

ST1&2 Trainees in Hospital posts – East Region Teaching Programme – February 25 – August 25

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

Date & Time	Learning Activities	Facilitators	Venue
Tues 25/2/25	<i>Inductions – Only for trainees starting ST1 or ST2 in February 2025 Further details will be emailed separately to relevant trainees</i>		
Tues 25/2/25 14.00 - 16.00	Sustainability Virtual Update Turas booking: https://learn.nes.nhs.scot/75799	(National Course)	Microsoft Teams
Tues 11/3/25 9.30 – 12.30	Armed Forces and the veteran community – an introduction to management in primary care Turas booking: https://learn.nes.nhs.scot/64065	(National Course)	Microsoft Teams
Tues 18/3/25 13.30 – 15.30	Maintaining your wellbeing Turas booking: https://learn.nes.nhs.scot/73140	Geoff Williams and Patrick Sullivan	DDEC Almond Room
Tues 1/4/25 9.30 – 12.15	Psychology Turas booking: https://learn.nes.nhs.scot/72983	Phillip Sharples	Microsoft Teams
Tues 15/4/25 9.30 – 12.15	Gastroenterology Turas booking: https://learn.nes.nhs.scot/73106	John Todd	Microsoft Teams
Tues 29/4/25 9.00 – 13.00	Realistic Medicine Turas booking: https://learn.nes.nhs.scot/69537	Nico Grunenberg	Microsoft Teams
Tues 6/5/25 9.30 – 12.15	Sexual and Reproductive health Turas booking: https://learn.nes.nhs.scot/73148	Joanne Green	DDEC Almond Room
Tues 13/5/25 10.00 – 12.00	Sustainability Virtual Update Turas booking: https://learn.nes.nhs.scot/75799	(National Course)	Microsoft Teams
Tues 27/5/25 9.00 – 12.30	Cultural Competency Turas booking: https://learn.nes.nhs.scot/70809	Annabel Shepherd, Nikki Curry	Microsoft Teams

Date & Time	Learning Activities	Facilitators	Venue
Tues 3/6/25 14.00 – 16.30	Palliative care Turas booking: https://learn.nes.nhs.scot/73402	Phil Dickson	DDEC Almond Room
Thurs 16/6/25 1.30 – 17.00	Adverse Childhood Experiences An overview of how ACEs (Adverse Childhood Experiences) impact on health, both at the time and throughout the lifespan Please note this course is run by the SE team in Edinburgh, and is only included in this schedule in case it is of interest to any East trainees who might wish to attend. Turas booking: https://learn.nes.nhs.scot/69546	Nora Murray-Cavanagh	Edinburgh - Westport
Tues 1/7/25 9.00 – 16.30	ST2 Peer Teaching - This session is for ST2 trainees to share learning from their current hospital post with each-other and to develop teaching skills in the process. Further info will be emailed to ST2's. Turas booking: https://learn.nes.nhs.scot/74218	Tbc	DDEC Almond Room

Further information regarding teaching sessions

- Microsoft Teams sessions: If possible, please keep your camera on during these sessions, as this helps to make the sessions more interactive. Thank you.
- DDEC venue – this is the Dundee Dental Education Centre, Frankland Building, Smalls Wynd, Dundee, DD1 4HN. Map: <https://maps.app.goo.gl/EJ2NG5s8xaoGLXiC7>
- Please note that some sessions are repeated (e.g. sustainability virtual update), and we would ask that you only attend these sessions on one occasion over the course of your GP training.
- Some sessions are delivered on a national (Scotland-wide) basis and this is noted in the schedule in the ‘facilitators’ column

PBSGL

- ST1 Trainees who completed their GP placement between August 2024 – February 2025 can choose to arrange self-directed PBSGL sessions instead of the East Region 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.

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](#)