



Update April 2019

St Georges. Published 6 times a year.

[Serena Haywood](#) [Guardianofsafety](#)

Exception reporting. What is it and why is a good idea? I read Tea and Empathy on Facebook and pipe up in the comments now and again. It's a superb peer to peer support group on Facebook <https://bit.ly/2D4uKKy>. I'd highly recommend joining. So, a regular question is (contains spoilers) 'should I exception report this' (yes) followed by 'yeah, but does it make any difference?' (yes, mostly, well we try) and you won't believe what happens in MY Trust (argh). Yes, report it. Anything really. I'd rather a whole loads of false positives than miss a creeping extra hour or so expected by a department or training lost because of overrunning clinics or the pervasive 'lunch is for wimps' lot (looking at you, surgeons). Rest is part of your contract. Training is part of your contract (see below about sick leave) and as I mentioned in the last Update, Allocate your exception report software now comes as an app. I can only action overtime if you report within 14 days of the incident so do your form on the bus on the way home. This is a really good first person account of the difference exception reporting can make <https://www.bma.org.uk/news/the-doctor>. It mentions the barriers to reporting which we know is often a culture within a department; you don't want to damage professional relationships or be the troublemaker. Let me be the troublemaker. Things tend to triangulate. If you are reporting, this might have happened before and I have now records since 2016. You can look on the public facing St Georges internet page if you are curious about your department. Report so I can try and make things change for you and your successors. I report to the Board, the GMC and HEE so I can usually find a way. I'll look forward to the uptick!

Next JDF is on the 25th April in the Mess; Pizza provided. Anything you want raised, please talk to [Jonathan Dick](#). Welcome Samira Bawany and Lucy Flanders reps for those working less than full time. We have a vacancy for resilience rep. We are surveying on the BMA Fatigue and Facilities Charter which St Georges is signed up to (<https://bit.ly/2GyT8Vi>) and we need you.



Tea & Empathy (PUBLIC GROUP) >

PUBLIC GROUP · 8.5K MEMBERS



+ Invite

Chats

Announcements

Photos

Events



Write something...



Live

Photo

Recommend



Top Tips! Please send in anything you think others would like to know.

Hot on the heels of Totum last time, here is the Blue Light Card.

Lot of online and high street discounts including the bonkers 999 Thorpe Park Family Day which I can recommend (you'll find me hiding in the KFC next to the Angry Birds bit)

<https://www.bluelightcard.co.uk/>

How exception reporting works

Exception reporting is a mechanism that allows junior doctors to highlight any instances of work that break from the agreed terms of their work schedule. These include:

Having to work hours that exceed the total set out in the schedule, including the prospective estimate of hours actually worked while non-resident, on call

Where it has not been possible to take rest breaks. Doctors working shifts longer than five hours are entitled to at least one 30-minute break, with a second 30-minute break provided on shifts longer than nine hours

Where a doctor has had to miss out on educational or training opportunities

Where a doctor believes that the levels of support available to them while on shift were insufficient and/or potentially dangerous

An exception relates to any deviation, no matter how frequently they occur. There are no restrictions on what should be reported or indeed how many reports can be submitted. There is no need for reports to be pre-authorised before they can be submitted.

Resilience Blog (Recalibr8 on [Tumblr](#) and Recalibrate on Facebook for comments)

And here is Ola Abdelhadi's blog on nearly quitting medicine and her experience of the Practitioners Health Programme the free, award winning, confidential NHS for doctors to support mental wellbeing <https://php.nhs.uk>. This is very brave and honest and I'll highly recommend you read and think if there is anyone you know might benefit.

<http://recalibr8.tumblr.com/post/184082376089/my-php-journey-by-guest-blogger-ola-abdelhadi>. I've written about kindness <http://recalibr8.tumblr.com/post/183473899784/tldr-do-one-kind-thing-for-you-and-one-kind-thing> because, babies, there's only one rule...



Fine Money Spend

The JDF with the PGME is delighted to bring you access to UpToDate (contact Joseph.Pavett-Downer@stgeorges.nhs.uk for log in) which is a highly regarded evidence base website. The Trust will decide based on your usage whether it supports a longer-term subscription. So please use away. We have also agreed money to be spent on food for those on call and are looking at logistics and money for rest facilities depending on the results of the Fatigue Charter survey (see above). And announcing, the Guardian's Angels award. Nominate a trainee colleague for an act of kindness. That might be making a cup of tea, holding a bleep...in every update, I will announce the prize for the top two. Prizes will be a £150 Virgin Experience for two and a £50 second prize Waterstones voucher. I will nominate all winners for a Trust Values award. So, it's not just money but good CV stuff. So send in your noms! Open all year. Poster attached.



NOT MANY PEOPLE KNOW THAT...

This month's Terms and Conditions gem... returning to work after sickness. You might need help and are entitled to ask.

'...employers should make the appropriate adjustments to allow the doctor to return to work. This may include working reduced hours, undertaking training or administrative activities without loss of pay. Any such arrangements need to be consistent with statutory sick pay rules.'

Next Update, June 20th 2019