



## HALT: Take a break

With greater demands on health services, an older population and increasing medical complexity, it is clear that all doctors have to be at the top of their game to maintain alertness to avoid medical error or diagnostic oversight in this increasingly busy environment.

As a result, we are launching the St George's 'HALT: Take a break' campaign. This has been pioneered by Dr Mike Farquar, Consultant in Sleep Medicine at Evelina London with the support of the Chief Nurse at Guy's and St Thomas' ([GSTT](#)). At St George's, we have adapted materials from GSTT and, with the support of the Trust's Medical Director and Health & Wellbeing lead, we have launched HALT with communication to all new doctors at their Induction and to services at departmental meetings since 5 April.

Our aim is to encourage trainees to **Think HALT** and refresh before continuing patient care.

The campaign is supported by the Junior Doctors Forum, the Guardian of Safe Working and our resident [Recalibr8 blog](#). Further campaign materials can be viewed [here](#)

## Have you taken your breaks today?

If you are Hungry, Angry, Late or Tired, think HALT and take a break.

- Healthier for you
- Safer for patients
- Better for everyone



## Mind the Rota Gap

One of the most common causes of excess working by our trainees is unfilled shifts or vacant posts which contribute to rota gaps. The Junior Doctor's Forum wants to know of all rota gaps in all specialties so that this information can be collated across the Trust.

### The best source of information on rota gaps are trainees themselves

We are asking all trainees to pass information of any unfilled shifts or vacant posts in their specialties to the Junior Doctor Forum. This can be through the JDF Chair, Deputy Chair or the Guardian of Safe Working. This information will be collated and presented in the Guardian of Safe Working's quarterly report to the board.

The Junior Doctor Forum itself now has a more permanent home where it meets monthly on the 2<sup>nd</sup> floor of Grosvenor Wing (same floor as Medical Staffing). Dates and times of future meetings can be found [here](#). Please come along to report your rota gaps and speak to medical staffing about any issues you have or need sorting out

## GMC statement on Exception Reporting

A new statement has been published by the GMC on exception reporting. Services and supervisors are strongly advised to read this guidance as it supports the principles of good rota planning, adequate time allocation for supervisors and creating a culture in which exception reporting is encouraged. The full statement can be viewed [here](#)

All doctors in training will be on the new contract by October 2017 hence it is important that all Rota Coordinators, College Tutors and trainee Supervisors take the following steps now:

- ✓ **Rota Coordinators:** Ensure your rotas are fair, sustainable & compliant and entered into your [trainee work schedules](#)
  - ✓ **College Tutors and Education Leads:** Make sure training opportunities are added to these work schedules and sent to Medical Staffing by **MONDAY 15 MAY 2017**. Trainees starting in August will be sent these at the beginning of June
  - ✓ The Trust's Medical Director and Divisional Chairs have agreed that exception reports which reach **30 days overdue** will automatically be paid as overtime to trainees. This will incur an immediate cost pressure for services.
- Supervisors:** It is in your interests and in the interests of your services to complete trainees exception reports on time with the preferred outcome of '**Compensation: Time Off in Lieu**'

## Your Guardian

This regular monthly update goes out to all GP trainers across South London and Consultants employed by St George's. **A copy will also be sent to GP trainees across South London and Specialty trainees employed by St George's.**

If you would like a department or service based update on what the [HALT Campaign](#) or [GMC statement](#) mean for you or your service, do contact me at [sunil.dasan@nhs.net](mailto:sunil.dasan@nhs.net)

**Next Junior Doctors Forum**  
**Thursday 18 May 12:45pm**  
**Room GVR 2.019**  
**(labelled G2.9 Teaching)**  
  
**2<sup>nd</sup> floor Grosvenor Wing**  
**St George's Hospital**