

# Foundation Choices



## Background

Feedback received from previous F2 doctors showed that they wanted an element of choice in the mandatory foundation skills sessions with many doctors wanting to complete a course that was relevant to their chosen career path to stand them in good stead for their Specialty applications.

## Our response

The Foundation Schools have commissioned a suite of face-face courses, of interest to all specialty career preferences. The sessions have been pre-funded by the foundation schools so you are not required to pay any course fees.

We have commissioned sufficient places so that every F2 doctor can access one of these six courses during their F2 year.

- Care of the Critically Ill Medical Patient
- Effective & Efficient Consultation Skills
- Introduction to Mentoring
- Paediatric AIMS
- Surgical Skills
- Teaching Skills

## How are these sessions funded?

The sessions are funded by the F2 study leave monies from the Department of Health. Once the courses are fully booked, no further places can be funded. Please get your place booked on your preferred course early to avoid disappointment.

Remember, it is **mandatory** for F2 doctors to attend **one** of the 6 Foundation Choices courses. Please do not book onto more than one of the Foundation Choices courses. Double bookings will be charged!

## How do I access these courses?

To book yourself onto one of the Foundation Choices courses please click the Course Manager logo:

**Please ensure that you have study leave authorisation** through the Leave Manager, Intrepid system before you book yourself onto a course: [www.intrepidv10.co.uk/emd](http://www.intrepidv10.co.uk/emd)

## Which course is suitable for my career?

CV enhancing Course aligned to Specialty	CRIMP	Effective Consultation Skills	Introduction to Mentoring	Paediatric AIMS	Surgical Skills	Teaching Skills
Emergency Medicine	✓	✓	✓	✓	✓	✓
Surgical Specialties	✓	✓	✓		✓	✓
Psychiatry	✓	✓	✓			✓
General Practice	✓	✓	✓	✓		✓
Obstetrics & Gynaecology	✓	✓	✓		✓	✓
Paediatrics		✓	✓	✓		✓
Public Health			✓			✓
Anaesthetics	✓		✓	✓		✓
Medicine	✓	✓	✓			✓
Laboratory Based			✓			✓

### Non-attendance

Where a doctor does not attend, or cancels with less than 6 weeks' notice, they will be expected to self-fund attendance at a subsequent course:

CANCELLATION FEES	
Care of the Critically Ill Medical Patient	£125
Effective & Efficient Consultations	£50
Introduction to Mentoring	£100
Paediatric AIMS	£100
Surgical Skills	£100
Teaching Skills	£100

Further information can be found in the Foundation School Study Leave Policy

# OVERVIEW OF THE CHOICES COURSES

## Effective & Efficient Consultations

A one day course focused on effective and time-efficient consultations with patients and their relatives. By F2 you have been managing your own patients and experiencing some real-world challenges that medical school may not have fully prepared you for. There are specialty specific challenges in effective use of consultation time for all doctors in ALL specialties.

## Care of the Critically Ill Medical Patient (CRIMP)

This two day course is delivered using a blend of lectures, workshops, patient scenarios and skill stations. It will give you a structured approach to assessing the medically ill patient and topics include respiratory emergencies, blood gasses, endocrine emergencies, airway management, chest drains, lumbar punctures and much more!

Because this is a two day course, you will need to use one of your taster days to attend.

## Paediatric Acute Illness Management

This one day course is a blend of lectures, workshops and simulated learning which embeds the ABCDE approach to assessment and management of acutely ill children who are at risk of deterioration. It will cover assessment and initial treatment of children with various conditions including breathing difficulties, circulatory problems, neurological problems and those in pain or with sepsis.

## Surgical Skills

This one-day course will help you to recognise and assess the acutely ill surgical patient, identify common causes of acute illness in the surgical patient and deliver appropriate initial therapy, recognise the importance of coexistent chronic and co-morbid disease in the assessment of the high risk surgical pre-operative patient and develop practical skills to enable the trainee to work effectively within a number of clinical settings.

## Teaching Skills

This interactive one day course will give you a practical introduction to teaching. The course aims to increase your understanding of teaching theory and how to structure and plan a teaching session. You will get an opportunity to design and deliver a short teaching session in a safe, supportive environment and receive constructive feedback.

## Introduction to Mentoring

This one day course aims to give you an introduction to mentoring. Throughout your career, mentoring skills will be a useful addition to your skill set.

## Further information

Flyers for most of the courses can be found on the Foundation School pages of the Health Education England – East Midlands website:

<https://www.eastmidlandsdeanery.nhs.uk/page.php?id=1633>

## Queries

If you have any queries about Foundation Choices, please ask your Foundation Programme Co-ordinator in the first instance.

## Useful links

### Course Manager:

<https://secure.intrepidonline.co.uk/CourseManager/EMD/>

### Leave Manager:

[www.intrepidv10.co.uk/emd](http://www.intrepidv10.co.uk/emd)