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# Self Development Time

## Trainee Case Study

As an F2, I get a half-day every fortnight for self-development time. The other half of this day is for F2 core teaching (which is accessed virtually on Teams) so this acts as a whole day out of the usual clinical environment, which acts as a well-needed break from daily ward duties.

This has personal benefits including not having to commute to work once a fortnight. It also has team benefits, especially regarding the rota, as on every F2 teaching day the rota is well covered by other juniors, and likewise on F1 teaching days. There have always been staffing issues when doctors are rotaed for half days, for example, when GP trainees leave halfway through a round ward, with incomplete tasks finished. I find half-days are harder for rota co-ordinators to manage and it is much more practical for ward work to be carried out effectively and safely by doctors who are rotaed to be there for a whole working day.

I mainly use self-development time to write up SLEs for my portfolio and revise for MRCS Part A exam.

My Education Supervisor has not been involved with my self-development time. My Trust and specifically Post-Graduate Team, have been excellent in protecting our fortnightly half-day. I have never been pulled to my clinical duties; all my sessions have been protected time.

My time is completely self-directed. I am not assessed in what I have done with that time. I am trusted to make use of it myself. There is no monitoring. This is a good thing I think, as it gives flexibility as to whether that free afternoon is spent on other things (like exercise, housework etc), with the self-development activities instead displaced to other free-time (like the weekend).

I think F2s should have the flexibility to use those paid hours to self-develop when is best for them. I doubt that those paid hours are ever wasted. I spent what feels like most of my free time doing self-development. Especially with working towards surgical application, there is so much project work/ audit/ papers/ revision/ interview prep etc to do, let alone the ePortfolio.