Dear Colleagues,

Happy New Year! And thank you very much for taking the time to read this information.

Interestingly, the importance of careers information and guidance was highlighted in October 2010 by the Foundation for Excellence: An Evaluation of the Foundation Programme, Professor John Collins report. The report stated that ‘the quality of careers advice may be lacking’ for trainee doctors, saying that ‘those in established medical practice often tend to support their own area or, through the ‘hidden curriculum’ deter trainees from pursuing certain careers in medicine, such as general practice’. If you feel you need some extra help giving careers advice and guidance to trainees, the STFS careers team provides a ‘careers support workshop’ which outlines a career planning framework. See over the page for further information on how to sign up to it.

The Collins report also concluded that there should be ‘greater transparency in the data made available on careers’. We are very much aware of how crucial this information is and are working to highlight workforce statistics in a video-cast which will be due out later this year and will be shown on the NHS medical careers website: www.medicalcareers.nhs.uk which our team manage on behalf of the Department of Health. The NHS medical careers website has recently undergone an external evaluation, which was very positive, confirming that it is valued by its target audiences (we attach a PDF of the evaluation). It is really worth signposting the website to your trainees as there is a lot of really useful information on over sixty different medical specialties, in addition to interactive tools which will aid your trainees to reflect on their values, interests and skills.

At a local level the careers team has increased their offer of careers support to foundation trainees in NHS Trusts by providing group workshops and one-to-one drop-in sessions. These sessions are intended to compliment the careers discussions that the FTPDs, Careers Leads and Educational Supervisors will already be having with their trainees.

Referrals to the STFS careers team

We would like to remind you that the STFS careers team are able to take one-to-one referrals within the framework of the trainee support model below which works on a three-tier basis:

**First tier:**
Within the South Thames Foundation School educational supervisors in each of the NHS Trusts are the first point of contact for foundation trainees.

**Second tier:**
Foundation trainees may be referred to foundation programme leads and/or trust careers leads and DMEs at trust level who have received additional training in careers support.

**Third tier:**
Trainees who are experiencing difficulty in planning their careers may be referred to the KSS Deanery Careers team.

The referral process is via educational supervisor/medical education manager/training programme director. The resulting careers interview is completely impartial and confidential. Once referred, the trainee would be invited to come for an initial appointment at the KSS Bermondsey Street office which would last up to an hour. The trainees can be supported through up to five follow-up sessions.

See the careers support model below which shows how postgraduate doctors are supported in STFS:

One-to-one drop-in careers support sessions

As well as taking referrals through the trainee support model (above), since the successful running of a pilot last year, we are now running 30 minute one-to-one drop-in sessions at several NHS Trusts across the region. These sessions have received positive feedback where they have been running and have been well-attended by F1 and F2s.

As we do not have the resource to visit every Hospital Trust we are running these sessions on a rolling basis. This means that we are able to offer up to three visits (one per month seeing 5 trainees per visit) per hospital and we are offering these to NHS Trusts on a first-come-first-served basis. At present we have availability to visit two more NHS Trusts from April – June 2011. We will also be running these sessions from Sept – Nov 2011. Please get in contact if you would like us to offer these sessions to your trainees. (contact: careers@stfs.org.uk).

F1/F2 careers support workshops

In 2010 we were able to visit more NHS Trusts to deliver workshops to F1 and F2 trainees. Examples of typical workshops are:

F1: A Framework for Career Planning
F2: Application to Specialty
F2: Interviews & Specialty Selection Centres

(NB: The University of London Careers Group may run some of these workshops in the South London NHS Trusts).

In 2011 we will continue to offer these workshops to NHS Trusts within the region. As we are not able to visit every NHS Trust we are planning to send out information packs and PowerPoint slides to DMEs/MEMs and Careers Leads on
request to ensure that all trainees have access to the material for such careers support workshops.

**ROADS to Success has been updated**

In August all F1 trainees received a copy of the newly updated 2010 third edition of the *ROADS to Success: A practical approach to career management for medical students, junior doctors (and their supervisors)*.

The book was also commended in the *Foundation for Excellence Collins report* (Oct 2010).

**SW Peninsula Selection to Specialty DVD**

The South West Peninsular Deanery/AGCAS DVD 'Selection Centres for Specialty Training' (2008) will help trainees to understand the processes you may go through in selection programmes. Assessments may vary depending on the type of specialty/post you apply for and the deanery to which you are applying.

The DVD has examples of five types of assessment you may face:
- Portfolio interview
- Presentation
- Mock GP consultation
- Structured interview
- Simulation station

The careers team have now paid for the licence for this DVD so that all foundation trainees within STFS will soon be able to view it from a password-protected account which they will be able to access via the STFS website: [www.stfs.org.uk](http://www.stfs.org.uk)

**Careers Support Workshops offered to Educational Supervisors within the region**

The *Foundation for Excellence Collins report* (Oct 2010) emphasized the importance of the quality of careers guidance. This year the STFS Careers team are continuing to provide a one day workshop which is open to all Educational Supervisors/ MEMs in the KSS region and also in South London NHS Trusts. The workshops are held at KSS Deanery, 7 Bermondsey Street and can be booked through the following link: [kssdeanery.org/course/careers-support-training](http://kssdeanery.org/course/careers-support-training)

What some attendees have said about the course:

> “very interesting and helpful session”
> “absolutely brilliant”
> “very helpful course”

**PG Certificate Managing Medical Careers – now extended to a PG Diploma/MA**

KSS Deanery runs, through its partnership with the University of Brighton a PG Certificate / PG Diploma / MA in Managing Medical Careers. These courses are designed to offer participants an opportunity to become more proficient in the provision of career support to medical students and junior doctors. These courses are unique, and the PG Cert has been running since January 2008.

The PG Cert is currently recruiting students for a September 2011 start, and the link below gives more information with regard to the application procedure.

For further information, see the KSS Deanery website: [kssdeanery.org/course/pg-certificate-managing-medical-careers](http://kssdeanery.org/course/pg-certificate-managing-medical-careers)

**The careers team support local events**

Please contact us if you have an event that you would like us to support you with. Below are some of the events that we have recently attended:

- Frimley Park Hospital Careers Fair
- St Georges’ Hospital Medical Students Careers Fair
- BMJ Careers Fairs
- Brighton and Sussex Medical School careers lecture for 3rd year medical students
- Four KSS specialty recruitment evenings across the region
- O & G induction day

If you would like our support at any event, please contact us at: [careers@stfs.org.uk](mailto:careers@stfs.org.uk)

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