

You Said...

We Did.

Foundation doctors told us that a high quality **Shadowing** period is really helpful when starting as an F1 doctor



We collected examples of good practice, and have set standards within HEE for the Shadowing period before starting F1

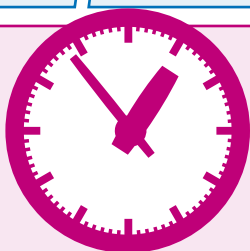
Medical students and Foundation doctors felt that there should be better access to **Pre-Allocation** to Foundation School to help those with particular needs

We worked with the UKFPO to introduce wider pre-allocation criteria for:

- Caring responsibility
- Educational needs
- Those who entered medical school through a widening access scheme



Many Foundation doctors who applied for **Less Than Full-Time Training** felt that there was little flexibility in the hours worked



If applying for less than full-time working, Foundation schools must now offer at least 2 different options for hours worked. HEE supports the wider opportunity to work less than full-time that has become available

Foundation doctors told us that there is often insufficient time in the working week to complete everything that needs to be done in the e-portfolio, to meet supervisors and to reflect properly

We introduced **Self-Development Time** (2 hours per week on average from August 2021), to give Foundation doctors rostered non-clinical time to fulfil all curricular requirements



Foundation doctors told us that having a more senior trainee as a **Buddy** or **Mentor** was really helpful in making the transition from medical student to doctor



Every English Foundation School should now ensure that all F1 doctors have access to a **Near-Peer Support Scheme**

Medical students and foundation doctors told us that applying for specialised (academic) Foundation Programmes was daunting for many, and complicated with a lack of consistency between Foundation Schools

We worked with the UKFPO to introduce a standard set of white space questions for **Specialised Foundation Programme Applications**.

We are currently working through ways to ensure recruitment to specialised Foundation Programmes is fairer and more open to all

