

Supported Return to Training - 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.

What is SupportRTT

In April 2017, the Department of Health committed to funding to deliver a Supported Return to Training programme for training doctors, thus introducing SupportRTT.

SupportRTT aims to provide a bespoke, individualized package for each returning doctor in training, rather than a single 'one size fits all' approach.

The SupportRTT initiative applies to PGDIT who have been out of training for a period of 3 months or more. This could be due to parental leave, sick leave, OOP etc

SupportRTT can offer support via

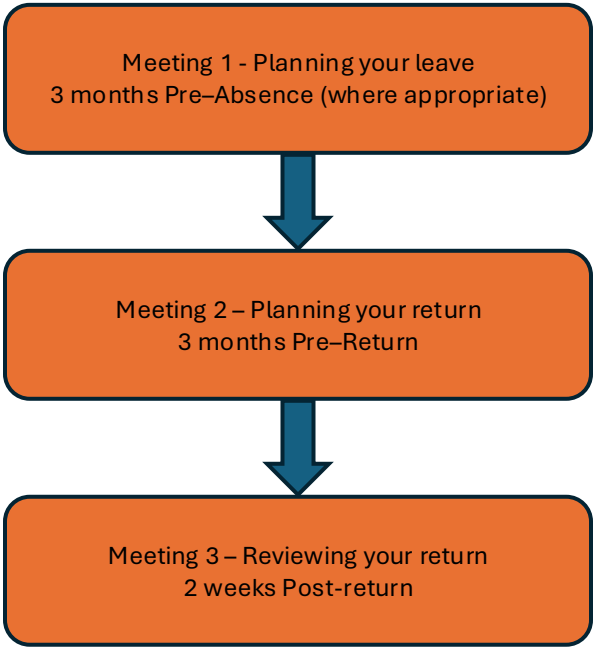
- A period of enhanced supervision
- Refresher courses or simulation training
- Professional coaching, exam/study skills support, occupational health referral
- Conferences and workshops
- Funding for other courses or development, as individually required
- Act as a signposting service to available support

How does SupportRTT work?

SupportRTT is a series of 3 structured meetings with your Educational Supervisor or TPD. There are online forms for each meeting on the [EM SupportRTT](#) website, which should be completed.

Training needs should be identified and a bespoke, structured plan for your return should be agreed before you return to work. The ES/TPD is responsible for ensuring that any plans in the form are actioned within the appropriate School/Trust.

Doctors in training should contact their ES in good time to arrange these meetings. Meetings can be held face-to-face, by phone or via Teams.



Enhanced Supervision

To regain clinical knowledge and confidence returning doctors 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 occasions when a supernumerary period is required, e.g. sickness for a prolonged period. This needs to be agreed in advance with the TPD, ES and rota co-ordinator.

SupportRTT Champions

Most Trusts and Schools have SupportRTT Champions.

SupportRTT Champions are educators who are experienced in supporting doctors returning to training. They can provide practical support within a Trust or School.

A full list is [here](#)

Where a trust does not have a Champion, please contact the DME.



Where else can I get support?

- **Your Educational Supervisor** should be your first port of call when organising your time out or return to training.
- **TPD, College Tutor or Head of School**
- **GP Programme Managers** should be kept informed of your return to training plan (GP PGDiT only)
- **Rota Coordinators**
- **Medical Staffing/Human Resources**
- **Professional Support and Wellbeing Occupational Health**



SupportRTT Digital and online resources such as webinars, podcasts and VR scenarios can be found on our [national pages](#)

Useful Contact Details

Supported Return to Training Team HEE East Midlands

- **Email:** england.supporttt.mid@nhs.net
- **Website:** <http://www.eastmidlandsdeanery.nhs.uk/trainee/supporttt>

Professional Support and Wellbeing

- **Email:** england.psw.em@nhs.net
- **Website:** <https://www.eastmidlandsdeanery.nhs.uk/trainee/psw>

East Midlands Less than Full Time training:

- **Email:** england.specialtyprogrammes.em@nhs.net
- **Website:** www.eastmidlandsdeanery.nhs.uk/policies/ltft