

ST1 guide

Bits and bobs to help navigate ST1

Sina Mathema

ST2 STC representative

sina.mathema@nhs.net



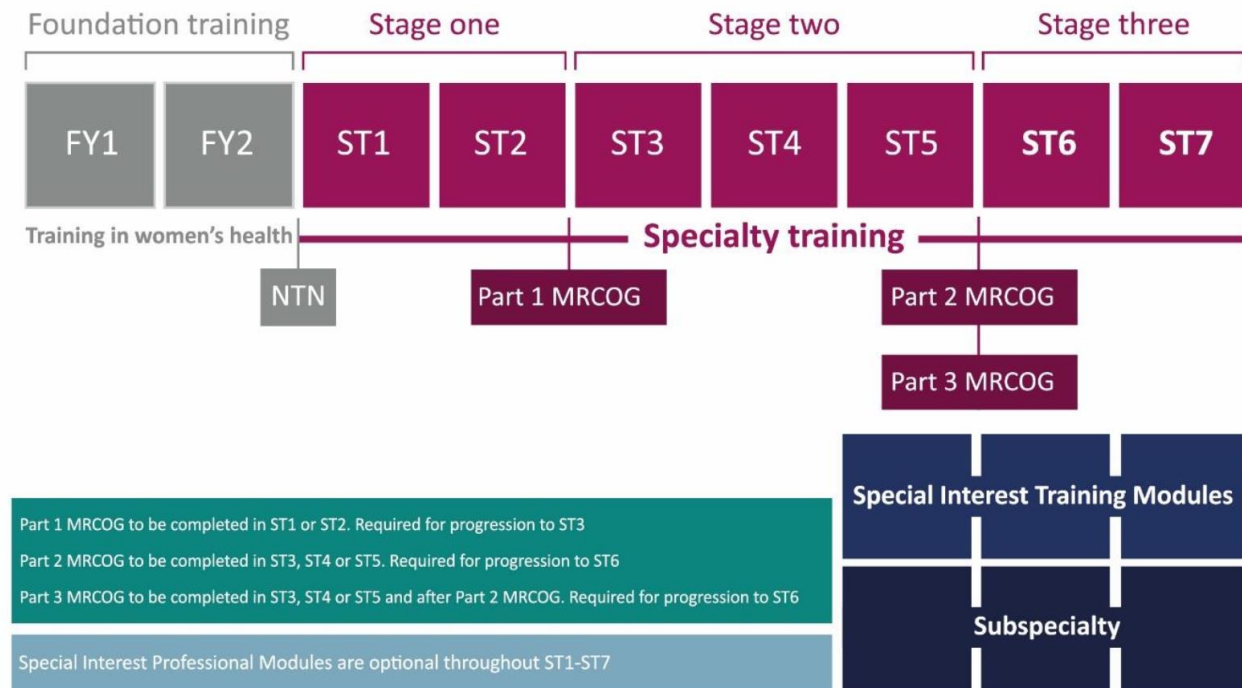
Congratulations!

Training overview

Specialty training and education programme



Royal College of
Obstetricians &
Gynaecologists



E- portfolio E- portfolio E- portfolio E- portfolio

- Get access
 - Join the RCOG trainees register
 - Pay for your membership
 - Get access to the eportfolio
- Update it as you go!



ST4-5 Rep
Rebecca Patrick-Patel



E-portfolio Champion
Ashwini Maudhoo

RCOG Matrix of training



	Stage One		Stage Two			Stage Three	
	ST1	ST2	ST3	ST4	ST5	ST6	ST7
Curriculum progression	CiP progress appropriate to ST1 as per the CiP guides and matrix of entrustability levels.	CiP progress appropriate to ST2 as per the CiP guides and matrix of entrustability levels.	CiP progress appropriate to ST3 as per the CiP guides and matrix of entrustability levels.	CiP progress appropriate to ST4 as per the CiP guides and matrix of entrustability levels.	CiP progress appropriate to ST5 as per the CiP guides and matrix of entrustability levels.	CiP progress appropriate to ST6 as per the CiP guides and matrix of entrustability levels.	CiP progress appropriate to ST7 as per the CiP guides and matrix of entrustability levels.
Examinations		MRCOG Part 1			MRCOG Part 2 MRCOG Part 3		
At least 3 summative OSATS (unless otherwise specified) confirming competence by more than one	Cervical smear	caesarean section (basic) ^o Non-rotational assisted vaginal delivery (ventouse)	Manual removal of the placenta Transabdominal ultrasound of early pregnancy	Hysteroscopy Diagnostic laparoscopy 3 rd degree perineal repair Vulval biopsy	Simple operative laparoscopy (laparoscopic sterilisation or simple adnexal surgery e.g. adhesiolysis/ ovarian drilling) Caesarean section (intermediate) ^o Rotational assisted vaginal delivery (any method) SITM specific Subspecialty training specific (if applicable)	SITM specific Subspecialty training specific	Caesarean section (complex) ^o Laparoscopic management of ectopic pregnancy Ovarian cystectomy (open or laparoscopic) Surgical management of PPH* Surgical evacuation of uterus > 16 weeks (Obstetric†) SITM specific Subspecialty training specific
(can be achieved prior to the specified year)		miscarriage/surgical termination of pregnancy <16 weeks Insertion / removal of IUS or IUCD Endometrial biopsy					
Formative OSATS	Optional but encouraged						
Mini-CEX	✓	✓	✓	✓	✓	✓	✓

1. Cervical smear competency certificate (e-lfh)
2. Cervical smear number
3. 3 summative OSATS

CBD	✓	✓	✓	✓	✓	✓	✓
Reflective practice	✓	✓	✓	✓	✓	✓	✓
NOTSS	✓	✓	✓	✓	✓	✓	✓
Training and Evaluation Form (TEF)	TEF completed annually						
Team Observation Forms (TO1 & TO2)	Two separate TO1's and TO2's required annually.						
Recommended courses / required objectives	Basic Practical Skills in Obstetrics and Gynaecology CTG training (usually eLearning package) and other local mandatory training Obstetric simulation course (e.g. PROMPT/ALSO/other)	Basic ultrasound 3rd degree tear course Specific courses required as per curriculum to be able to complete basic competencies Resilience course e.g. STEP-UP	Obstetric simulation course – ROBUST or equivalent		SITM course	SITM course Leadership and Management course	SITM course Leadership and Management course
	The above competencies may be achieved by attending recommended courses or by demonstrating to the ARCP panel that content and learning outcomes have been achieved using alternative evidence.				The above competencies may be achieved by attending recommended courses or by demonstrating to the ARCP panel that content and learning outcomes have been achieved using alternative evidence.		

† Surgical management of retained products of conception (Obstetrics) - surgical evacuation of retained products of conception after 16 weeks gestation using suction curettage or a surgical curette

‡ Surgical techniques used by the trainee to control postpartum haemorrhage, including intra-uterine balloons, brace sutures, uterine packing, placental bed compression sutures and hysterectomy

Study leave: Mandatory courses & training days

30 days of study leave per year

Local training days

- Obstetric simulation e.g PROMPT
- CTG training

Regional training days

- Must attend 4 RTDs per year
- Perineal repair. Basic USS. ROBUST.

RCOG courses

- Basic practical skills in obstetrics and gynaecology

Other days

- Private courses
- Obstetric and Gynae US (3-5 days)
- ++

Course codes

- PGMDE support portal
- Study leave
- O&G course list

This curriculum list is not intended to be restrictive. It demonstrates possible events and activity that aligns to the curriculum. The lists are designed to facilitate local sign off by supervisors and Trusts. Where a trainee wishes to undertake career enhancing events that are not on the list then the aspirational approval process should be utilised.

School	Specialty/Programme	Code	Event Title	Mandatory/Optional	ST1	ST2	ST3	ST4	ST5	ST6	ST7
O&G	All	OBSG0001	Exam preparation course relevant to level of training (max 1 per sitting - please see FAQ for more info)	Optional	x	x	x	x	x		
O&G	All	TRAC0001	Travel and accommodation expenses to attend exams (no exam fees)	r/a	x	x	x	x	x	x	x
O&G	All	OBSG0002	Developing skills for educational supervision (e.g. train the trainers course)	Optional	x	x	x	x	x	x	x
O&G	All	OBSG0003	National Conference attendance relevant to curricular progression	Optional			x	x	x	x	x
O&G	All	OBSG0004	National Courses and Events for Critical Appraisal Training	Optional	x	x	x	x	x	x	x
O&G	All	OBSG0005	National Courses and Events relating to Human Factors Training	Optional	x	x	x	x	x	x	x
O&G	All	OBSG0006	Regional Training Days - For trainee use only	Mandatory	x	x	x	x	x	x	x
O&G	All	All international events	International Guidance Applies from 7th August 2019 (see PGMDE Support Portal)	Discretionary	One application every three years						
O&G	All	Leadership courses	Guidance on leadership courses applies from 28th April 2021 (see PGMDE Support Portal)	Discretionary (if not LEEP or Edward Jenner)	See FAQ here						
O&G	All	LEEP0001	LEEP	(For Trust use only)							
O&G	SRTT only	SRTT0001	Courses to support return to training (only to be used by trainees who have been approved for SRTT funding)	r/a							
O&G	O&G	OBSG0007	Specific courses required as per curriculum to be able to complete basic competencies	Mandatory	x	x	x				
O&G	O&G	OBSG0008	Specific courses required as per curriculum to be able to complete intermediate and higher competencies (see above for guidance on leadership courses)	Mandatory				x	x	x	x
O&G	O&G - London	OBSG0010	Basic Practical skills in O&G	Mandatory	x	x					
O&G	O&G - London	OBSG0011	CTG training (usually elearning package)	Mandatory	x						
O&G	O&G - London	OBSG0012	Obstetric simulation training e.g. ALSO/PROMPT (can be local in house)	Mandatory	x	x	x	x			
O&G	O&G - London	OBSG0013	Basic ultrasound course	Mandatory	x	x	x				
O&G	O&G - London	OBSG0014	3rd Degree tear course	Mandatory	x	x	x				
O&G	O&G - London	OBSG0015	Resilience course, e.g. Step up ST2-3 for those starting ST1 from 2016 onwards	Mandatory		x	x	x	x	x	x
O&G	O&G - London	OBSG0016	Obstetric simulation course (e.g. ROBUST or equivalent) For trainees entering ST1 from 2015 onwards	Mandatory	x	x	x				
O&G	O&G - London	OBSG0017	MOET (management of obstetric emergency course) for those trainees on advanced labour ward	Mandatory						x	x
O&G	O&G - London	OBSG0018	SITM Courses x 2	Mandatory						x	x
O&G	O&G - London	OBSG0009	Laparoscopy Course	Mandatory	x	x	x	x	x	x	x
O&G	O&G - London	OBSG0034	Communications Course, including preparing to be a consultant Level 3	Mandatory						x	x
O&G	O&G - London	OBSG0035	Wellbeing and Clinical & Safety Governance - 2 per year	Mandatory	x	x	x	x	x	x	x
O&G	O&G - London	OBSG0037	Health & equities course, advance health equities	Mandatory	x	x	x	x	x	x	x
O&G	O&G - London	OBSG0040	CSRH Course	Mandatory	x	x	x	x	x	x	x
O&G	O&G - London	OBSG0022	Surgical Obstetrics	Optional	x	x	x	x	x	x	x
O&G	O&G - London	OBSG0032	Basic hysteroscopy course	Optional	x	x	x	x	x	x	x

Interim review & ARCP

- 3 **Summative** OSATS per clinical skill
- Cervical smear number
- MiniCEX/CBD/Reflective practice/NOTSS
- 2 TO2s
- 4 RTD certificates/ course certificates
- TIS self service
 - Form R (Part A, Part B)
- Interim review form
- CCT proforma
- TEF survey
- GMC Survey
- ES meetings record
- ES end of year review (signed appropriately)
- +++

MRCOG 1



SBA's for Part 1 MRCOG online resource



Sina Mathema



MRCOG Part 1

Course Home Content Awards Quizzes My courses RCOG website



SBAs for Part 1 MRCOG online resource

rg.uk
online
December)

[Eligibility form subr](#)

[Expression of intere](#)

[Booking window op](#)

[Booking window cl](#)

Exam date

[Results released](#)

Visual Table of Contents Widget



Introduction

0% 0 of 2 Topics Completed



Anatomy

100% 1 of 1 Topics Completed



Biochemistry

100% 1 of 1 Topics Completed

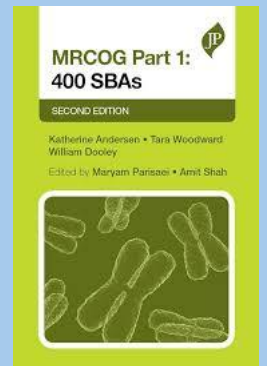


Embryology

100% 1 of 1 Topics Completed

CAMBRIDGE

Medicine



Key contacts

Educational supervisor

College tutor

JDF/LFG representative

PGMDE portal : lasepgmdesupport.hee.nhs.uk

STC representative: ST1 representative pending

ST1-2 TPD: Ms Sridevi Sankaran

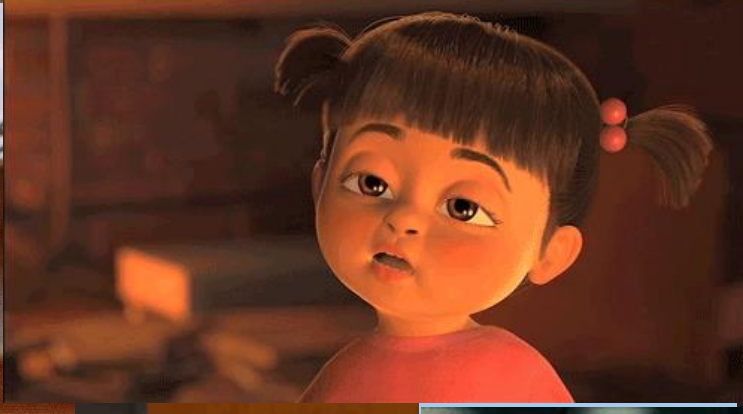
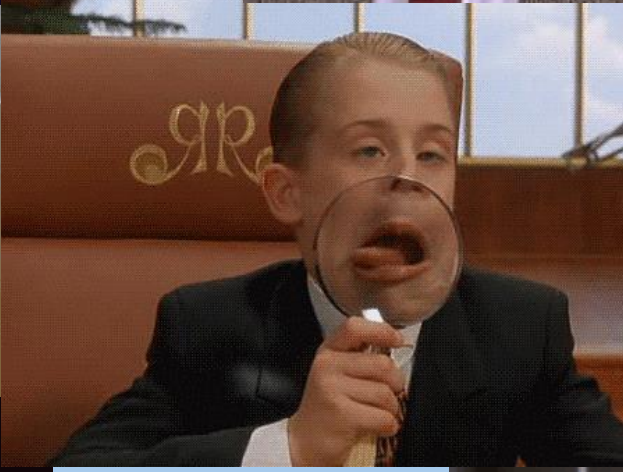
Head of school: Ms Melanie Tipples



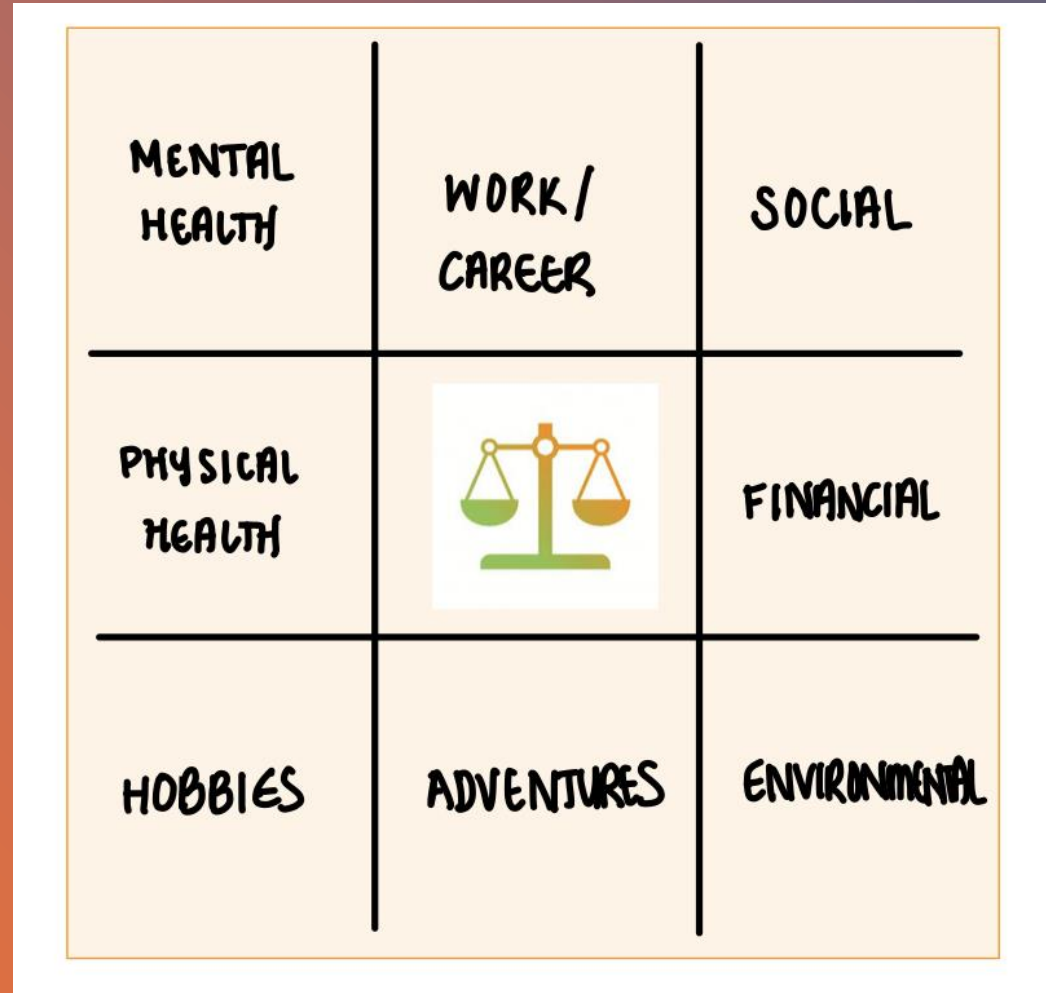
MDU

MPS





Work life balance



Any questions?

sina.mathema@nhs.net

