

Out of Hours (OOH) Training for GP Specialty Registrars

The strong view of GP training organisations is that the generalist role of the GP should be maintained and that newly accredited GPs will be expected to have demonstrated their ability to perform competently in OOH primary care.

What is Out of Hours?: The new General Medical Services contract (nGMS) has defined the normal working day for general practice to be between 08.00 and 18.30 on all weekdays except public holidays. OOH is defined as the work undertaken between 18.30-08.00 and all day at weekends and on public holidays. However, OOH is also taken to mean the type and style of working that takes place in this time.

This does not just mean the management of emergencies, but also the experience of dealing with patient contacts in a different quantity and context to the normal working day. In other words, emergency care is a feature of both in-hours and out-of-hours work but there are particular features of the out of hours period, such as isolation, the relative lack of supporting services, telephone triage, and the need for proper self care, that need addressing during training.

Educational supervision:

This is undertaken by your Trainer, who is responsible for:

The overall supervision of your learning

Helping you access training in OOH

Formative assessment

Workplace based assessment (an OOH pt could be included in your CBD)

Your trainer may well use data/evidence submitted by others to inform these processes.

Clinical supervision: Refers to the person supervising and training you during the OOH session. It may be your own trainer, another partner in your practice, any trainer doing an OOH session, or any other doctor who has received specific training in OOH supervision and assessment. You are responsible for bringing with you to OOH sessions the necessary forms so that the clinical supervisor can feed back to your trainer about your performance.

The Assessment System: Assessment is the responsibility of your Trainer, supported by evidence supplied by yourself, (documented in your e portfolio) as well as feedback from your clinical supervisors. This evidence should include your own reflections on clinical encounters, professional conversations with your clinical supervisor or other naturally occurring evidence. You may choose to use an OOH encounter to submit for formal case-based discussion. Your trainer will evaluate the portfolio evidence and formative feedback from clinical supervisors in the OOH organisation, validating competencies when satisfied that these have been achieved, and confirming that you have undertaken the required level of exposure commensurate with the length of the GP component of your training programme. (usually 18 x 4 hour sessions during 18 mths general practice, but more may be needed if you have not got all the competencies signed up after these 18 sessions)

In some instances the demonstration of some of the skills and competencies needed for OOH care, for example those exhibited in undertaking telephone triage, can also take

place during the normal working day, or on the VTS, but should still be validated by your trainer

YOU are responsible for completing your portfolio of experience and reflection on all sessions that you attend, and for making sure that you take the relevant forms with you to your sessions .

The key out-of-hours competencies and their assessment

The six generic competencies in the RCGP Curriculum Statement on 'Care of acutely ill people', are defined as the:

1. Ability to manage common medical, surgical and psychiatric emergencies in the out-of-hours setting.
2. Understanding of the organisational aspects of NHS out of hours care.
3. Ability to make appropriate referrals to hospitals and other professionals in the out-of-hours setting.
4. Demonstration of communication skills required for out-of-hours care.
5. Individual personal time and stress management.
6. Maintenance of personal security and awareness and management of the security risks to others

We suggest you discuss with your trainer how you will debrief after each OOH session. You need to cover not only the learning you have done, but how good the learning experience was, and what your continuing learning needs are.

You also need to discuss with your trainer and clinical supervisor what level of supervision is appropriate

Direct supervision:the GP StR is supervised directly by the clinical supervisor and takes no clinical responsibility.

Close supervision:the GP StR consults independently but with the clinical supervisor close at hand e.g. in the same building.

Remote supervision :the GP StR consults independently and remotely from the clinical supervisor, who is available by telephone. An example of such a session would include a session 'in the 'car' supervised by another GP at base

Documenting OOH experience in your e-portfolio

You need to record each of your OOH sessions in your e-portfolio. The portfolio necessitates that each entry must be tagged before filing against at least one curriculum statement heading. Normally, in the case of an OOH session, this would be curriculum statement 7: *Care of Acutely Ill People*.

Clinical supervisors in OOH will complete a session feedback sheet – see example - which the trainee must share with the trainer/educational supervisor as evidence of attendance.

All OOH sessions entered into the e-portfolio must be 'shared' with the educational supervisor. In particular circumstances, the supervisor may choose to 'validate' some of these as contributing to workplace-based assessment. In this case, the entry will also be tagged against one of the 12 professional competency areas.

At the end of the training programme, the educational supervisor will search for all OOH sessions in the 'shared entries' in the e-portfolio (there is a filter facility for this) ensuring that the requisite number have been completed. A declaration by the educational supervisor is then completed which will appear in the 'progress to CCT' section of the e-portfolio.

This is a vital part of MRCGP .If you have not completed the required number of sessions and achieved all the competencies by the end of the year, your portfolio will automatically be submitted to a panel at the deanery and you will be called up for an interview with them.

GP Trainers should, with the GP StR, review the portfolio on a regular basis and, taking into consideration other feedback from clinical supervisors, validate competencies that have been achieved.

Hours worked:

The number of hours worked in any week and the rest achieved should also comply with the EWTD. In order to experience a broad range of clinical presentations it is desirable that GP StRs have experience of different models and shift times of the OOH service, and GP Trainers should be aware that a GP StR will need to be properly rested both before and after an overnight session.

Medico-Legal

You are covered for OOH by your normal medical defence subscription. You will need to sign an honorary contract (see attached)

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