

## Trainee welfare

Everybody, at some point in their career, will experience a period when they feel they are not at their best.

These emotions are a natural response to some of the challenges posed by our professional and personal lives.

At these times it is important to remember that we are not alone, and help is never far away.

The most helpful, yet seemingly difficult decision, is to talk to somebody.

A chat with a trusted colleague in the coffee room or a drink with a friend after work, can make all the difference.

Physical and Mental health issues can be dealt with by your own General Practitioner.

Beyond that, there are many avenues of support available within the workplace, the Deanery and from several other organisations.

Please have a look at the summaries and links below. Even if you do not feel they are required at present, they will serve as a reminder of what can be done to help should things change in the future.

We all have a duty of care, not just to our patients, but to ourselves and those around us.

## Local school resources

### AAGBI Mentoring

The AAGBI runs a mentoring scheme which allows for informal, confidential peer support. This is run locally by Paul Edgar. – paul.edgar@ggc.scot.nhs.uk

Further information can be found at: -

<https://www.aagbi.org/professionals/welfare/mentoring/aagbi-mentoring-scheme>

### GREAT course

A return to work course is run locally, this is aimed at trainees and consultants who are returning to work after a period out of clinical practice, this may be for reasons of ill health, maternity leave, career breaks or non-clinical OOP. It is designed to complement clinical Keeping in Touch (KIT) days

The course is run by Angela Jenkins and Clare Bridgestock

Contact– returtoanaesthetics@gmail.com

### Deanery links

Thriving in medicine is the Scottish deanery trainee welfare page. It is a useful resource with a number of links to external organisations.

<http://www.scotlanddeanery.nhs.scot/trainee-information/thriving-in-medicine/>

The performance support unit (PSU) can offer help and support to trainees who are struggling with the training programme or exams. It can also offer support to trainees who are changing career - <http://www.scotlanddeanery.nhs.scot/trainer-information/performance-support-unit/>

The PSU does not accept self-referral from trainees, but will accept referrals from TPDs or their deputies

### RCOA

The RCOA has a page under their training section devoted to career and personal difficulties. It has lots of links to support agencies, some of which are specifically for doctors and some which are out with the medical profession.

<https://www.rcoa.ac.uk/careers-and-training/career-and-personal-difficulties>

### AAGBI

The Association stores a lot of useful information and articles on issues relating to health and wellbeing on their website, also lots of useful practical guides on issues such as managing fatigue and getting the most out of your career.

<https://www.aagbi.org/professionals/welfare>

Please remember that no matter the issue, help and support will always be there. Please do not hesitate to look for it.