

ST1&2 Trainees in Hospital posts – East Region Teaching Programme – February 24- August 24

IMPORTANT: Trainees should book onto teaching sessions via the Turas Learn website <https://learn.nes.nhs.scot>

Date & Time	Learning Activities	Facilitators	Venue
Tues 12/3/24 13.30 – 15.30	Maintaining your wellbeing (NB if you are unable to attend the afternoon session, you are welcome to book onto the ST3 session in the morning instead)	Geoff Williams and Patrick Sullivan	DDEC Earn Room
Tues 26/3/24 9.30 – 12.15	Psychology	Phillip Sharples and Lucie Jackson	Microsoft Teams
Tues 9/4/24 14.00 – 16.30	Urology (rescheduled from November)	Andrew Martindale	Steele Lecture Theatre, Perth Royal Infirmary
Tues 16/4/24 9.30 - 12.15	Gastroenterology	John Todd	Microsoft Teams
Tues 30/4/24 9.00 – 13.00	Realistic Medicine	Nico Grunenberg	Microsoft Teams
Tues 7/5/24 9.30 – 12.15	Sexual and Reproductive health	Joanne Green	Room C, University of Dundee, Ninewells
Tues 28/5/24 14.00 – 16.00	Palliative care	Kathryn Lambert	DDEC Almond Room
Thurs 30/5/24 14.00 – 16.00	Sustainability Virtual Update (open to all GPSTs)	Ciara Drummond	Microsoft Teams
Tues 25/6/24 9.00 – 12.30	Cultural Competency	Annabel Shepherd, Nikki Curry	Microsoft Teams

Directions to the DDEC (Dundee Dental Education Centre) venue are here: <https://maps.app.goo.gl/EJ2NG5s8xaoGLXIC7>

Microsoft Teams sessions:

If possible, please keep your camera on during these sessions, as this helps to make the sessions more interactive. Thank you.

PBSGL

- ST1 Trainees who completed their GP placement between August 2023 – February 2024 can choose to arrange self-directed PBSGL sessions instead of the taught sessions listed above.
- PBSGL sessions will be over Microsoft Teams, unless trainees prefer to meet in person and are able to arrange a suitable venue to do so. Advised time 2-3 hours with a designated break.
- PBSGL groups use the same Teams link for each meeting. These will be emailed to trainees

Additional Learning Activities

- There are a range of additional learning activities available out with the regional teaching programme.
- These include local learning activities and national resources for MRCGP exam preparation
- Further details of the available resources can be found at: [Additional Learning Resources.docx](#)