

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.

SuppoRTT aims to provide a bespoke, individualised package for each returning trainee, rather than a single “one size fits all” approach.

The SuppoRTT Initiative applied to trainees who have been out of training for a period of 3 months or more for example due to: a gap in training, parental leave, sick leave/phased return or OOP (Out of Programme).

Support can offer, for example:

- ⇒ A period of enhanced supervision
- ⇒ Refresher courses or simulation training
- ⇒ Professional coaching, counselling, exam/study skills support, Occupational Health referral
- ⇒ Conferences and workshops
- ⇒ Funding for other courses or development, as individually requires
- ⇒ Act as a signposting service to available support to trainees



SuppoRTT Digital and online resources such as webinars, podcasts and VR scenarios can be found on our national HEE pages at [SuppoRTT - digital and online resources | Health Education England \(hee.nhs.uk\)](https://www.hee.nhs.uk/supporrtt)

What is the process?

The aim is to complete 3 online forms : **Pre-Absence** (where appropriate), **Pre-Return** and **Post Return**.

Trainees should contact their Educational Supervisor in good time to arrange to complete the appropriate form. This can be face-to-face, by telephone or via Zoom/Teams.

The link to the online SuppoRTT RTT forms can be found on the HEE EM website [RTT forms | Health Education England East Midlands \(eastmidlandsdeanery.nhs.uk\)](https://www.hee.nhs.uk/rtt-forms)

The form should be used as a template for the trainee and supervisor to have a conversation about what they want the return to look like. The ES is responsible for ensuring that any plans in the form are actioned within the appropriate School/Trust.



Enhanced Supervision

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

During this period, a full range of duties can be undertaken (including on-calls) but an increased level of supervision is required.

There may be rare occasions when a full Supernumerary period is required, e.g. sickness for a prolonged period. This needs to be discussed & agreed well in advance with the TPD, rota co-ordinator and Trainee.

Structured Planning

Additional funding is available for returners to attend external courses. Courses must be **essential** in supporting your return to work. Examples of relevant courses include: GP Update, GAS Again, ALS, ATLS, APLS.

We also fund travel & childcare costs for KIT days (but not KIT days themselves).

In order to apply for additional funding, you must complete the SuppoRTT Funding Request form prior to attending any course or incurring KIT day costs.

Further information on funding can be found on the SuppoRTT pages of our website [SuppoRTT - Supported Return to Training | Health Education England East Midlands \(eastmidlandsdeanery.nhs.uk\)](https://www.hee.nhs.uk/supporrtt)



Return to Training courses

We run free in-house SuppoRTT courses and workshops which are available to any trainee but are particularly aimed at those trainees who are due to return to or have recently returned to training. Trainees are able to book onto these courses at any time.

Further information about our SuppoRTT courses and booking can be found here [SuppoRTT Courses | Health Education England East Midlands \(eastmidlandsdeanery.nhs.uk\)](https://www.hee.nhs.uk/supporrtt) and booking is via our booking system [Accent Course Manager \(hicom.co.uk\)](https://www.hicom.co.uk)

SuppoRTT Funding

SupportTT Champions

Some Trusts and Schools have SupportTT Champions.

SupportTT Champions are Educators who are experienced in supporting trainees returning to training. They can provide practical support within a Trust or School.

Not all Schools and Trusts have SupportTT Champions and we are working on recruiting these as quickly as we can. A full list is here [Supported Return to Training Champions | Health Education England East Midlands](#)



Where else can I get support?

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

- **Your Educational Supervisor** should be your first port of call when organising your time out or return to training.
- **GP Programme Managers** should be kept informed of your return to training plans (GP trainees only)
- **Your Training Programme Director (TPD) or Head of School**
- **Your College Tutor**
- **Medical Staffing/Human Resources**
- **Rota Co-ordinator**



Health Education England

Contact us:

Supported Return to Training Team HEE East Midlands

Email: SupportTT.em@hee.nhs.uk

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

Phone: Tel: 0116 4788654

Professional Support & Wellbeing Team:

Email: PSW.em@hee.nhs.uk

East Midlands Less than Full Time training:

Email: Specialtyprogrammes.em@hee.nhs.uk

Useful Resources:

HEE Education England (HEE) SupportTT Website

<https://www.hee.nhs.uk/our-work/supporting-doctors-returning-training-after-time-out>

Health Education England (HEE) East Midlands SupportTT Website

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

National SupportTT Website

<https://mysupportt.com/>



Health Education England

Supported Return to Training (SupportTT) East Midlands

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



SupportTT
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