

## Enhancing Junior Doctors Lives

22<sup>nd</sup> June 2018 The Nottingham Belfry

### Agenda

<b>08:30</b>	<b>Registration/coffee</b>	
09:15	Welcome – Craig Smith, Associate Postgraduate Dean SupportTT	
09:20	Enhancing Junior Doctors Lives – Professor Sheona Macleod, Chair of Postgraduate Medical Deans (COPMeD)	
09:45	Speaker TBC	
10:00	The Experience of Returning to Training – Sarah Dale, Chartered Psychologist	
10:20	Leadership & Flexible Working – Bob Wheeler, Coach	
10:50	New Technology as an aid to Training – Hari Ratan, Consultant Urologist	
<b>11:15</b>	<b>Refreshment break</b>	
11:30	HR Policies & Procedures – Helen Wilkinson, HR - NUH	
11:45	Occupational Health – Ian Aston, Consultant in Occupational Medicine	
12:00	The Role of the Lead Employer (the GP Experience) – Jessica Massey, HR service Manager, Lead Employer	
12:15	Marlborough Room – <a href="#">TRAINEES</a> Nurturing Resilience through Coaching – what's involved? – Sarah Dale	Wellington Room – <a href="#">TRAINERS</a> Neurodiversity Awareness – Carla O'Brien, Tutor
12:45	Marlborough Room – <a href="#">TRAINERS</a> Nurturing Resilience through Coaching – what's involved? – Sarah Dale	Wellington Room – <a href="#">TRAINEES</a> Neurodiversity Awareness – Carla O'Brien, Tutor
<b>13:15</b>	<b>Networking Lunch and Stands</b>	
14:15	Simulation Training & Returning to Work – Guilia Miles, Trent Simulation & Clinical Skills Centre	
14:45	LTFT – Diana Jolliffe, Associate Postgraduate Dean LTFT	
15:00	My Experience of LTFT Training – Randeep Aujla, ST7 Trauma & Orthopaedic Surgery, South	
15:15	<b>KEYNOTE SPEAKER:</b> Finding the Right Ladder – Lucy Gossage, Triathlete and Cancer Doctor	
<b>15:45</b>	<b>Closing Remarks and Feedback</b>	

## Biographies

### Professor Sheona Macleod



Professor Sheona MacLeod. MBChB, FRCGP, MMed, FAoME, DOccMed, DCH, DRCOG,

Professor Sheona Macleod, is the Deputy Medical Director for Medical Education Reform; Postgraduate Dean in the East Midlands; Chair of Health Education England's Deans and Chair of the UK Conference of Postgraduate Medical Deans (COPMED).

She is an Honorary Professor of the University of Nottingham and the University of Leicester, and the Recruitment Advisor in HEE.

Sheona graduated, and trained in Glasgow, before moving to Derbyshire, where she was a GP for 26 years. She has also worked as the Occupational Health Advisor to a number of regional industries, as Clinical Assistant in the local community hospital, and as a Medical Officer for HMP service. She has been involved in healthcare education since moving to Derbyshire, and was appointed as GP Dean in 2009, and as Postgraduate Dean in September 2012. She was also the regional Director of Education and Quality from 2013 to 2014.

Sheona chairs a number of national working groups and committees, including the HEE working group on Enhancing Junior Doctors Working Lives.

### Sarah Dale



Sarah Dale is a registered occupational psychologist, coach and author. She has run her own practice for over twenty years (combining this with bringing up children who are now young adults) and has been a provider of coaching and training services to PSU for more than three years. Her interests lie in helping people to make sense of their experience and to make good decisions as a result, including but not limited to how to nurture their resilience and wellbeing.

She has recently written a booklet for trainees entitled *How to manage one of the most demanding careers in the world* which will be available on the day.

## Bob Wheeler



Bob has successfully coached over 70 Trainee Doctors for HEE-EM both face to face and via Skype. Development needs have included: leadership, cultural, team-working, motivation, communication and more. Bob's background is that he studied law at Cambridge University then qualified as a barrister. He initially specialised in the law to do with people at work then progressed through a range of increasingly senior human resources positions to become HR Director of a large company. He has been running his own consulting and coaching business for many years and is an associate at several Business schools.

## Hari Ratan



Hari studied at Nottingham University Medical School, graduating with honours in 1998. He trained in general surgery and urology in Nottingham, Derby and Leicester. He has always had a strong interest in academic research and was awarded a national scholarship and a DM degree for his research into prostate cancer. He remains actively involved in cancer research and is an Honorary Assistant Professor at Nottingham University. He has extensive experience in various innovative surgical procedures for kidney stone disease, including mini-PCNL and flexible ureterorenoscopy. His other areas of interest are testicular cancer and benign diseases of the prostate. He is the Innovation Lead for the East Midlands School of Medicine.

## Ian Aston

Consultant Occupational Physician at Nottingham University Hospitals.

## Carla O'Brien



Carla is a qualified dyslexic specialist and also has a qualification in TESOL. She has over 20 years' experience and can offer support for a range of issues, including study support to those Trainees without a learning difficulty. These include: Dyslexia, Dyspraxia and other specific learning difficulties, study and revision skills, time management, exam access and techniques, language and communication support for those whom English is a second language.

## Giulia Miles

Giulia Miles is the Centre Manager at the Trent Simulation and Clinical Skills Centre at Nottingham University Hospitals.

## Diana Jolliffe



Dr Diana Jolliffe is the Associate Post-Graduate Dean (APD) who supports and facilitates Less than Full Time Training in the East Midlands. After postgraduate training in general medicine (in London and Brighton) she trained in anaesthesia (in Oxford, Cape Town and Leicester). Eventually appointed as a Consultant Anaesthetist at the Leicester Royal Infirmary, she then negotiated a year of unpaid leave to travel around the world. Since 2005, she has been a Consultant Anaesthetist at Northampton General Hospital where, before being an APD, she was the Associate Director of Medical Education.

## Randeep Aujla

Mr Randeep Aujla is a ST8 Surgical Trainee doctor specialising in the field of Trauma & Orthopaedic Surgery. He is currently on his final rotation at Leicester General Hospital.

## Lucy Gossage



Lucy is a medical oncology ST6 at Nottingham and a professional triathlete. With little sporting background she entered her first Ironman as a drunken dare after a long-term relationship ended, back in 2006 while working as an SHO. In 2011, during a research PhD, she started to race professionally and on completing her PhD she took a 2.5 year career break to race and train full-time as a professional athlete. She returned to clinical work part-time in November 2016 and currently juggles work and triathlon. She has 9 Ironman wins and two world championship top 10 finishes to her name and firmly believes that in the long run, her protracted medical training has given her a unique outlook on medicine and ultimately made her a better doctor.