



## Midlands Supported Return to Training Process (SuppoRTT)

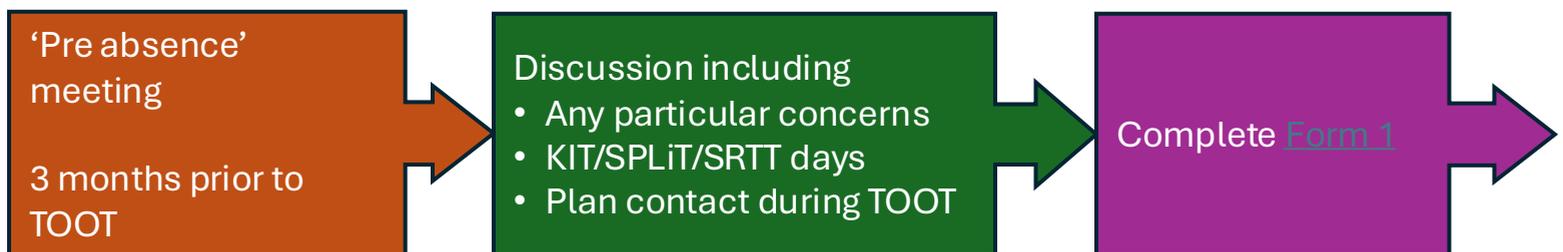
The Midlands SuppoRTT programme applies to all Postgraduate Doctors in Training (PGDiT) who have been out of training for 3 months or more.

Any trainees that have been absent due to ill health or conduct/capability investigation should also participate in SuppoRTT.

Any phased return/training plan devised by occupational health or HR takes preference.

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### Prior to absence



If absence is unexpected this discussion can be held as soon as possible after trainee goes on leave

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### During absence

On parental leave, the PGDiT can use KIT/SPLIT days. These are optional and are paid by the trust paying the parental leave.

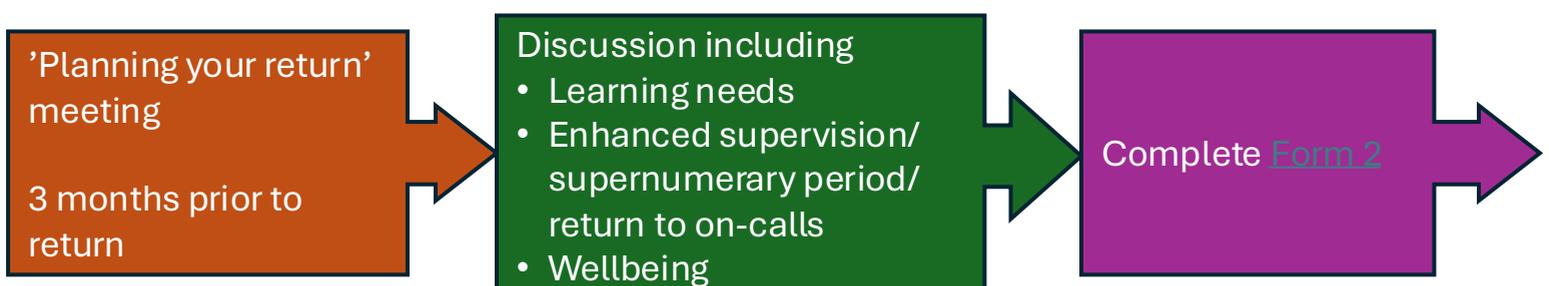
10 days are also available to PGDiT returning for other reasons. These are called SRTT days.

The PGDiT may wish to attend return to work courses or activities. Funding for courses should be applied for via local study leave routes.

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### Prior to return

The 'planning your return' meeting should take place 3 months before the PGDiT returns to training, to allow time to facilitate rota adjustments and planning for enhanced supervision.



**Consider OH recommendations, breastfeeding risk assessment, potential rota/HR issues**



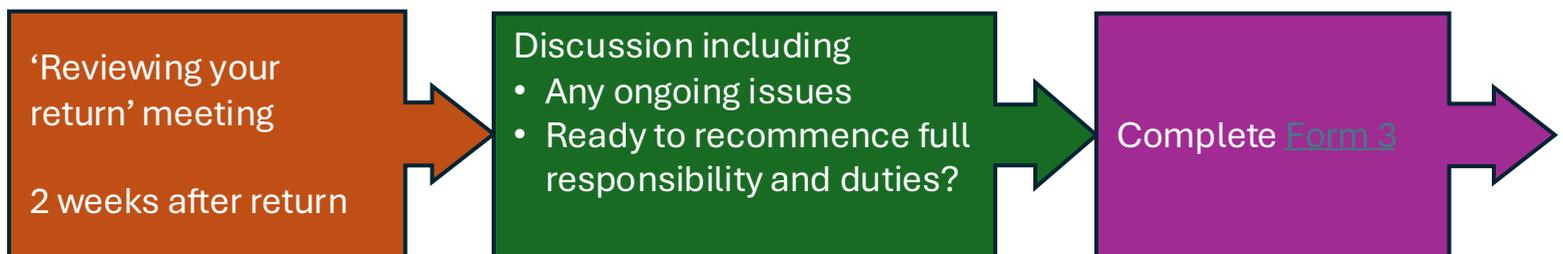
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### Return period

The length of enhanced supervision depends on the specific needs of the trainee, but 2 weeks pro-rata is usually adequate. Out-of-hours work may be done if appropriate supervision is in place. The trainee should engage with workplace-based assessments with feedback from supervisors. The supervised period would not normally affect CCT date. A small number may need a supernumerary period. This should be discussed in advance with the TPD/ES and SuppoRTT team.

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### Review of return period



If sufficient progress is made, the ES and PGDiT can agree returning to usual duties and responsibilities.

If any further support is needed, the ES/TPD and PGDiT can agree to extend the enhanced supervision. Further funding may be applied for via the [SuppoRTT team](#). Please consider referral to [PSW](#) if ongoing support is required.

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### Funding

Funding for enhanced supervision is automatic to the placement during the quarterly EFA.

If a longer enhanced supervision or a supernumerary period is required, please discuss this with the [SuppoRTT team](#).

PGDiT can apply for course costs via the local study leave processes.

### Glossary

**ES** – Educational Supervisor

**TPD** – Training Programme Director

**PGDiT** – Postgraduate Doctor in Training

**KIT** – Keeping in Touch

**PSW** – Professional Support and Wellbeing

**SPLIT** – Shared Parental Leave in Touch

**SRTT** – Supported Return to Training

**TOOT** – Time Out of Training

### Useful contacts

SuppoRTT Email [england.supportt.mid@nhs.net](mailto:england.supportt.mid@nhs.net)

SuppoRTT Website – [East Midlands](#) and [West Midlands](#)

PSW Email - [england.psw.em@nhs.net](mailto:england.psw.em@nhs.net)

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