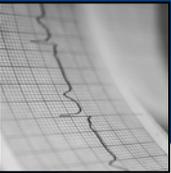




Specialty: General Practice (Highland and Islands)



GMC: NOS/494
NES: NOS/D1/E1/2

Deanery sponsoring programme:	North of Scotland
Postgraduate Dean:	Professor Gillian Needham
Responsible Associate Dean/GP Director:	Dr Ronald MacVicar
Programme Type -	
▪ Deanery-based or National:	Deanery
▪ Specialty or Sub-specialty:	GP Specialty
Date of GMC recent approval:	January 2008
Associated Royal College / Faculty	Royal College of General Practitioners
Web address	http://www.rcgp.org.uk/
Curriculum and Associated Assessment System	http://www.gmc-uk.org/education/postgraduate/gp.asp
Date programme information last updated	August 2010

Recognised Programme Locations and Environments

This programme involves placements in some or all of these Health Boards and hospitals:

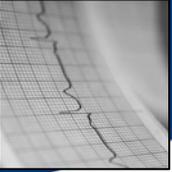
NHSHighland	Raigmore Hospital Inverness New Craigs Hospital, Inverness Caithness Hospital, Wick, Belford Hospital, Fort William Argyll & Bute Hospital, Lochgilphead Lorn & Islands District General, Oban
NHS Orkney	Balfour Hospital, Kirkwall
NHS Shetland	Gilbert Bain Hospital, Lerwick
NHS Western Isles	Western Isles Hospital, Stornoway
NHS Grampian	Dr Gray's Hospital, Elgin

Programme Director Dr Sue Tracey

Contact sue.tracey@abdn.ac.uk



Specialty: General Practice (Highland and Islands)



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Highlands and Islands Programme Descriptor

Variety

The Highlands programme has something for everyone. Some of our programmes are wholly Inverness based giving you the benefit of living in a great young city which is the gateway to the rest of the Highlands. However many of our programmes are more unique, with the chance for remote and rural placement during the 3 or 4 years. A number of our training practices are in rural areas. You may find crofters, mountaineers, or estate owners amongst the local families and friends in your morning surgery. The rural general hospitals in Orkney, Shetland, Fort William, Western Isles, Oban or Caithness all host Highlands and Islands GPSTs. These offer excellent GP Training opportunities as a result of the breadth of clinical presentation and “hands on” experience. In addition, you experience the beauty and individual culture that these remote areas of Britain have to offer.

Choice

Our traditional 3 year programme consists of 6 months in a GP training practice in the first year followed by 18 months in a variety of hospital posts and finally a further full year spent back in a training practice. Some examples of our rotations are shown below.

Our 4 year programmes offer a slightly different experience with the first year spent in the general medical and surgical departments of one of our rural general hospitals. These first year posts, with their close links to the local GP community, excellent supervision and generalist approach, provide an outstanding foundation for GP Specialty Training in any context and are particularly valuable experience to anyone considering a future career in rural general practice. The extra year of training could benefit all potential GPs. With a drive towards extending GP training in the future, these 4 year programmes give you that advantage now.





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Example 1	GPST1	GPST1	GPST2	GPST2	GPST3		
Location	Aviemore	Inverness	Inverness	Inverness	Beauly		
Specialty	General Practice	Emergency Medicine	Medicine	Psychiatry	General Practice		
Example 2	GPST1	GPST1	GPST2	GPST2	GPST3		
Location	Orkney	Dingwall	Inverness	Inverness	Crown MP Inverness		
Specialty	Remote & Rural	General Practice	Emergency Medicine	Paediatrics	General Practice		
Example 3	GPST1	GPST1	GPST2	GPST2	GPST3		
Location	Fort William	Lochgilphead	Fort William	Fort William	Fort William		
Specialty	General Practice	Psychiatry	Emergency Medicine	Medicine / Surgery	General Practice		
Example 4	GPST0	GPST0	GPST1	GPST1	GPST2	GPST2	GPST3
Location	Shetland	Shetland	Kingussie	Inverness	Inverness	Inverness	Drumnadrochit
Specialty	Medicine	Surgery	General Practice	Emergency Medicine	Obstetrics & Gynaecology	Paediatrics	General Practice

Support

Throughout the duration of the Highlands and Islands programme close links are maintained with your training practice to ensure you can keep the focus on your chosen career. You will be appointed an educational supervisor from your training practice who will support you throughout the duration of your training program. Furthermore you will spend 3 days every six months with your educational supervisor in the practice.

We have a team of highly committed and enthusiastic trainers and the feedback from previous trainees consistently confirms this.

Although our training scheme covers a wide geographical area, we make great effort to make all our GPSTs feel part of the Highland GPST training programme. Although you spend time gaining experience in other specialties, you are first and foremost a GPST and previous trainees have valued the inclusiveness of our programme. We found that our use of video-conferencing, both in our education programme and in providing trainee support, has brought our training community closer together.

Learning

To ensure that your Learning stays focused on General Practice we deliver an RCGP Curriculum based education program which runs throughout the duration of your training. This is run by the Deanery GP Advisor team and comprises several components. We have an Induction during the first month which is a good opportunity to meet your GPST peers from other specialties or locations. There are weekly workshops covering core curriculum topics, often with visiting specialists. We run monthly small group learning sessions using both peer and GP facilitation and these sessions have become particularly valued due to the opportunity to gain peer support. We also have a day release programme for GPSTs in GP placements. This is an opportunity to look at issues specific to your year of training and an example would be a GPST3 session on career choices.



Our hospital Clinical supervisors support the regular release of GPSTs to attend the educational programme and this continues throughout the entire duration of the training programmes.



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Quality

One of our top priorities is to help our GPST to pass all the components of the MRCGP. Deanery educational programmes and the high standards of our GP trainer's contributes to helping trainees prepare for these examinations. Our GP trainers enthusiastically engage in regular educational workshops and an annual trainers conference which includes the whole training community.

We have good reason to believe that we offer an excellent training experience for our GP Trainees and graduates of our scheme will confirm this Why not take a look at our [website](#) for testimonials from previous trainees?

Lifestyle

In addition to the high quality training experience, the Highlands and Islands programme offers a chance to live in one of the most beautiful locations in the British Isles. The scenery is stunning and offers a great backdrop for taking part in the outdoor pursuits on offer.... world class mountaineering, golf, mountain biking and kayaking. There are hidden gems for the surf enthusiast, hills abound for the recreational walker and we've had great ski seasons during the last few years. It's not only the outdoors that attracts many visitors. The Highlands and Islands are also renowned for their history, culture and archaeology. You'll find live music and dancing, fine foods and our famous whiskeys, with a warm and friendly environment for locals and visitors alike. Some of the highest quality of living indexes in the UK are found in the North of Scotland. We have the activities, the scenery, the facilities, the housing, the schooling, the employment opportunities..... We have the lifestyle.



Ceud Mile Failte "A hundred thousand welcomes"

Useful Websites

<http://www.oban.org.uk/index.php>
<http://www.ohb.scot.nhs.uk/article.asp?page=40>
<http://www.visitshetland.com/>
<http://www.thewesternisles.co.uk/>
<http://www.visithebrides.com/>
<http://www.visit-fortwilliam.co.uk/>
<http://www.skye.co.uk/>
<http://www.scotland-inverness.co.uk/caithnes.htm>
<http://www.lochgilphead.info/>

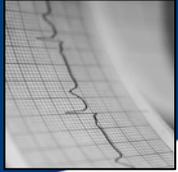
<http://www.lochaber.com/>
<http://www.visitaviemore.com/>
<http://www.inverness-scotland.com/>
<http://www.visitnairn.com/>
http://www.scotland.org.uk/guide/Inner_Hebrides
<http://www.visitorkney.com/>
<http://www.orkney.org/>
<http://www.shetland.org/>

How to apply

<http://www.scotmt.scot.nhs.uk/>



Specialty: General Practice (Highland and Islands)



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Deanery Administrative Contacts

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Specialty Training Committee

Chair	Dr Ronald MacVicar
Members	Dr Adam Syme, Dr Alison Sneddon, Dr Andrew Rowlands, Dr Anna Simpson, Ms Arlene Thompson, Dr Blair Smith, Dr Charles Crichton, Mrs Diane Whittle, Prof Gillian Needham, Dr Graeme Miller, Dr Jerry O'Rourke, Dr Katy Wolstencroft, Dr Ken Proctor, Dr Kim Walker, Dr Kirsty Cole, Mrs Linda Crawford, Mrs Margaret Dakers Thomson, Dr Marthinus Roos, Dr Stephen Lynch, Dr Sue Tracey, Mrs Susan Kinsey, Mr Tim Dougall, Dr Tim Jones

Quality of Training

GMC Trainee Survey Information (2010)	Link
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