

Out of Programme Pause (OOPP)

Who is eligible for OOPP and when is it the best option for a trainee?

- Trainees who wish to take a break from training for up to 12 months and expect to receive either an outcome 1, 2, 10.1 or 10.2 at their most recent ARCP and are felt to be on the correct training trajectory.
- Trainees who feel it would be beneficial for their wellbeing.
 - The appropriateness of OOPP would be discussed between the trainee and Educational Supervisor. If appropriate the Educational Supervisor may recommend support from the Professional Support and Wellbeing Service (PSW), (in agreement with the trainee), to explore if alternative or additional/further support is needed as OOPP should not be used for managing underlying health matters.
- Trainees who want to step out of training and also use the opportunity to refresh, consolidate or perhaps gain additional capabilities (which shall be assessed on return) as a consequence of the impact of COVID on their training.
- Time out of programme on OOPP will not normally be agreed until trainees have been in a HEE approved training programme for at least one year of training (unless at the time of appointment, deferral of the start of the programme has been agreed for leave on statutory grounds).
- OOPP will also not normally be approved in the final year of training.

