**Educational Release from Practice – West Region**

**Programme: Glasgow North West**

**Training programme Director – Dr Linsey Semple**

**Description:**

ST1

The first ST1 teaching session is a full “Introductory Day”. It is facilitated by the course organiser who is also a GP Educational Supervisor. This is an opportunity for the ST1s starting their first GP block to get to know their peers and bond in their group. During the Introductory Day the group agrees the format that they wish for the subsequent Half Day Release (HDR) sessions (e.g. to include ethical issues, current items in the news, discussion of difficult cases). HDR is an ideal opportunity to share experiences and learn from each other. The ST1s also decide the topics they wish for HDR- typically in ST1 these often include Sexual Health, Paediatrics and the AKT exam. The afternoon session of the Introductory day usually focusses on Consultation Skills. This is a useful and safe forum for starting to practice role-play and look at Workplace Based Assessments that focus on the Consultation.

HDR takes place about twice a month to the format agreed at the Introductory Day. Each HDR session is “Chaired” by one GPST1 and their ES, with responsibility for the session rotating through the 6-month period.

ST3

The ST3 half day release course runs from the end of August until the end of June. It begins with an induction session, which is normally held at the Beardmore Hotel. As the trainees mostly know each other from their ST1 HDR programmes, the induction session is held over a half day. This session is facilitated by the Course Organiser along with a fellow trainer. This afternoon consists of an introduction, ice breaking exercises, and a brain storming session to choose the topics for subsequent meetings, with guidance from the facilitators.

By this stage, two small groups of around 8 to 10 STs have been formed, broadly similar in composition to their groups for the ST1 HDR earlier in their GP training. Each small group chooses its own topics and runs autonomously, although some meetings are combined as one large group.

Sessions mostly take place at the Post Graduate Centre at Gartnavel General Hospital, from 2pm until 5pm on Tuesdays. There are 24 sessions within the programme including the induction session. Dates are subject to availability at the venue but occur on average twice per month. Except when an external facilitator is used, each session is facilitated by a trainer/ES, along with their own ST3 as group chair.

The ethos of the HDR course is to provoke thought, debate, explore attitudes and promote reflection, rather than a focus on pure knowledge. There is inevitably an emphasis on the CSA exam during the middle part of the programme, and the groups usually do some CSA role play practice within or at the end of some sessions.

**Sample programmes:**

Challenging consultations, the Benefits System, management of risk, substance abuse issues, health promotion, CSA preparation, practice management, medico-legal issues, physiotherapy teaching session.

One whole day of the programme is given over to a mock CSA exam, usually in early December.

In the latter part of the programme we encourage the groups to look at areas which will help them with the transition to independent practice, such as accounting and finance, career options, appraisal. For these topics we often use an external facilitator such as an Accountant, locum group.

**Course Organiser Contacts:**

**ST3 – Dr David Byford** [david.byford@nhs.net](mailto:david.byford@nhs.net)

**ST1 – Dr Barry Gibson Smith barry.gibson-smith@nhs.net**

**Teaching Locations:**

Post Graduate Centre at Gartnavel General Hospital

**Induction Dates 2017/18:**

The ST1 Introductory day for Aug 17 start is Thurs 17th Aug.

ST3 induction day 22nd August 2017