

# Making the most of your training

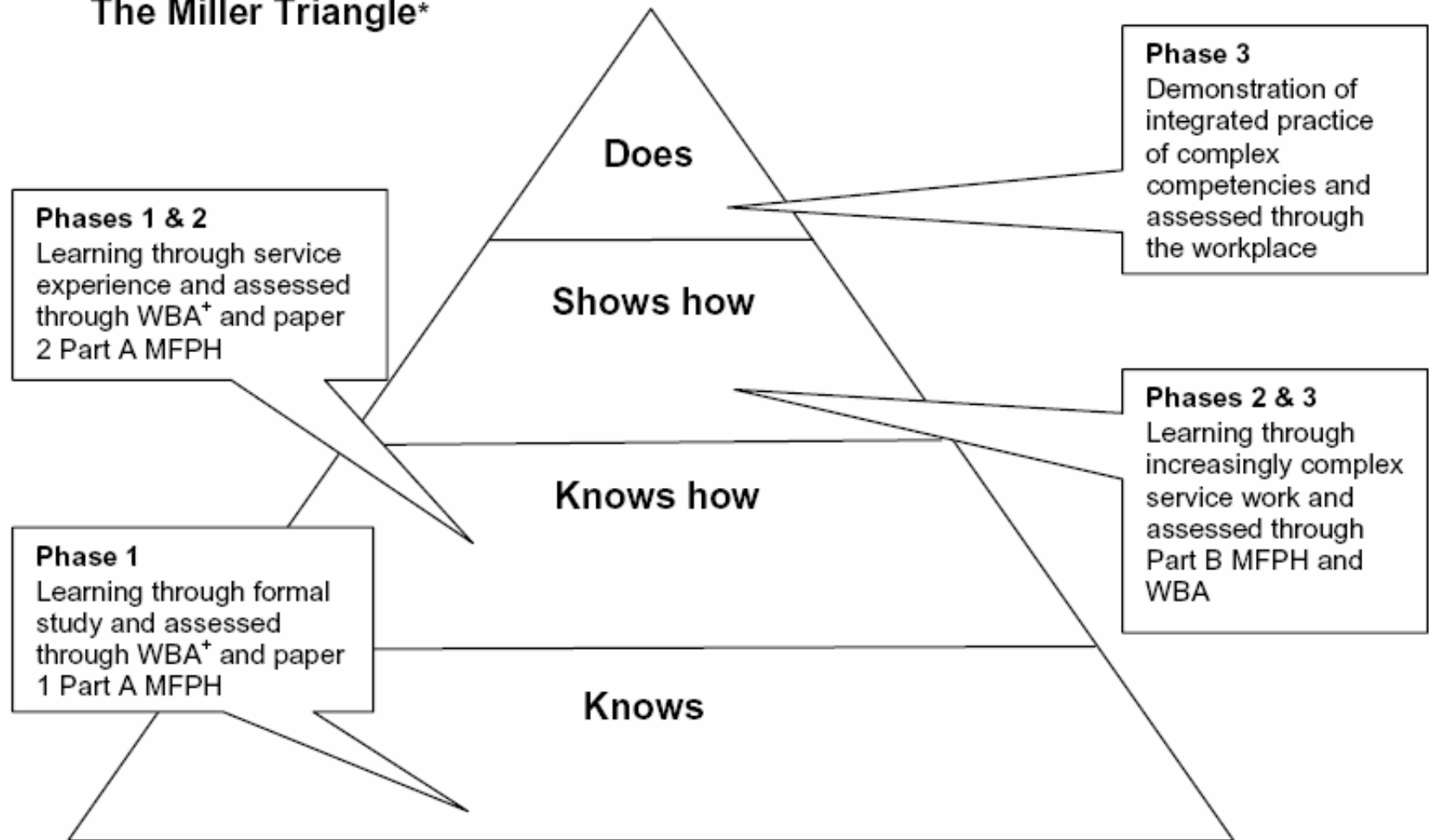
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# Stages of Training

1. Pre-part A
2. Pre-part B
3. Post part B

## The Miller Triangle\*



\* Workplace based assessment

\* **Miller GE**. The assessment of clinical skills/competence/performance. *Acad Med* 1990;65 (suppl):S63-67

# Stage 1 - Pre-part A

- Good grounding & Induction – mostly in PCT or equivalent body
- “Knowledge & Know How” part of training
- (MPH / MSc )
- Part A - note paper 2 requirements – “writing briefings , press releases”
- Publications

# Stage 2 - Pre-part B

- “Show How” part of training
- 6-9 wte months post part A
- 3 months HPA or equivalent placement
- Ask/volunteer/ensure you are putting your skills into everyday use – there is no longer the part 2 to work on !
- Overall message “ Spend as little time as possible at desk in front of PC – spend as much time as possible interacting with people – meetings (or on phone ) with professionals, lay representatives, journalists, teaching

# Stage 3 - Post-part B

- This is the “do” part of training.
- Have a plan – what sort of career post do you want ?
- You have passed part A & B – and have MFPH after your name. You, your trainers & placement organisations can therefore have confidence regarding responsibilities you can take on.
- Plan must ensure core curriculum competencies covered
- Plan must carefully consider appropriate OSILOs
- Publications
- Trainer skills

# Planning for career grade posts

- Have a plan
- Consider what your application CV will look like
  - will it look like £ 333,333 worth of public money ?
- By CCT date be sure to have taken on some key / big responsibilities. Have you made a difference ? These will be important – as everyone will have all the core competencies.
- Practice for AACs

# General advice

- Have a plan.
- Publications
- For RITA each year consider how your CV is shaping up – will it be at consultant standard by CCT date ?
- Learn from organisational change.
- Don't become too comfortable in a placement for too long
- Consider specialised placements – in UK/abroad if it fits into your plan

# And Finally

- ENJOY your training
- (And have a Plan)