**OUT OF PROGRAMME – The “OOP” Process – Career Break**

Specialist and Specialty Registrars may apply to take time “Out of Programme” or to extend an existing Out of Programme arrangement.

1. **OOPC** | Career Break | This does not count towards CCT

Here is the Process Flowchart for OOPC:

Trainee discusses going on OOPC with Educational Supervisor and TPD. If supported in principle, Trainee informs their Clinical Department of intended OOPC start and finish date.

Trainees should apply for OOP as soon as possible to allow enough time for gaining approval and for employers to meet the needs of patients

Trainee completes an OOP application form, with 2 signatures (TPD and Educational Supervisor) and submits the application to the relevant HEE administrator for APD approval

APD approval granted?

HEE administrator sends a HEE OOP approval letter with a copy of OOPC application to: Trainee, Royal College, TPD, HR department, Assessments and Revalidations Team

APD writes to trainee and HEE administrator with an explanation as to why their application has not been approved

YES

NO

Please click on the link for your relevant Deanery to access the application form and additional information:

[East Midlands](https://www.eastmidlandsdeanery.nhs.uk/policies/oop) [East of England](https://heeoe.hee.nhs.uk/faculty/out-programme-oop) [West Midlands](https://www.westmidlandsdeanery.nhs.uk/Support/Out-of-Programme-OOP)