**OUT OF PROGRAMME – The “OOP” Process**

Specialist and Specialty Registrars may apply to take time “Out of Programme” or to extend an existing Out of Programme arrangement.

There are 4 types of OOP’s a Trainee can apply for:

**Please click on the relevant OOP that you would like to enquire about**

1. [**OOPC**](file:///C%3A%5CUsers%5CChelsea.Huddleston%5CDocuments%5CWebsite%5COOP%5COOPC.docx) | Career Break | This does not count towards CCT

2. [**OOPE**](file:///C%3A%5CUsers%5CChelsea.Huddleston%5CDocuments%5CWebsite%5COOP%5COOPE.docx)| Experience | This does not count towards CCT

3. [**OOPR**](file:///C%3A%5CUsers%5CChelsea.Huddleston%5CDocuments%5CWebsite%5COOP%5COOPR.docx) | Research | This may or may not count towards CCT

4. [**OOPT**](file:///C%3A%5CUsers%5CChelsea.Huddleston%5CDocuments%5CWebsite%5COOP%5COOPT.docx) | Training | This does count towards CCT provided that the appropriate approvals have been prospectively obtained

**Key:**

**AFSD:** Associate Foundation School Director

**APD:** Associate Postgraduate Dean

**ARCP:** Annual Review of Competence Progression

**AUC:** Acting Up as a Consultant

**CCT:** Certificate of Completion of Training

**FTPD:** Foundation Training Programme Director

**GMC:** General Medical Council

**PD:** Programme Director

**PM:** Programme Manager

**PrA:** Programmes Administrator

**RC:** Royal College

**TPD:** Training Programme Director