

Junior Doctor Contract: One Year On

Well its been over one year since our first doctors transitioned onto the new Junior Doctor's Contract. How's it been? My discussions with Guardian colleagues across London gives me a sense that we are OK in some areas in terms of our rotas and rota gaps but **sailing very close to the wind in others.**

To date we have had:

- **Over 700 exceptions** reported where doctors in training have worked beyond their hours, missed breaks or missed training opportunities
- **29 doctors regularly working over their hours** leading to formal work schedule reviews of their rotas and
- **Fines totalling over £10,500** against specialties for doctors breaching the 72 & 48 hour working time limits



So there is still much to do. And this is against the backdrop of trainees feeling increasingly under pressure. Our latest survey show an increase from **36% to 52% of Foundation Year 1 doctors who feel pressure not to exception report.**

We want to make St George's an employer of choice. And we want to do this by **supporting our trainees.** For those who missed my last communication in November, this [Guide to the Eight High Impact Actions to Improve the Working Environment for Junior Doctors](#) is an essential resource to help you think creatively about how you support your trainees. Please read and discuss this with your trainees at the earliest opportunity.

Junior Doctor Forum Update

The Junior Doctor Forum has gone from strength to strength. Over the last six months we have had four of the Trust Directors take questions at the forum to hear about the experiences of our trainees and to provide updates on Trust developments.

Trainee representation has also increased. We have had South London GP training committee representatives in regular attendance and trainees from various hospital specialties including ICU, General Surgery, Radiology, Acute Medicine, Respiratory and Cardiology attend to give feedback from their peers.

We are keen for more trainees to attend on a regular basis. If you are keen to attend, please contact [Dan](#) (Chair), [Hannah](#) (Deputy Chair) or [Kathy](#) (LTFT rep) for further information.

Under Pressure

This month I've caught up with [Serena Haywood's resilience blog.](#) She has blogged about when life is good in the **'Green zone'** but has also focused on [time management](#) and [what motivates us as doctors.](#) Most importantly, she has commented on a recent [GMC case](#) and situations where no-one wins.



This year's winter pressures have also featured. These are and will continue to be tough for us and our colleagues for months to come. Andy Rhodes, our Medical Director has captured this eloquently in [his piece](#) in Serena's blog on **looking out for yourself and your colleagues.**

Your Guardian

The Guardian will now be sent every **two months** to all GP trainers across South London & 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.

Next Junior Doctor Forum :Thursday 22nd February 2018

12:45 pm, Room GVR 2.020

2nd floor Grosvenor Wing, SGH

For more frequent updates, please contact me at sunil.dasan@nhs.net