

## What is SuppoRTT?

In April 2017, the Department of Health committed to funding Health Education England (HEE) to deliver a **Supported Return To Training** programme for training doctors, thus introducing SuppoRTT. Since then, all local offices have been working at developing a structured return to work programme for trainees in their regions. The national SuppoRTT committee meets on a regular basis to share best practice, report on development of workstreams and agree standardised approaches/policies within the SuppoRTT initiative.

The SuppoRTT Initiative aims to ensure all trainees are clinically confident and fully supported when returning to training following a sustained period of absence. HEE East Midlands (EM) is committed to offering a number of opportunities in order to support the return to clinical practice including: structured planning, enhanced supervision and access to



## Am I eligible?

Access to SuppoRTT is available to all trainees in the East Midlands who are planning to take, or are currently on, an approved period of time out of training **greater than 3 months** for any of the following reasons:

- Parental leave
- Out of Programme—OOPR, OOPC, OOPP, OOPT, OOPE
- Sick leave/phased return
- Doctors who have been out of training for more than 3 months and have accepted an East Midlands training post

To be eligible to access support, trainees must either have a National Training Number (NTN) or be a trainee on a recognised training scheme (e.g. Foundation).

## What is available?

Trainees should complete an individualised SuppoRTT Plan and participate in structured planning and review meetings when leaving and returning to training with their Educational Supervisor/Training Programme Director (TPD)/College Tutor.

The aim is to complete 3 documents: one prior to the absence (where possible), one prior to the return and one post the return.

The SuppoRTT RTT documents can be downloaded from the HEE EM website.

### Structured Planning

In order to rapidly regain clinical knowledge and confidence, trainees will be strongly encouraged to participate in a period of 'Enhanced Supervision' for 2 weeks on their return date.

During this period, a full range of duties can be undertaken but an increased level of supervision is required.

There may be rare occasions when a full Supernumerary period is required, e.g. when a trainee has been off sick for a prolonged period. Due to workforce issues, this needs to be discussed & agreed only after discussion with the TPD, rota co-ordinator and Trainee.

### Enhanced Supervision

There is some funding available for returners requiring further development of a specific skill set to attend external courses. We also fund travel & childcare costs for KIT days.

Further information can be found on the SuppoRTT pages of the website.

In order to apply for additional funding, you must complete the SuppoRTT Funding Request form prior to attending the course.

### SuppoRTT Funding

## Return to Training in-house courses



Places on our free SuppoRTT workshops are available to any trainee but are particularly aimed at those trainees who are due to return to or have recently returned to training. Courses cover such topics as: Personal Resilience, Confidence Training, the Challenge of Change and Supporting Working Parents. Courses are subject to change and new courses are added regularly.

Further information about our SuppoRTT courses and booking can be found on our booking system at:

<https://secure.intrepidonline.co.uk/CourseManager/EMD/>

Places are limited on each course so we would recommend early booking. Once booked/attended, please ensure that your Educational Supervisor is made aware about your attendance at the workshop and that it is added to your SuppoRTT Return to Work forms before it is uploaded to your e-portfolio and emailed to us.

There are many methods in which HEE can offer support during your return to training, Please visit the SuppoRTT pages on the HEE East Midlands website for more information. The website is updated regularly.

## Where else can I get support?

There are many departments that are involved in your training who are able to provide you with support and information during your programme:

- Your Training Programme Director (TPD)
- Your Educational Supervisor
- Your College Tutor
- Medical Staffing/Human Resources
- Medical Education Managers
- The SuppoRTT Team



## Useful resources

### Health Education England (HEE) East Midlands SuppoRTT Website

<https://www.eastmidlandsdeanery.nhs.uk/trainee/supportt>

### National SuppoRTT Website

<https://mysupportt.com/>

### British Medical Association (BMA), Returning to Work, online:

<https://www.bma.org.uk/advice/work-life-support/working-parents/returning-to-work>



Health Education England

## Who should I contact?

### Supported Return to Training Team

[SuppoRTT.em@hee.nhs.uk](mailto:SuppoRTT.em@hee.nhs.uk) or

Tel: 0116 4788654

### Professional Support and Wellbeing Team:

[PSW.em@hee.nhs.uk](mailto:PSW.em@hee.nhs.uk) or

<https://www.eastmidlandsdeanery.nhs.uk/trainee/psu>

### East Midlands Less than Full Time training:

[Specialtyprogrammes.em@hee.nhs.uk](mailto:Specialtyprogrammes.em@hee.nhs.uk) or

<https://www.eastmidlandsdeanery.nhs.uk/policies/lfft>

### HEE East Midlands Careers Team

[Careers.em@hee.nhs.uk](mailto:Careers.em@hee.nhs.uk) or

<https://www.eastmidlandsdeanery.nhs.uk/psu/careers-support>

### Health Education England, East Midlands

Westbridge Place

1 Westbridge Close

Leicester

LE3 5DR

T: 0116 4788654

E: [SuppoRTT.em@hee.nhs.uk](mailto:SuppoRTT.em@hee.nhs.uk)

W: <https://eastmidlandsdeanery.nhs.uk/trainee/supportt>



Health Education England

## Supported Return to Training (SuppoRTT) East Midlands

An initiative that aims to support all doctors who are out of training to return safely and confidently to their training programme.

Developing people  
for health and  
healthcare

[www.hee.nhs.uk](http://www.hee.nhs.uk)  
[hee.enquiries@nhs.net](mailto:hee.enquiries@nhs.net)  
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