



CORE TRAINEE BUDDYING PROGRAMME

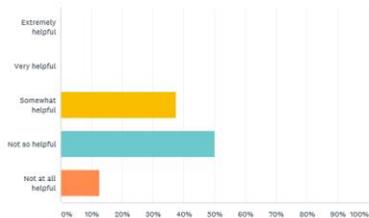
New to psychiatry training? We got you!

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JDC Core Committee Chairs, Sheffield Health and Social Care NHS Foundation Trust

A survey was conducted amongst core trainees in the South Yorkshire training scheme to gauge the amount of support they received when they started working as a CT1. The 7 question survey also obtained feedback about the kind of support trainees would like to receive.

How helpful was the support about training/portfolio you received when you started your job as a CT1?



The project involved allocating new CT1s to a senior Core Trainee buddy (CT2 or CT3) to help them settle into psychiatry training. Common topics covered were – registering with RCPsych portfolio as a PMPT, setting up the e-portfolio, preparing for ARCP and exam preparation. If the Trainee Buddy feels that a certain issue is beyond their area of expertise, they could sign post the junior trainee to their clinical or educational supervisors for further guidance.

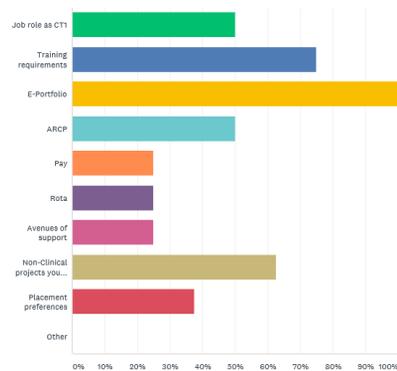
This would also help newly starting CT1s get to know other core trainees in the scheme and also to provide them with a point of contact for someone who could give them informal guidance at a trainee-to-trainee level.

Method and frequency of contact between the Core Trainee buddy and CT1 was left open according to their needs for support.

CONCLUSION

The Core Trainee Buddying Programme has been a successful pilot project with mostly positive reviews from Core Trainees involved. Core trainee buddies were also able to provide colleagues with support during the COVID-19 pandemic. Suggestions have been made to put more thought into allocations to ensure that the trainees are within the same trust or at least in sync with regards to their training calendars. These ideas have been taken on board and we hope to bring about these changes with the next cohort of trainees.

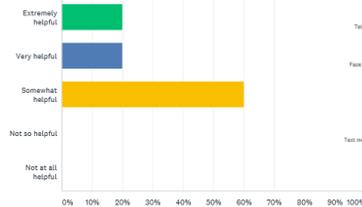
Please select which of the following would you have liked to get more support with?



RESULTS

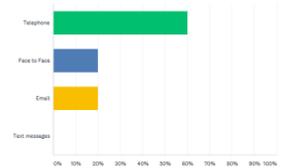
Did you find having a core trainee buddy helpful?

Answered: 5 Skipped: 0



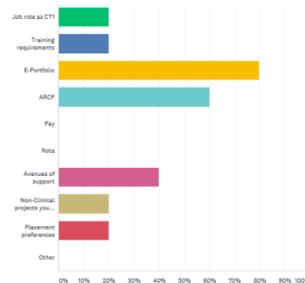
What medium of contact did you use to interact with your CT buddy?

Answered: 5 Skipped: 0



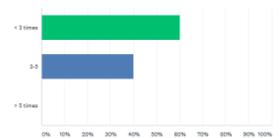
Please select which of the following did you receive support with from your CT buddy?

Answered: 5 Skipped: 0



How frequently did you and your CT buddy speak/meet?

Answered: 5 Skipped: 0



"I have enjoyed providing a mentoring role to my buddy over the past few months!"

"I think the scheme is very good and helped CT1s to hopefully feel supported. Some may have felt more confident than others but at least we were there if they felt they needed advice or support."