

Supported Return to Training (SuppoRTT)



Supporting all medical trainees to safely and confidently return to training after a sustained period of absence.

Returning to training after a period of absence can be a daunting and difficult time for trainees. Time out of clinical practice can impact on a clinician's confidence and skills. As returning trainees are a diverse group, SuppoRTT aims to provide a bespoke, individualised package for each returning trainee, rather than a single "one size fits all" approach.

"The NHS is a very challenging environment. A period away from clinical medicine, whether OOPR, OOPC, sick leave or parental leave often results in feeling deskilled and under confident. This can affect an individual's wellbeing and ability to work as constructively as they are able"

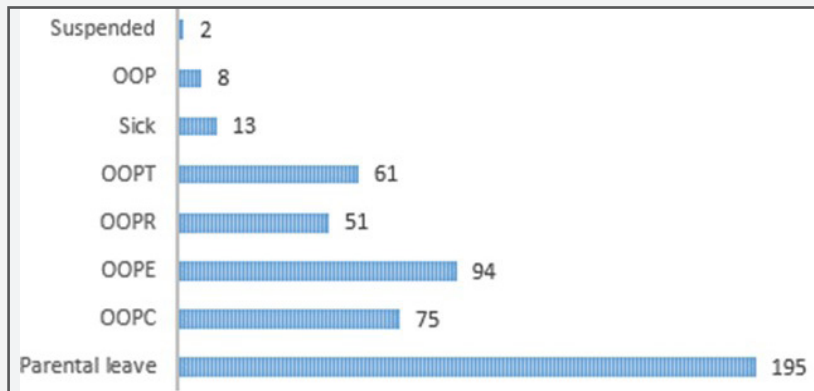
**Developing people
for health and
healthcare**

www.hee.nhs.uk

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Time out of training:

The programme applies to all trainees absent for 3 months or more, regardless of the reason. Those absent for less than 3 months can opt in.



Reasons for time out on 10/8/2018.

“After being OOP for over 3 years my confidence working in a clinical environment has reduced. I am specifically concerned about how my lack of confidence will affect my decision making, and worried that during busy on calls I will be indecisive and struggle to get things done”

Defined exit and re-entry

A series of guided meetings with the Educational Supervisor or Training Programme Director to discuss plans and options. This should be uploaded to the portfolio.

Bespoke Menu

As returning trainees are a diverse group, SuppoRTT aims to provide a bespoke, individualised package for each returning trainee, including:

- Keeping in Touch Days
- Refresher Courses
- Supernumerary Period
- Coaching/Mentoring
- Extended Shadowing
- Others (to be agreed with your supervisor)

This is funded by HEE with up to £3000 per trainee.

For more information see <https://www.lpmde.ac.uk/professional-development/inductreturnretain/rtp/rtp-suppoRTT> or contact the team directly on srtt.lase@hee.nhs.uk