

# Internal Medicine Training Programme – minimising extensions

**In the North East and North Cumbria, the Internal Medicine Training Programme was able to minimise COVID-related extensions by identifying the training elements missed as a result of the pandemic and offering trainee and supervisor support to ensure progression.**

## Background

The Internal Medicine Training Programme provides trainees with experience in intensive care medicine, geriatric medicine and outpatients, offering wide exposure to medical specialties. Completion of the programme has been affected by the pandemic, as opportunities for trainee rotations were limited, procedural courses were cancelled, and exposure to clinical opportunities were reduced, meaning many trainees missed training opportunities.

In the North East and North Cumbria, a range of initiatives were introduced to support trainees to fulfil curriculum requirements, primarily targeted at trainees who required additional measures to support their training progression.

## The interventions

### Curriculum and skills coverage

The Internal Medicine Training Programme in HEE North East has looked to address the reduction in training opportunities due to the pandemic, through the following measures:

- Bespoke rotations in Care of the Elderly and Intensive Care Units for trainees who were unable to be rotated to these areas in April 2020 due to the pandemic. This ensured they still had these opportunities in IMY1-2 to achieve their capabilities.
- Arranged bespoke blocks of acute medicine to facilitate clinical CiP1 acquisition.
- A practical procedure course was delivered locally for all trainees in IMY1 -2 who had missed the opportunity to attend the course during the pandemic.

- Clear communication with all trainees around the expectations of outpatients experience. This encouraged trainees to maximise clinic opportunities and to evidence this in their portfolio with various assessment methods including MCRs, SLEs and OPCAT. Worked with tutors to maximise clinic opportunities for trainees to attend.
- Designed an interim review document to facilitate an early and enhanced review process in winter 2020, to identify and offer support to trainees who were at risk of not progressing. These trainees were supported by their supervisors, tutors and TPDs to maximise training opportunities.

### Virtual training

Virtual training has also been provided to support all trainees and supervisors involved in the programme during the pandemic. This has involved:

- Virtual delivery of the regional teaching programme, with a one hour 'Q&A with your TPD' session at the end of each teaching session.
- Virtual training for supervisors across the region, including to provide IMT updates, planning for ARCPs with new derogations and educational supervisor report writing.

### Supporting training recovery

Many of the interventions were introduced to identify, at an early stage, trainees who were at risk of not progressing through training and to provide targeted support to them. In particular, trainees who had missed training opportunities in clinical settings or practical procedures during the pandemic.

As a result, no IMY1 or IMY2 trainees in the region were awarded an Outcome 10.2, meaning the interventions helped to minimise COVID-related training extensions.

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