



**Health Education England**

## **HEE East Midlands Update - September 2022**

**This message is being sent to Doctors in Training in the East Midlands**



First of all, I'd like to apologise to you all for being unable to get in to the EMDiT open meeting on 24 October 2022. Apparently the meeting was set-up so that a member of HEE was required to let you

all in. I only became aware of this after my Critical Care duties had finished that evening. I wasn't able to log in in time to assist.

Edd Finn, as Chair of EMDiT, has set-up another meeting as you will see below

### **In this update**

- East Midlands Doctors in Training Group Meeting
- Making the most of your training
  - Part 2 Taking time out of training (OOP)
- Interested in Rural Medicine?
- Well being during the winter period
- Women in Medicine Conference
- NETS survey
- Upcoming cultural events for your diary

Iain Dods

Associate Postgraduate Dean for Doctors in Training Experience

Feedback on the newsletter or ideas for future content

## **East Midlands Doctors in Training (EMDiT) Group**

The open meeting has been re-arranged for 4 November 2022 at 17:00. You can join the meeting [here](#) via Teams. I'll be on standby to provide assistance if needed.



Thank you for all your interest in the vacant group role. There is still time to express an interest. Just give a short one or 2 paragraph statement on why you wish to be part of the group and which role you are interested in to the EMDiT email. The message will be acknowledged and forwarded on to Edd as EMDiT chair.

Iain

Email EMDiT

## **Making the Most of your training**

### **Part 2 - Taking Time of Out Programme**

**Iain Dods, Associate Postgraduate Dean**



### **Taking time out of training**

**What is it?**

Also known as Out of Programme or OOP. OOP is there to broaden the training & experience of a doctor in training. This adds value to training to benefit not only the individual but also the public. The Gold Guide provides the framework for the management of Postgraduate Medical Education including OOP. Get your copy [here](#).

### **What sort of things can I do?**

This can include training in another GMC-approved post at home or abroad (OOPT); gaining experience in other healthcare systems or in leadership, medical education or skills that enhance future practice (OOPE) or provide a career break from medicine for domestic reasons or pursue work in other industries or entrepreneurship (OOPC). You can also undertake OOP to pursue academic research and a higher academic qualification e.g. PhD or MD (OOPR).

OOPC should not be used to manage sickness absence. Occupational health and employer absence policies apply. HEE and your training programme will continue to provide pastoral care.

### **How long can I be on OOP?**

OOP is normally granted for up to 1 year. This period can be extended for demonstrable benefits or if there are statutory reasons such as sickness or parental leave for a further year.

OOPR can be granted for up to 3 years to a maximum of 4 years.

### **How do I apply for OOP?**

Please start planning early. Discuss things early with your TPD and the [Specialty Programmes Team](#). All details are on the [HEE website](#) so please do your research.

It can take 6 months or more to organise. Applications received within 3 months of a proposed OPP *may be rejected* as HEE are required to give sufficient notice to Trusts so that safe rotas can be produced for patient care and other staffs' wellbeing.

***The GMC states OOPT (including acting-up as a Consultant) is only granted prospectively. Late applications cannot be backdated.***

### **What do I do when I am ready to return from OOP?**

Returning from OOP, even if you have undertaken clinical practice during OOP, can be daunting. SuppoRTT is there to support you with specific advice and resources to help you re-integrate in to your training programme smoothly and safely. More information is available [here](#).

HEE EM - Taking Time Out of Programme

## **Interested in Rural Medicine?**

Guest Lecture at the University of Lincoln

Stephen Langton Building, LN6 7TS

Wednesday 30 November 2022, 1700 to 19:00

Professor Roger Strasser is a leader in the global reform of health professional education. Recognising the importance of context and community in medical education and research, Professor Strasser has gained an international reputation for developing and refining novel



strategies to educate health professionals in and for rural communities. As a result of his formative work in this field, Professor Strasser has become one of the world's foremost authorities in rural, socially accountable medical education, as well as a sought-after speaker and advisor. Professor Strasser is one of the few Professors of Rural Health in the world. He is leading a growing body of research relating to socially accountable health professional education, recruitment and retention of health professionals, and rural health service delivery models.

He will be delivering an overview of his widely appraised Rural Workforce Research at the Stephen Langton Building, University of Lincoln, LN6 7TS, from 5-7pm on Wednesday 30th November 2022.

If you are interested, please book via this [link](#)

## **Well Being during Winter**



As the clocks have gone back and the days are growing shorter. I'm reminded that the winter pressures facing the NHS and our clinical



work are much more pressing this year than ever before. My mood certainly drops when I go to and return from work in the dark!

It is important to recognise the effect on our own mental and physical health. Exercising and getting fresh air can help as well as talking to a loved one, friend, a trusted colleague or supervisor about how you feel.

Many Trusts have initiatives and well being officers to assist us all manage our well being. HEE is also a repository of resources linked below that might be of use in addition to the [PSW service](#).

If you feel things are getting on top of you, help is available you just need to ask.

Stay well  
Iain

[Additional Well Being Resources](#)

**Medical Womens Federation  
Conference  
18 November 2022**



MEDICAL  
WOMENS  
FEDERATION

# MWFF

# AUTUMN

## CONFERENCE

Theme : A woman's place is in  
the workplace : issues facing  
women in medicine

18TH NOVEMBER 2022

**9.00 AM**



CONFERENCE  
**SPEAKERS**

Professor Ann  
Dr Farah Siddiqui  
Dr Anne de B  
Dr Jonathon  
Dr Rineke Sch  
Dr Rebecca E

**SOCIAL**

To book online - closes 13 November - registration required 2022

**Don't forget to to  
complete your NETS  
survey!**

Help improve the work  
and learning environment  
for all healthcare workers

Closes 30 November  
2022

**Important Cultural Dates for your diary**



# November

Religious		
1	All Saints Day	✝
2	All Souls Day	✝
8	Guru Nanak Dev Sahib	☪
Cultural		
5	Guy Fawkes Night	★
13	Remembrance Sunday	★
13 - 19	Trans Awareness Week	★
13 - 20	Inter Faith Week	★
18N - 18D	UK Disability History Month	★
26	Carers Rights Day	★
30	St Andrew's Day (Scotland)	★



**Multifaith  
Cultural  
Calendar**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	✝	2	✝	3	4
					5	★
6	7	8	☪	9	10	11
					12	★
13	14	15	16	17	18	★
					19	★
20	21	★	22	23	24	25
					26	★
27	28	29	30	★		

# December

Religious		
18 - 25	Hanukkah	★
24	Christmas Eve	✝
25	Christmas Day	✝
Cultural		
3	International Day of person's with Disabilities	★
5	International Volunteer Day	★
10	International Human Rights Day	★
26	Boxing Day	★
27	Substitute Bank Holiday	



**Multifaith  
Cultural  
Calendar**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	★
					4	★
5	★	6	7	8	9	10
					11	★
12	13	14	15	16	17	18
						★
19	20	21	22	23	24	✝
					25	✝
26	★	27	28	29	30	31

[Link to Calendar and Key](#)



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