTD compliant. There are 5 regional G(I)M study days a year and a minimum attendance at these is expected. Single specialty training posts around greater Manchester participate in a non-resident rheumatology on-call service.

Structure of the Training Programme

Training is structured throughout the programme and trainees are required to complete workplace-based assessments, multi source feedback and multiple consultant reports as set out by the JRCPTB. The trainee's e-portfolio and progress is reviewed at the annual ARCP review and at regular intervals with local educational supervisors. Trainees will also be expected to complete the Specialty Certificate Examination (SCE) in Rheumatology.

The structure of the training programme needs to remain flexible to accommodate each individual trainee's learning needs. It is therefore impossible to determine where trainees will work for the duration of the 5-year programme. Rotations are decided annually, usually in April/May for the following August changeover, after the programme director has assessed all trainees' educational needs. An **indicative** programme is listed below:

- ST3: Rheumatology + G(I)M. Placements may be at Furness General (Barrow), Royal Lancaster Infirmary, Royal Blackburn Hospital, Pennine MSK Partnership/Royal Oldham Hospital, North Manchester General Hospital, Trafford General Hospital or Macclesfield District General Hospital
- ST4: as ST3 or ST5
- ST5/6: Pure Rheumatology at Blackpool Teaching Hospitals, Bolton NHS Foundation Trust, Wrightington, Wigan and Leigh Foundation Trust, Stockport NHS Foundation Trust, Salford Royal Foundation Trust, Central Manchester Foundation Trust or University Hospitals South Manchester
- ST7: Rheumatology and G(I)M at one of locations listed for ST3

The programme director will endeavour to ensure that trainees have at least 12 months in one of the central hospitals (Salford, Central Manchester or South Manchester)

Flexible (part-time) training is possible with approval from the programme director and HENW, provided the trainee fulfils certain criteria. Further information can be found on the HENW website:

<https://www.nwpgmd.nhs.uk/content/less-full-time-training>

Training Sites/Supervisors

Site	No of posts	Pure Rheum or Rheum+G(I)M	Educational Supervisor(s) for Rheum (STSC rep in bold)	Clinical Supervisor(s) for Rheum
Barrow in Furness	2	Rheum+G(I)M	Dr Mitchell , Dr Wood	As ES
Blackburn	1	Rheum+G(I)M	Dr Brockbank	Dr Ley, Dr Teh
Blackpool	1	Rheum	Dr Rao	Dr Jones, Dr Sari-Kouzel
Bolton	1	Rheum	Dr Vasireddy	Dr Paul, Dr Wig
Lancaster	2	Rheum+G(I)M	Dr Bukhari	Dr Ottewell
Macclesfield	1	Rheum+G(I)M	Dr Knight	Dr Samavi, Prof Symmons
Manchester Royal Infirmary	2	Rheum	Dr Gorodkin , Dr Ho	Prof Bruce, Dr Parker
North Manchester	1	Rheum+G(I)M	Dr.Naz	Dr Das, Dr Ahmad
Oldham	1	Rheum+G(I)M	Dr Devakumar	Dr Klimiuk, Dr Snowden
Salford	3	Rheum	Prof O'Neill , Prof Herrick, Dr Harrison	Prof Jones, Dr Chinoy, Dr Low
South Manchester	2	Rheum	Dr Sanders , Dr Newton, Dr Haque	Dr Pal
Stockport	1	Rheum	Dr Ismail , Dr Filer	Dr Mercer
Trafford	1	Rheum+G(I)M	Dr McKenna	Dr Shah
Wrightington	1	Rheum	Dr Chelliah	Dr Chattopadhyay

Post Induction/ Training Meetings

On commencement of training at each site, you should receive a Trust and Departmental Induction. Each site has produced a "Survival Guide", which should be updated by the previous trainee and given to you on or before your first day. In addition, each site has a curriculum mapping document which should be made available to new starters. This document will be useful for you to find out what educational opportunities are available in each post.

You should schedule an induction appraisal with your educational supervisor (ES) as early in the placement as possible. This should be recorded in your e-portfolio and will inform your personal development plan to work through during the year. Regular meetings with your ES are encouraged and can be documented in the e-portfolio. It is recommended that you consult the JRCPTB website for guidance on workplace-based assessments and requirements for that particular year of training. These should be spaced out throughout the training year. Please remember to create a folder in the personal library of your e-portfolio with the name of the year (e.g. ST3) and label things there according to end of year ARCP decision aid.

Assessment

Towards the end of each training year, your progress will be assessed by an Annual Review of Competence Panel (ARCP). This is a review of your e-portfolio to ensure that you have met the requirements set by the JRCPTB for that training year. You are not required to attend this panel in person, unless specifically informed eg. Penultimate Year Assessment or Panel B. You should check that you have evidence to support the criteria set out in the ARCP decision aid for that training year. This and a guide to preparing for ARCPs can be found on the JRCPTB website. Your educational supervisor's report is pivotal to this process and should be clearly linked to evidence, such as supervised learning events (SLEs), multi-source feedback (MSF) and multiple consultant reports (MCR). Please note that your ES should not complete an MCR for you but this should be filled in by all the remaining consultants in the unit. A mandatory requirement for the ARCP process is completion of Form R for revalidation purposes and proof of completion of that year's GMC trainee survey. Both of these should be uploaded onto the personal library of your e-portfolio. It is recommended that you have separate folders for each training year in the personal library of your e-portfolio.

Prior to the formal ARCP, you will be invited to attend an "interim training review". This is an informal meeting with the Training Programme Director (TPD) and 1 or 2 other rheumatology consultants from the region. The aim of this is to review your achievements during the year, help you plan your following training year and give you the opportunity to get careers advice from well established consultants. We also welcome feedback on the training posts and trainers (good and bad!)

Formal Teaching

Teaching throughout the training programme is delivered in a variety of ways. Most units will hold regular departmental educational meetings and these should be discussed with your ES at your induction appraisal.

Regional teaching takes place at the monthly “Manchester Rheumatology Afternoon” (MRA), which is usually held on the second Friday of each month at MANDEC in the Manchester Dental School. The programme is mapped to the rheumatology curriculum over a 4 year cycle and consists of case presentations from trainees, consultant teaching and a guest lecture. Each training unit is allocated a session by the MRA organiser and is expected to deliver the teaching for that meeting. Every other month, there is a 1 hour teaching slot prior to the main meeting for a lecture on 2 specific curriculum topics. This teaching is coordinated by the trainee reps. Attendance at the MRA is factored into your study leave allowance (see Study Leave section below) and we expect trainees to attend at least 70% of the meetings over the duration of their training programme. If you struggle to meet this attendance target, please discuss with your ES or TPD.

Two of the MRA meetings are dedicated to trainee audit and research. The audit meeting is usually held in August and gives trainees the opportunity to present an audit or quality improvement project they have been involved with that year. The research afternoon is usually held in May or June and is open to all trainees whether in clinical placements or out of programme for research. The presentations for both meetings are judged by a panel of consultants and prizes are awarded for the best presentations. Trainees are expected to present at one or both of these meetings each year and this will be discussed at the interim ARCP meeting.

In addition to the MRAs, there is a 6 monthly meeting of the North West Rheumatology Club. This is a combined meeting with our colleagues from the Mersey part of the LETB and the programme consists of research and audit presentations, case presentations and a guest lecture. Again, prizes are awarded for the best presentations.

It is recommended that you add your email address to the contact list for both the MRA and NWRC (your ES can do this for you).

Finally, one of the main attractions of rheumatology training in the North West is the Masters programme in Clinical Rheumatology. Although not compulsory, most rheumatology specialty trainees undertake this higher degree, usually in their ST4 and ST5 years. It consists of taught modules and a research component. The taught modules take place on Thursdays and most units do not schedule fixed commitments on Thursdays. If you do intend to enrol on the MSc, please ensure that your ES is aware and can release you to attend. You may put your study leave budget allocation towards the course fees but be aware that this alone will not cover the cost. The MSc is assessed by written and clinical examinations and a dissertation on the research component. Further information on the course can be sought from the MSc Lead, Dr Hector Chinoy.

Research

Manchester has a strong reputation in rheumatology research. The University of Manchester has a Centre for Musculoskeletal Research with affiliations across the Faculty of Medicine and Human Sciences. This encompasses the NIHR Musculoskeletal Biomedical Research Unit, under the directorship of Professor Ian Bruce, the Arthritis Research UK Centre for Epidemiology under the directorship of Dr Will Dixon and the Arthritis Research UK Centre for Genetics and Genomics under the directorship of Professor Anne Barton. Many trainees successfully obtain research grants and take time out of programme to complete PhD or MD theses. Further on from this trainees have opportunities to apply for clinician scientist and lecturer positions. Research is also conducted in the district hospitals eg. (Lancaster and Wrightington)

Study Leave

Each trainee is entitled to 30 days of study leave each year and there is an annual budget of £805 per trainee. As indicated earlier, attendance at the MRA comes out of the study leave time allocation (0.5 days per MRA). Trainees enrolled on the MSc course will use 21-22 days of study leave allocation per year and need to be aware that this will limit opportunities to attend study days or conferences during these 2 years.

The study leave process is quite complex! It is outlined in the following flow-chart on the next page. Please ensure that all steps are followed in order. The TPD can not approve study leave without a completed application form and email approval from your ES and rota coordinator. The electronic study leave application form can be found by accessing the following link to the LETB's study leave webpage:

<https://www.nwpgmd.nhs.uk/study-leave>

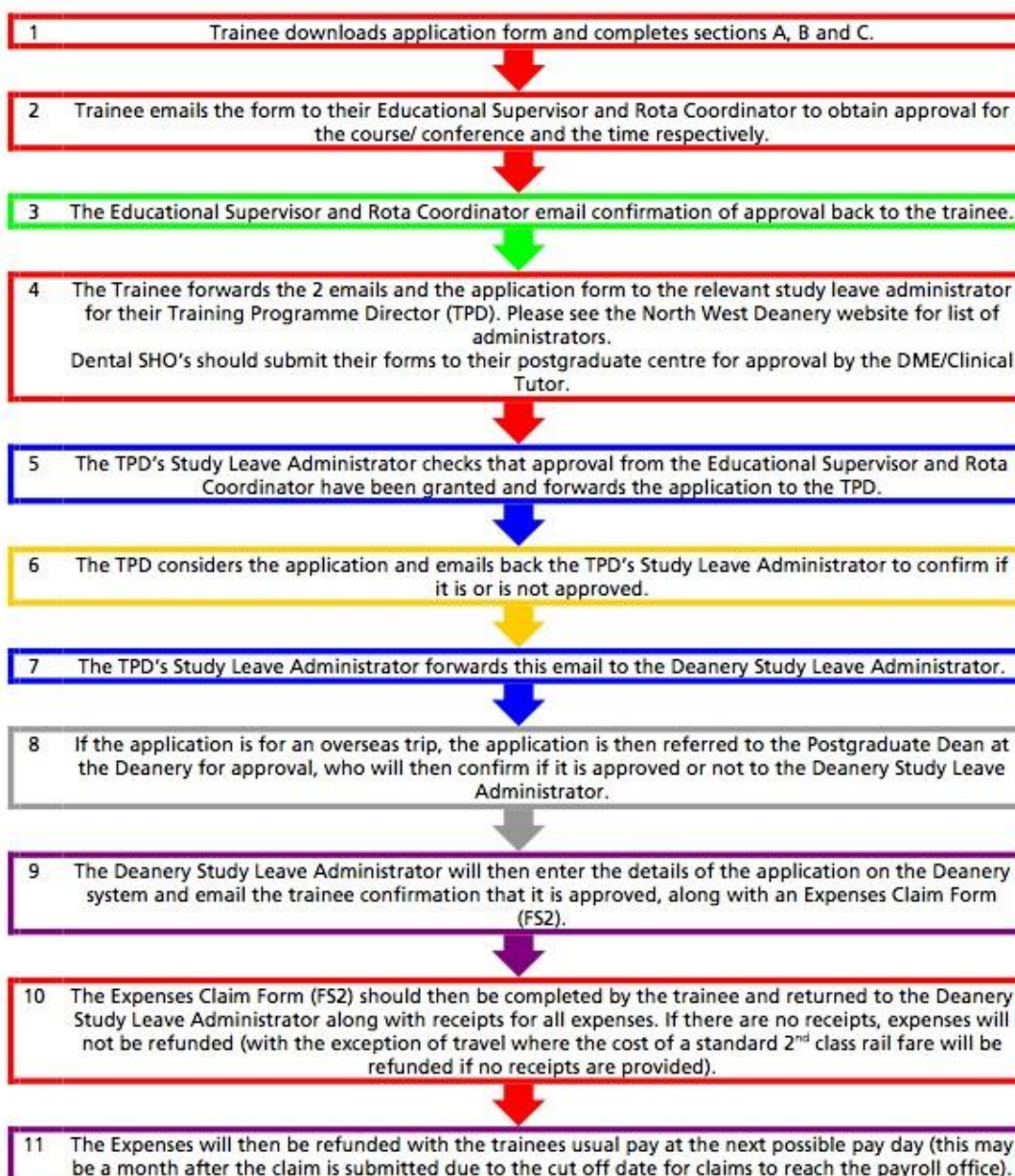
You will also find guidance on applying for study leave and links to contact details for the study leave administrators on this webpage.

Study Leave

Process Flowchart

Key to show which steps are to be done by which person:

- | | |
|---|--|
| ■ Trainee - steps 1, 2, 4 & 10 | ■ TPD's Study leave Administrator - steps 5 & 7 |
| ■ Educational Supervisor and Rota Coordinator - step 3 | ■ Deanery Study Leave Administrator - steps 9 & 11 |
| ■ TPD (Training Programme Director) - step 6 | ■ Postgraduate Dean (where appropriate) - step 8 |



Trainee Representatives

There are 2 trainee representatives (one junior and 1 senior) who can advise and support you. They also attend training committee meetings to ensure that trainees' views are represented and arrange trainee meetings / dissemination of information. Their contact details are at the end of this document.

Pastoral Support / Mentorship

There are a variety of people from whom you may wish to seek pastoral support during your training programme, including your educational or clinical supervisors (past or present), TPD, trainee representatives and colleagues or LETB staff.

In 2016, we plan to re-launch a trainee mentorship scheme, linking trainees with trained mentors from the north west rheumatology community. Participation will be optional but most trainees find it useful to have a mentor. Further information will be disseminated in late 2016.

Useful Links

Health Education North West (North Western): <https://www.nwpgmd.nhs.uk/welcome>

Lead Employer for Specialty Trainees (Pennine Acute Hospitals NHS Trust):
<http://www.pat.nhs.uk/education-and-research/lead-employer.htm>

British Society of Rheumatology: www.rheumatology.org.uk

American College of Rheumatology: www.rheumatology.org

Arthritis Research UK: <http://www.arthritisresearchuk.org/>

European League Against Rheumatism: www.eular.org

Joint Royal Colleges of Physicians Training Board: www.jrcptb.org.uk

Royal College of Physicians: www.rcplondon.ac.uk

Key Personnel and Contacts for Rheumatology Specialty Training

Rheumatology Training Programme Director and STC Chairman: Dr. Chandini Rao
drc.rao@bfwhospitals.nhs.uk
Tel: 01253 953854

General (Internal) Medicine Training Programme Director: Dr Vinodh Devakumar
vinodh.devakumar@pat.nhs.uk

Academic Lead for Rheumatology: Professor Anne Barton
anne.barton@manchester.ac.uk

Pastoral Care and Mentorship Lead: Dr Rachel Gorodkin
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Careers and E-Portfolio Lead: Dr Marwan Bukhari
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Rheumatology MSc Lead: Dr Hector Chinoy
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LETB Administrator for Rheumatology: Lauren Clarke
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LETB Specialty School Leader: Liz Housby
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LETB Specialty School Manager: Claire Higgins
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Study Leave Administrator for TPD approval (for stage 4 of study leave process):
Suzanne White: Postgraduate.Education@bfwhospitals.nhs.uk

Trainee representatives:
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