

Guidance re self-development time for physicians in higher specialty training

Self-Development time

The curriculum for stage 2 of internal medicine necessitates completion of certain activities that are likely to be undertaken away from the clinical environment. These include involvement in Quality Improvement projects, small group/informal simulation, meeting with supervisors, working on the e-Portfolio, reflecting on clinical practice and preparing/delivering teaching.

In addition, there is an expectation that most trainees will sit and pass Specialty Certificate Examinations. Trainees in HST must therefore have professional self-development time (SDT) in their work schedule to facilitate progression within the training programme. The time allocated for this SDT should average as a minimum of two days per month. The use of the SDT should be discussed by trainees at regular meetings with their educational supervisor who will ensure that such activity is recorded in the e-Portfolio and reflect the needs of the trainee's PDP. LTFT workers will be given SDT pro-rata to the percentage of whole time equivalent. SDT is separate to other skills being acquired outside of the ward/medical take environment but mandated by the curriculum, for example the special skills that trainees need to acquire as part of acute medicine HST, procedural skills which require dedicated training lists, or sub-specialty learning which requires time in a different clinical area or service from where the trainee usually works.

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