



RCSI SURGICAL
AFFAIRS

ST3 – ST8 SPECIALIST TRAINING INFORMATION



▶ TRAUMA AND ORTHOPAEDIC SURGERY 2021

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Prepared by Trauma and Orthopaedic Specialty Administrator



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1. Welcome

Congratulations on your appointment to the Specialist Training Programme in Trauma and Orthopaedic (T&O) Surgery (ST3-ST8). We take great pride in the efficient organisation and running of this six year programme.

This programme is led by the Training Programme Director (TPD), Mr. Eoin Sheehan, whom you will be meeting at your **ST3 Induction day on 25th June 2021 at 11.30 via Microsoft Teams.**



Irish Institute for Trauma and Orthopaedic Surgery (IITOS)

The Irish Institute of Trauma and Orthopaedic Surgery (IITOS), “The Institute”, is a charitable organisation one of whose functions is to deliver, monitor and continually innovate the Trauma and Orthopaedic surgery (T&O) training programme in Ireland. Indeed, the “**continuum of training**” in T&O was established by the IITOS in 1999, as a means to regularise Orthopaedic Higher Surgical Training in Ireland.

The Institute oversees T&O training on behalf of the Irish Surgical Postgraduate Training Committee (ISPTC), which is responsible in turn to the Joint Royal Colleges of Surgeons of Great Britain and Ireland. These bodies work to set standards and provide a continuity of training over the course of the six year programme. In year four of the programme, all Trainees sit their exit examination or Intercollegiate Examination in Trauma and Orthopaedic Surgery (FRCS) and are awarded a Certificate of Completion of Specialist Training (CCST) at the end of ST8, by the RCSI.

Specialty Training Administrator for Trauma and Orthopaedic Surgery

Ms Leah Daly

RCSI Surgical Affairs

Royal College of Surgeons in Ireland

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E: Orthopaedics@rcsi.ie W: www.rcsi.ie

The Training Committee of the Institute is chaired by the IITOS President, **Professor John O'Byrne** and meets quarterly to discuss and maintain these objectives. The elected Training Programme Director, **Mr Eoin Sheehan**, from this Committee, sits on the ISPTC and represents the IITOS in this regard. There is also an Education Committee, which is chaired by the Training Programme Director. The Irish Orthopaedic Trainee Association (IOTA) President attends both the Education and Training Committee meetings and represents Trainees views at their quarterly meetings. The RCSI provides administrative support and oversight to the training programme.

IITOS website

Feel free to visit the Trainee section of the IITOS website <http://www.iitos.ie/> where you will get the latest news and can place a post. You must be registered on this website in order to access attachments on the **discussion group**.

Please contact the IITOS Administrator:
Ms. Amanda Wilkinson at
amandawilkinson@rcsi.com for access.





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2. Meeting with the Training Programme Director

If you have any questions before starting the programme you may wish to meet with the TPD, **Mr Eoin Sheehan**.

All meetings to be booked through your Specialty Training Administrator: Orthopaedics@rcsi.ie, but most concerns will be covered at the induction meeting in June.

3. Choosing a Year Representative

At the start of the programme it is up to the group to choose a representative. Once chosen, please email the name to Leah at Orthopaedics@rcsi.ie.

4. Joint Committee on Surgical Training (JCST)

The JCST is an advisory body to the four surgical (ROI) Royal Colleges of the UK and the Republic of Ireland for all matters related to surgical training and works closely with the Surgical Specialty Associations (SACs) in Great Britain and the ROI. The JCST is the parent body of the Specialty Advisory Committees (SACs). Link to JCST website for Republic of Ireland Trainees: <http://www.jcst.org/irish-trainees>

You will need to supply a copy of your Certificate of Completion of Basic Surgical Training (CCBST) or Core Surgical Training Certificate (CST) to your ST Administrator email: Orthopaedics@rcsi.ie as soon as you have received the certificate.

If you have entered the specialty programme via the Pathway programme (ST2) please note you do not automatically receive a CST certificate and will need to apply for this, if you have not already done so. Please contact the CST Administrator, Sara Gross in relation to this saragross@rcsi.ie. The JCST needs your CST/CCBST certificates in order to register you with the Specialty Advisory Committee (SAC).

5. Mentor Programme

Every Trainee has a **nominated Mentor**. Trainees need to meet their Mentor before or very early into each six monthly rotation and again towards the end or just after each six monthly rotation as well. It is your responsibility to meet with your Mentor **at least twice a year**.

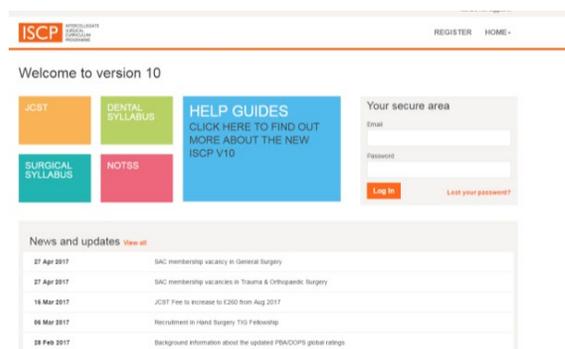
Your ST Administrator will be in contact with you regarding your Mentor. Your Mentor needs to complete an annual mentor report electronically. You will then need to upload this report by the **end of December** to your ISCP portfolio under 'Internal Meetings' in the evidence section, so tabulating the information becomes more streamlined.

You will also need to email a copy of your completed mentor report and logbook for your first six months to your ST Administrator by **the third Friday in December of each year**. Please note for subsequent years you will need to submit your completed mentor report; a logbook for the six months of training for the period from January – July; a logbook for the period from July – January and one other logbook showing indicative numbers for the entire time you have been an SpR by the third Friday in December to your ST Administrator.



Trainees need to **add their Mentors as a Clinical Supervisor (CS) on ISCP to each placement**. This will enable your Mentor to comment on ISCP about your progress using the Clinical Supervisors Report on your Learning Agreements (LA) etc.

Trainees will have to demonstrate satisfactory engagement with all aspects of ISCP **for each six month training period**. An interim phone call or e-mail conversation, between mentor meetings, should be sufficient to ensure that there are not too many issues brewing. This amounts to three-four face-to-face meetings per year. While the process is now almost entirely electronic, using the ISCP (www.iscp.ac.uk), we do still rely on Mentors to add an additional layer of analysis of Trainee performance and advocacy where needed.



The screenshot shows the ISCP website interface. At the top, there are links for 'REGISTER' and 'HOME'. Below this, a 'Welcome to version 10' message is displayed. The main content area features several colored buttons: 'JCST' (orange), 'DENTAL SYLLABUS' (green), 'HELP GUIDES' (blue), 'SURGICAL SYLLABUS' (teal), and 'NOTSS' (red). The 'HELP GUIDES' button includes the text 'CLICK HERE TO FIND OUT MORE ABOUT THE NEW ISCP V10'. To the right, there is a 'Your secure area' login section with fields for 'Email' and 'Password', and buttons for 'Log In' and 'Lost your password?'. Below the navigation and login area, there is a 'News and updates' section with a 'View all' link. The news items listed are:

- 27 Apr 2017: SAC membership vacancy in General Surgery
- 27 Apr 2017: SAC membership vacancies in Trauma & Orthopaedic Surgery
- 16 Mar 2017: JCST Fee to increase to £260 from Aug 2017
- 08 Mar 2017: Recruitment in Hand Surgery TIG Fellowship
- 29 Feb 2017: Background information about the updated ISACOPS global ratings



Role of the Mentor

The role of the mentor will be to act as an advisor to their trainee and to focus on two main areas:

- i. Help the trainee to deal with current problems or challenges they may be experiencing with regards to their training. Mentors should advise trainees re solutions where appropriate or signpost accordingly.
- ii. Facilitate trainees with future career planning and development (e.g. fellowship, professional development) so trainees are optimally placed to subspecialise and practice as competent surgeons, educators and leaders.

Mentors will also act as a conduit between the trainee and the training programme director (TPD). It is envisaged that in general the mentorship process will be confidential, non-judgemental and mentors should not discuss issues raised by trainees unless asked to do so by the trainee and advocate on their behalf (e.g. to TPD).

Role of the Trainee

Trainees are expected to engage with mentorship with a focus on two main areas:

- i. You should use the process to discuss any current problems or challenges that you are experiencing with training. Where possible your mentor will help you arrive at a solution.
- ii. Discuss future career planning and development (e.g. fellowship, professional development) so that you are optimally placed to subspecialise and progress to consultant level practice.

In general, the mentorship process will be considered a **confidential process** that is separate from the assessment process. Issues raised and discussed will not be recorded on the mentor report or discussed outside of the mentorship **unless deemed relevant by both mentor and trainee**. In some situations, a mentor may act as conduit between the trainee and the training programme director (TPD) where the trainee asks their mentor to advocate on their behalf to the training programme director on a specific issue.

The emphasis at the senior level should include a **focus on career/exam advice** and ensuring paperwork for CCST is complete and fellowship plans are well underway, though any issues arising should be brought to the attention of the TPD before they become critical, even for those of you at that stage in training.



6. Core Curriculum Programme

There are **ten core curriculum training days per year**. 100% attendance is mandatory. Much time and effort has been put into organising and running these days for the benefit of Trainees. If for any reason you cannot attend, you must email the following people:

- Core Curriculum Director, Mr. Ruairi MacNiocaill - ruairi99@hotmail.com, and the Organiser(s) of the day
- C.C. the TPD, Mr Eoin Sheehan and your ST Administrator - Orthopaedics@rcsi.ie



If more than two core days are missed in any one calendar year for **ANY** reason, an ARCP 2, (previously a RITA D) will be issued for that training period for the educational component of the training.

Core Curriculum timetable 2021 - 2022

The updated Core Curriculum schedule for the period from 2021 – 2022 will be circulated to you once available.



7. Rotations

You will be placed on a **five year balanced hospital rotation** for training from ST3, based on your preference and ranking at interview. These rotations are fixed, but may be subject to change by TPD from time-to-time, as required.

In ST8, Trainees may, with IOTA support, apply for specific hospital postings to be considered by the TPD.

Training Post Hospitals:

Beaumont Hospital (BMT)
Assigned Educational Supervisor (AES)
Mr Michael Donnelly
mdonnelly@rcsi.ie



Cappagh Orthopaedic Hospital (CAPGH)
Assigned Educational Supervisor (AES)
Mr Patrick Groarke
patrickgroarke007@gmail.com



Connolly Memorial Hospital (JCMH)
Assigned Educational Supervisor (AES)
Ms Olivia Flannery
omflannery@gmail.com



Cork University Hospital (CUH)
Assigned Educational Supervisor (AES)
Ms Sinead Boran
sineadboran@yahoo.com





University Hospital Galway (UHG)
Assigned Educational Supervisor (AES)
Mr Ken Kaar
kenkaar@gmail.com



Limerick/Croom Hospital (CRMMW)
Assigned Educational Supervisor (AES)
Mr Cian Kennedy
ciankennedy05@gmail.com



Mater Misericordiae University Hospital (MTRMIS)
Assigned Educational Supervisor (AES)
Mr Seamus Morris
sklzmorris@gmail.com



Mayo General Hospital (MYO)
Assigned Educational Supervisor (AES)
Ms Bridget Hughes
bchughes2008@hotmail.com



Midland Regional Hospital Tullamore (MIDTUL)
Assigned Educational Supervisor (AES)
Mr Muiris Kennedy
muirkennedy@gmail.com



Our Lady of Lourdes Hospital Navan / Drogheda (OLLHD)
Assigned Educational Supervisor (AES)
Mr Alan Walsh
walshajpw@gmail.com





Our Lady's Childrens Hospital Crumlin (OLCHC)
Assigned Educational Supervisor (AES)
Ms Pat Kiely
pkielyorthospines@mac.com



St. James's Hospital (StJAM)
Assigned Educational Supervisor (AES)
Ms Catherine Bossut
c_bossut@hotmail.com



St. Vincent's University Hospital (StVINUNI)
Assigned Educational Supervisor (AES)
Mr Alan Molloy
alanmolloy@yahoo.com



Tallaght Trauma (AMNCH)
Assigned Educational Supervisor for Trauma (AES)
Mr James Sproule
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Tallaght Elective (AMNCH)
Assigned Educational Supervisor for Elective (AES)
Mr Brendan O'Daly
brendan.odaly@gmail.com



Temple Street Hospital (TEMPS)
Assigned Educational Supervisor (AES)
Ms Noelle Cassidy
noelleorth@eircom.net





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University Hospital Waterford (WRH)
Assigned Educational Supervisor (AES)
Ms May Cleary
may.cleary@gmail.com

Sligo University Hospital (SGOGEN)
Assigned Educational Supervisor (AES)
Mr John Kelly
johncokelly@gmail.com





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8. Trainee Portal - Connect SA





[Documents](#) | [Class sign up](#) | [Help content](#) | [Sign out](#)

Documents

Class sign up

Help content

Impersonate

Trainee details

Programme TEST Programme 2021 ▾

Current ST year ST 3

Allocations

ST year	Year	Training post	AES	+
ST 3	2020	000011078-CAPGH-Gen - 03/07/2020 to 11/07/2021		+ Add AES

Deviations

ST year	Year	Deviations
ST 3	2020	Out of Programme Research - 13/07/2020 to 11/07/2021

Forgotten password

[Reset your password with SSPM](#)

Contact us

RCSI Web www.rcsi.com Telephone 01 402 2719 Email surgicalaffairs@rcsi.ie

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When you log into your trainee portal using your RCSI credentials you will see all your rotations displayed. You can sign up for your classes, mandatory workshops, Human Factors etc. You can also upload specific documentation related to your Training journey as a document library is available specifically for all trainees.



9. Funding

Funding is available to Trainees via four different funds. Please see table below for a brief overview of all funds. The guidelines and refund forms for all the mandatory, specialist, surgical loupes and clinical courses and examination funds are located via this link <https://msurgery.ie/home/specialist-training/financial-support/>

SPECIALIST TRAINING FUND	<ul style="list-style-type: none"> ▪ Run by RCSI on behalf of HSE/NDTP. ▪ For training courses/activities, equip, books, expenses. ▪ €500 per year per Trainee. ▪ Funding is carried over year-on-year e.g. three years unclaimed will give the Trainee €1500 to claim.
CLINICAL COURSES AND EXAMS FUND	<ul style="list-style-type: none"> ▪ Run by HSE/NDTP for courses and exams only on the approved list. ▪ €450 per claim, no restrictions on how many claims can be submitted per year. ▪ Trainees must claim for this fund through the HR Departments in their hospital within six months of attending the exam/course.
SURGICAL LOUPES FUND (NEW)	<ul style="list-style-type: none"> ▪ €1200 reimbursed back to Trainees in 2017/2018. Amount available to Trainees dependant on number of claims. ▪ The Surgical Loupes application form will be emailed to you as soon as it is available. ▪ Trainees must submit application and loupes receipt in order to qualify for funding to their ST Administrator.

****Please note while it is our intention to meet all mandatory training requirements, funding will be subject to review and approval by the HSE/ NDTP on an annual basis****



RCSI pays fees for Trainees for:

INTERCOLLEGIATE SURGICAL CURRICULUM PROGRAMME (ISCP)	<ul style="list-style-type: none">▪ Available to ST3-ST8 (dependant on Specialty).▪ €300 per year.
STATISTICAL PACKAGE FOR SOCIAL SCIENCES (SPSS Statistics Package)	<ul style="list-style-type: none">▪ Available to all Trainees on the ST Programme and should help with research.▪ This can be downloaded using your RCSI log on through https://vle.rcsi.ie/, then follow the path: Support → IT Support → 4. RCSI Software Library → SPSS▪ Normal purchase cost €1,100 per Trainee.
ENDNOTE	<ul style="list-style-type: none">▪ Available to all Trainees on the ST Programme and should help with research.▪ This can be downloaded using your RCSI log on through https://vle.rcsi.ie/, then follow the path: Support → IT Support → 4. RCSI Software Library → Endnote▪ Normal purchase cost €300 per Trainee.



10. Intercollegiate Surgical Curriculum Programme (ISCP)

General Overview of the Intercollegiate Surgical Curriculum Programme (ISCP)

The Intercollegiate Surgical Curriculum Programme (ISCP) provides the approved framework for surgical training from ST3 to ST8 through to consultant level.

The curriculum guides and supports training up to Certificate of Completion of Specialist Training (CCST) in a surgical specialty.

The curriculum enables trainees to develop as generalists within their chosen surgical specialty, to be able to deliver an on-call emergency service and to deliver more specialised services to a defined level.

The curriculum was founded on the following key principles, which support the achievement of these aims:

- A common framework across all the specialties within surgery.
- Curriculum standards that conform to the standards specified by the GMC/RCSI.
- Delivery of the curriculum by surgeons who are appropriately qualified to deliver surgical training.
- A robust assessment system to enable systematic progression through to completion of surgical specialty training.
- Regulation of progression through training by the achievement of outcomes that are specified within the specialty curricula.
- Formulation and delivery of surgical care by surgeons working in a multidisciplinary environment.
- Collaboration with those charged with delivering health services and training at all levels.

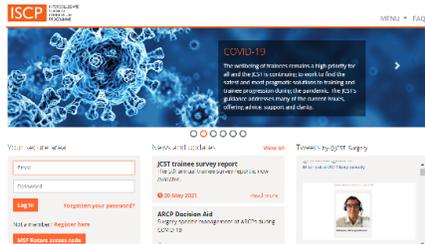
Each of the individual Surgical Curriculum are available on <https://www.iscp.ac.uk/iscp/surgical-curriculum-from-august-2021/about-the-surgical-curriculum/>

Trainee Registering and Engagement

As a Trainee on the Trauma and Orthopaedic Training Programme, you will be required to use ISCP throughout your time in training.

You will need to **register** with the site (www.iscp.ac.uk)

Please do not pay the fee directly RCSI cover this.



The ISCP platform provides a huge amount of information and resources for trainees and we would encourage you to engage with these prior to starting in your rotation. Reference guides and videos can be located [HERE](#)

In 2021 the curriculum was updated, whilst this won't impact you as a new user many of your trainers will be learning new skills and ways of assessment that have been updated in the curriculum. As a trainee you may need to guide them from time to time as they familiarise themselves with the 2021 updates.

ISCP Curriculum Assessment and Feedback

Central to the assessment framework is professional judgement. Assessors are responsible and accountable for judgements about trainee performance, leading to structured formative feedback to trainees. Trainees' reflection on feedback is also a necessary component of all assessments. The programme of assessment is described in each curriculum.

It is highly recommended that you cultivate **good organisational habits** from the start of the programme and keep up-to-date with your on and off-line paperwork, to ensure your trainers have the correct information available to them to assess and evaluate your progress through training.

Assessment and feedback comprises of an integrated framework of examinations, assessments in the workplace and judgements made about trainees during their approved programme of training.

All the assessments in the curriculum are designed to include a feedback element as well as to identify concerns in multiple ways, particularly:

- Learning agreement meetings
- Workplace-based assessments covering knowledge, clinical judgement, technical skills and professional behaviour and attitudes in conjunction with the RCSI surgical logbook of procedures to support the assessment of operative skills
- Examinations
- An annual review of competence progression (ARCP)



The key assessment is the **Multiple Consultant Report (MCR)** through which trainees are assessed on the high-level outcomes of the curriculum; the CiPs and GPCs.

CIPS – Capabilities in Practise – the same 5 CIPS apply to each specialty.

1	Manages an outpatient clinic
2	Manages the unselected emergency take
3	Manages ward rounds and the ongoing care of the in-patients
4	Manages an operating list
5	Manages multi-disciplinary working

Each of the 5 CiPs is assessed via a supervision level chosen by the trainee’s supervisors. These trainers determine how well a trainee can perform each CiP against the benchmark of a Day 1 Consultant.

- **GPCs - General Professional Capabilities.** These are the professional standards that all doctors must adhere to. The GPCs are listed under 9 domains which represent professional behaviour for doctors. They can be marked for the trainee as **Appropriate for Phase of Development Required**.

The GPCs carry equal weight to the CiPs in a trainee’s assessment. Professional skills are just as important as technical skills.

Both CIPs and GPCs are assessed via the Multiple Consultant report / MCR

Multiple Consultant Report (MCR)

The assessment of the Capabilities in Practice (CiPs) and Generic Professional Capabilities (GPCs) – the high-level outcomes of the curriculum – is through the Multiple Consultant Report (MCR). It involves the global professional judgement about a trainee’s suitability to take on particular responsibilities or tasks that are essential to consultant practice. The professional judgement of a group of supervisors about a trainee in both their technical and professional skills is now key to a trainee’s assessment.

The MCR assessment is carried out by the consultant Clinical Supervisors (CSs) involved with a trainee, with the AES contributing as necessary to some domains (and particularly to GPC domains 6-9). The MCR includes a global rating in order to indicate how the trainee is progressing in each of the CiPs. This global rating is expressed as a recommendation:

Trainee Self-Assessment (SA)

Trainees must complete a Self-Assessment for each MCR. This form is identical to the form the Clinical supervisors use for the MCR report. The trainee’s Self-Assessment captures his/her own impressions of their progression in training. A trainee should highlight which areas they believe they need to develop, and also those areas they believe they are good. By describing self-identified areas for development with free text or CiP/GPC or GPC descriptors.



The completed SA will be compared with the supervisors MCR report at the trainees feedback meeting, allowing time to generate discussion and highlight areas where further action is needed so that the trainee can progress according to his /her own needs. Wide discrepancy between the self-assessment and the MCR allows identification of over or under confidence and for support to be given accordingly.

Work based Assessments (WBA)

WBAs are primarily aimed at aiding learning through constructive feedback that identifies areas for development. They provide trainees with educational feedback from skilled clinicians that should result in reflection on practice and an improvement in the quality of care. **WBAs are only mandatory for the assessment of the critical conditions and index procedures.** They may also be useful to evidence progress in targeted training where this is required e.g. for any areas of concern. They should be collated in your learning portfolio and are regularly reviewed during each placement, providing evidence that informs the judgement of the AES reports for the ARCP.

Case Based Discussions

The CBD assesses the performance of trainees in their management of a patient case to provide an indication of competence in areas such as clinical judgement, decision-making and application of medical knowledge in relation to patient care. The CBD process is a structured, in-depth discussion between the trainee and a consultant supervisor.

The Learning Agreement

The Learning Agreement is fundamental to the whole training process. And, it works in conjunction with the MCR. The aim of the LA is to develop the trainee's progression incrementally throughout their training. Each process in the LA adds to or feeds into the next, for example, the Objective Setting of the LA feeds into the MCR. The MCR feeds into the Learning Agreement meetings which in turn feed into the AES report which then feeds into the ARCP process. Each individual step along the LA trail adds to and enhances the trainee's progression towards the end goal - that of a day one consultant.

Figure 1 shows the sequence of assessment during a rotation.

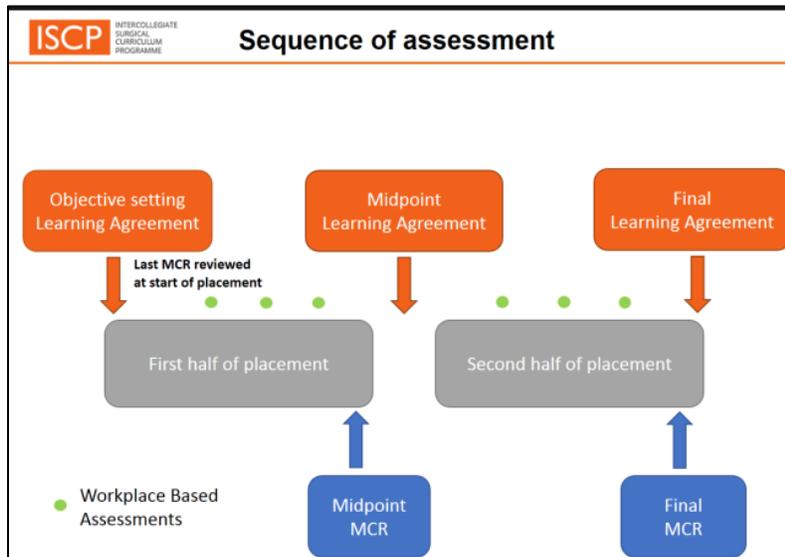
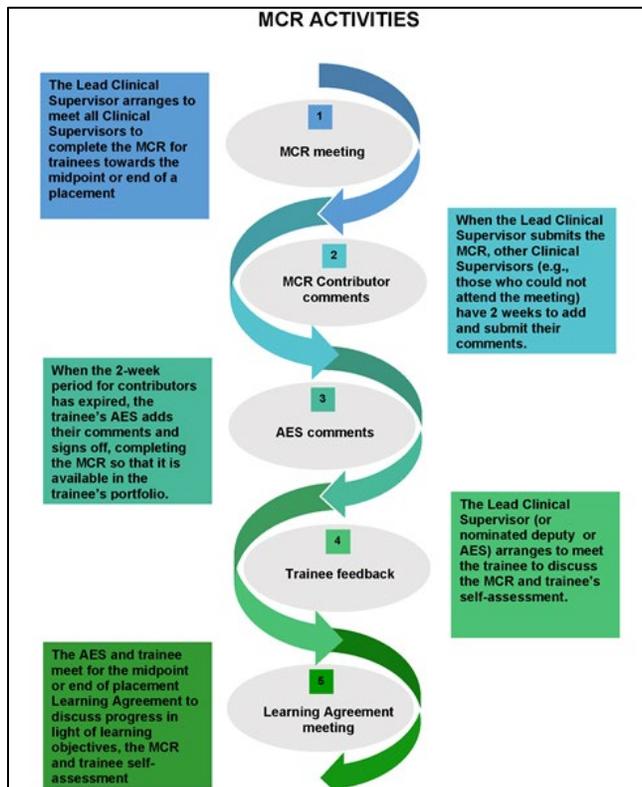


Figure 2 shows the sequencing for the use of the Multi Consultant Reports (MCR)



11. Mock Vivas and Trainee Reviews/Annual Review of Competence Progression (ARCPs)

Each year, the Trauma and Orthopaedic HST Programme runs Mock Vivas and Annual Review of Competence Progression (ARCPs) reviews, for each trainee.

- Mock Vivas are oral exams in the four central areas of study
- ARCPs are annual meetings with Education Committee reviewers, whereby your ISCP paperwork, logbooks, mentor report(s), MCR, and performance are reviewed and discussed

Interim ARCPs

In advance of the Annual ARCP review, the Education Committee hold an **Interim Annual Review of Competency Progression (ARCP) meeting** to review your submitted paperwork. This usually take place on the **first Friday in January** of each year. This interim review takes place to ensure all your paperwork has been submitted, with some review, in advance of the annual ARCPs which take place on the last Saturday in January.

As such, you will need to have all your ISCP paperwork i.e. Learning Agreements, Work Based Assessments, Multi-Sourced Feedback etc. **completed and submitted by the third Friday in December of each year, at the latest**, in advance of this Education Committee meeting.

Please note you **do not** attend the Interim ARCP.

Annual ARCPs

Your Annual Reviews of Competence Progression (ARCP) will be held on the last Saturday in January of each year, the same date as the Mock Vivas. For 2022, this will be on Saturday 29 January 2022, where you will sit the Mock Viva examinations and your performance for the first six months on the programme i.e. July 2021 – December 2021 will be reviewed. All other Trainees will be reviewed on their performance for the full calendar year January – December 2021.

During ARCPs (reviews) your paperwork and ISCP summary sheet will be reviewed by the Reviewers. You must have all your online ISCP paperwork up-to-date, plus email a copy of your logbooks and mentor report to your ST Administrator by **the third Friday in December** of each year.

- **COMPLETE APPROPRIATE PAPERWORK** and submit it on or before the due date.

Mock Vivas

On Saturday 29 January 2022 Trainees will be required to undertake **Mock Vivas and ARCP Reviews**. Mock Vivas are oral exams in:

1. Basic Science
2. Paediatrics
3. Adult Pathology
4. Trauma

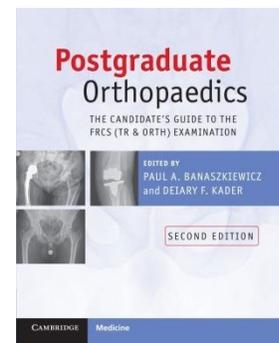
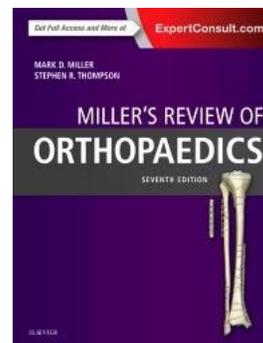
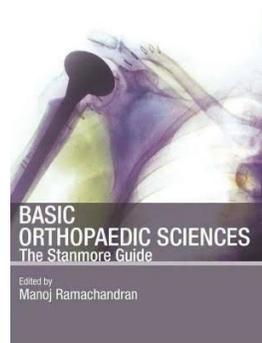
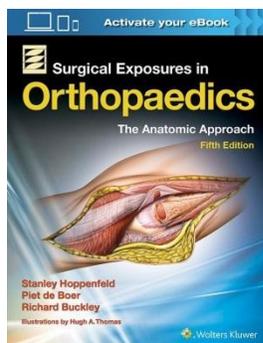
Basic anatomy understanding will underpin all vivas and **it is a requirement to demonstrate a sound knowledge in this field, in order to enter ST4.**

To **pass successfully from year-to-year** at the annual review or ARCP process it requires at a minimum, a satisfactory Mock Viva performance. Please see table below for which viva exams you need to pass at each level of training:

ST3	must pass Basic Science
ST4	must pass Basic Science plus one other Viva
ST5	must pass Basic Science plus two other Vivas
ST6	must pass all four Vivas

Suggested Mock Vivas Reading

- Re: Basic Science 'Basic Orthopaedic Sciences: The Stanmore Guide'
- Miller: 'Review of Orthopaedics'
- Banaszkiwicz: 'Postgraduate Orthopaedics: The Candidate's Guide to the FRCS (TR & Orth) Examination'
- Hoppenfeld: 'Surgical Approaches'





Current T&O Assigned Educational Supervisors (AES)/Lead Trainers

Hospital	Trainer	Email address	IMC No.
Our Lady of Lourdes Hospital Navan/Drogheda	Alan Walsh	walshajpw@gmail.com	018297
St. Vincent's University Hospital Letterkenny	Alan Molloy	alanpmolloy@yahoo.com	183739
Letterkenny	Anthony Shaju	shajuorthospine@gmail.com	018929
Tallaght Hospital - Elective	Brendan O'Daly	brendan.odaly@gmail.com	188320
University Hospital Limerick	Cian Kennedy	ciankennedy05@gmail.com	221875
Mayo General Hospital, Castlebar	Bridget Hughes	bchughes2008@hotmail.com	012574
St. James's Hospital	Catherine Bossut	c_bossut@hotmail.com	401352
University Hospital Galway	Mr Ken Kaar	kenkaar@gmail.com	011261
Tallaght Hospital - Trauma	James Sproule	sproulejames@hotmail.com	018358
Sligo	John Kelly	johncokelly@gmail.com	248200
Tralee	John Rice	john.rice@hse.ie	013015
University Hospital Waterford	May Cleary	may.cleary@gmail.com	024082
Beaumont Hospital Dublin	Michael Donnelly	mddonnelly@rcsi.ie	024055
Midland Regional Hospital, Tullamore	Muiris Kennedy	muirkennedy@gmail.com	022879
Temple Street	Noelle Cassidy	noelleorth@eircom.net	012389
Connolly Hospital, Blanchardstown	Olivia Flannery	omflannery@gmail.com	234331
Our Lady's Children's Hospital, Crumlin OLCHC	Pat Kiely	pjkielyorthospines@mac.com	016250
Cappagh National Orthopaedic Hospital	Patrick Groarke	patrickgroarke007@gmail.com	247808
Mater Misericordiae University Hospital	Seamus Morris	sklzmorris@gmail.com	019237
Cork University Hospital	Sinead Boran	sineadboran@yahoo.com	058671



RCSI Support

RCSI is committed to offering support and training to all Trainees and Trainers using ISCP. Training sessions are run regularly at various hospitals to support your Trainers on how to manage and utilise the ISCP platform. These sessions are then open to Trainees to attend following the event for the Trainers. Furthermore Trainee days are also run in RCSI and our ISCP Trainer Dr Helen Harty (helenharty7@gmail.com), your ST Administrator along with the ISCP Helpdesk (0044 207 869 6299 or helpdesk@iscp.ac.uk) are available on email and phone to support queries from all Trainees.

12. Research Methodology Course for Surgical Trainees

The Irish Surgical Postgraduate Training Committee (ISPTC) is committed to ensuring surgical Trainees have good exposure to Academic Surgery as an integral part of surgical training.

As a first step, a taught course in research methodology was introduced in 2015. This is a modular programme which runs over four days in ST3 and ST4 (i.e. two days in each training year). The programme gives a comprehensive introduction to research methodology relevant to surgeons and is delivered in RCSI by Professor Tom Fahy and his team. After ST4, some Trainees may opt to take time out of surgical training to pursue an MD or PhD through full-time research for two years. However the taught programme is intended for all surgical Trainees, even if they do not plan to pursue an MD or PhD later.

The ISPTC has deemed this programme mandatory for all ST3 Trainees in all specialties and you will be required to complete the four modules in order to be “signed-off” in your ARCP at the end of ST4. However, those Trainees who have already completed a taught MCh, MD or PhD are exempted from the research methodology course as they have already completed a similar course as part of their higher degree.

Trainees commencing in ST3 will be contacted with details regarding this course including exemption details.

A copy of the Research Methodology exemption form can be downloaded via the Research Methodology thumbnail on mSurgery using this link:

<https://msurgery.ie/home2/specialist-training>



13. Certificate of Completion of Surgical Training (CCST) in Trauma and Orthopaedic Surgery

Please click on this link and select the Certification Guidelines for Trauma and Orthopaedic Surgery: <https://www.icst.org/quality-assurance/certification-guidelines-and-checklists/>

A list of the minimum specific operation groups expected as a requirement for CCST, which Trainees need to have completed by the end of SpR training is listed on [page 4](#).

Please note that at the time of CCST level (end of training) Trainees will **need WBAs in all Critical Conditions**:

- Compartment syndrome (any site)
- Neurovascular injuries (any site)
- Cauda equina syndrome
- Immediate assessment, care and referral of spinal trauma
- Spinal infections
- Complications of inflammatory spinal conditions
- Metastatic spinal compression
- The painful spine in the child
- Physiological response to trauma
- The painful hip
- Necrotising Fasciitis
- CEX major trauma



14. Irish Orthopaedic Trainee Association (IOTA)

IOTA is the association for Irish Orthopaedic Surgeons in Training. IOTA represents the **interests of orthopaedic Trainees at all forums relevant to training** and liaise directly with the TPD to convey Trainees views on all aspects of training, in order to aid IITOS in development of the training programme. The IOTA President is invited to IITOS Education and Trainers Committee meetings. The IOTA Committee act as a **confidential liaison for Trainees** who have concerns in relation to all aspects of training. IOTA aims to aid Trainees directly with these problems, direct them to an appropriate Trainer, or to seek advice on their behalf in a confidential manner. To maximise the potential of the IOTA Committee to achieve these aims the President of the Committee is always a post-exam Trainee. Any surgeon at any stage of training on a recognised Irish training programme committed to a career in orthopaedic surgery is entitled to be a member. IOTAs mandate is training and has no role in matters of industrial relations.

Current IOTA committee

President: Iain Feeley

Secretary: Fiachra Power

Treasurer: Eamonn Coveney

Website: <https://www.ortho-trainee.ie/>



15. Student Card / Library Services

You will need an **RCSI email address** to access journals on the RCSI website, electronic library and also to gain entry to the library. Your student identification **card** will be posted to you once access to the RCSI campus occurs. If you lose, your card a replacement may be obtained from the **RCSI IT Department**, Ground Floor, RCSI, 121 St. Stephens Green, Dublin 2.

16. The Irish Surgical Training Group (ISTG)

The Irish Surgical Training Group is a group of Surgical Trainees who represent all sub-specialty Trainees in Ireland from ST 1-8. The aims of the group are as follows: -

- To provide leadership for Surgical Trainees of all disciplines.
- To represent the voices of Surgical Trainees as key stakeholders in planning of surgical training with all training bodies and committees.
- To provide a forum for the discussion of surgical training issues through meetings:
 - Training information evening and AGM: get the inside track on life as senior Trainee on your sub-specialty of interest.
 - Annual meeting of ISTG and Bosco O'Mahoney lecture: part of Charter day meeting: themed meeting on issues affecting surgical Trainees, reports from recent fellowships.
 - Annual Trainee dinner and presentation of Silver Scalpel Award.

The ISTG can provide support and advice to Trainees and can be contacted at irishsurgicaltraininggroup@gmail.com. It would be a good idea to email this group and request they put you on their mailing list.



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TRAUMA AND
ORTHOPAEDIC
SURGERY



17. Events Calendar

July	August	September	October	November	December
<p> No Core Curriculum</p> <p> FRCS Conferring</p>	<p> No Core Curriculum</p>	<p> Core Curriculum</p> <p> Cappagh Prize</p> <p> Freyer Meeting</p> <p> Irish Paediatric Orthopaedic Meeting</p> <p> IITOS Education/Trainers/Council Committee meetings. Trainees do not attend.</p>	<p> Core Curriculum</p> <p> Waterford Surgical Meeting</p>	<p> Core Curriculum</p> <p> Millin Meeting</p> <p> Atlantic Orthopaedic Meeting</p> <p> FRCS</p> <p> Intercollegiate Exam part 2</p> <p> IITOS Education Committee meeting. Trainees do not attend./ AGM</p> <p> Hip Fracture Database Conference</p>	<p> Core Curriculum</p> <p> UKITE Exam 08:00 - 12:00</p> <p> Paperwork/ISCP deadline (always third Fri)</p>

January	February	March	April	May	June
 Education Committee Interim ARCP (first Fri) – Trainees do not attend this meeting	 Core Curriculum	 Core Curriculum	 Core Curriculum	 Core Curriculum	 Core Curriculum
 Mock Clinicals for ST6s only	 Irish Spine meeting	 O'Halloran meeting	 IITOS Education/Trainers/Council Committee meetings. Trainees do not attend.	 Cappagh Foundation Weekend	 IOA Meeting and Dinner
 Core Curriculum	 EXAM Repeat Mock Vivas (usually on Charter Day) Trainees who have to repeat vivas need to attend Charter Day		 Usually Surgical Loupes application deadline		 EXAM FRCS Intercollegiate Exam part 1
 Mock Vivas/ARCPs (last Sat) all Trainees need to attend	 IITOS Education/Trainers/Council Committee meetings. Trainees do not attend.				 ST2 Information Session/ST3 Induction
					 ST8s ARCP 6/CCST end of training sign-off
					 Mandatory fund claims deadline (30 June)
					 IITOS Education/Trainers/Council Committee meetings. Trainees do not attend.

18. Retrospection

There is **strict criteria**, which needs to be met before an application for retrospection will be considered. If you are granted retrospection you will shorten your training by a maximum of one year.

The application checklist is listed below. You will need to submit your paperwork to your ST Administrator and your application will then be considered by the **IITOS Training Committee** at their nearest quarterly meeting. If the Training Committee supports your application your TPD will write you a letter of support and your ST Administrator will submit this letter and your documentation to the JCST. The JCST will then present your application to the SAC in the UK. If the SAC approve your application the JCST will email you an approval letter of retrospection with your amended CCST date.

Here is the link to the JCST website and their list of items: <http://www.jcst.org/irish-trainees/counting-previous-training>

Letter from you to the Training Programme Director
Up-to-date CV
Name and contact details of Research Supervisor
Details of research (not a full thesis)
Satisfactory reference from Supervisor demonstrating that higher degree has been written up and submitted
Evidence of publication resulting from your research period in a peer-reviewed journal, which the SAC considers to be of an appropriate level; i.e. copies of the paper(s) published
Confirmation that a higher degree has been awarded i.e. letter awarding your degree/copy of your parchment

Please note: the JCST needs everything listed on this checklist plus a letter of support from the IITOS Training Committee, otherwise it will delay your application with the SAC.

19. Out-of-Programme Training (OOPT)

If deemed appropriate by the Training Committee, you can apply for **time out of programme**, both in the UK and overseas, to count towards training. To go on OOP training you will need to:

- Discuss your intention with your Training Programme Director (TPD) and gain their support.
- Contact the RCSI and ask which applications you need to make to them to gain their support.
- Once you have the support of your TPD, you will need to make an initial application to your SAC for prospective support.

There are **restrictions on the amount of OOPT** you can count towards training i.e. across the whole of your training a **maximum of 12 months OOPT** can be counted towards training, and you cannot get retrospection and OOPT, in Ireland. The SAC must prospectively approve any OOPT activity if you intend it to count towards certification.

Up-to-date CV

Signed offer letter

Letter of support from Training Programme Director showing exact dates of your fellowship/OOPT period and whether the time is counting towards training

Confirmation that Deanery are aware of Out of Programme Training

Educational contract signed by you and your Fellowship Supervisor, which includes details of Learning Agreements and Objectives and your Timetable

Job description

Name and contact details of your Fellowship Supervisor

Logbooks from two previous incumbents of the post or a report from the Supervisor on the expected number of operations

OOPT link on JCST website:

- <http://www.jcst.org/irish-trainees/out-of-programme>

Information for Trainees Regarding Out of Programme Experience:

Doctors who are in a specialist training programme in Ireland leading to a CCST (**core or higher specialist training**) who are taking a period out of clinical programme approved by their Training Committee are **NOT required to register for a Professional Competence Scheme**.

During your time out of programme, you must demonstrate that you are maintaining your competence by satisfactorily meeting the requirements of the Training Committee.

This would include periods in approved research posts, in training posts in other jurisdictions or other approved out of programme activities.

Doctors who undertake research who are not enrolled in a specialist training programme who are on the General or Specialist Register must enrol in an appropriate PCS.

20. HSE National Flexible Training Scheme

The HSE National Flexible Training Scheme for Higher Specialist Trainees is a national scheme managed and funded by the Health Service Executives National Doctors Training and Planning (NDTP) Unit. The scheme provides for a **limited number of supernumerary places** to facilitate doctors at higher specialist training level to continue their training in a flexible manner for a set period of time.

The guide sets out the current details of the National Flexible Training Scheme and provides information for Trainees about the programme and the application process. Applications generally open at the beginning of August and close at the end of December for the training year commencing the following July.

Please see mSurgery link for ST3 – ST8 Policies and Guidelines:

<https://msurgery.ie/home2/specialist-training>

21. Job-Sharing

Postgraduate Trainees can now avail of job-sharing opportunities for a set period of time. Job-sharing works on the basis that **two Trainees will share one full-time post** with each Trainee working 50% of the hours. The aim of the job-sharing policy is to retain doctors within the medical workforce who are unable to continue training on a full-time basis.

Please see mSurgery link for ST3 – ST8 Policies and Guidelines:

<https://msurgery.ie/home2/specialist-training>

22. Post Re-assignment Request

The post re-assignment process has been established to support Trainees who have had an **unforeseen and significant change in their personal circumstances** since the commencement of their current training programme (ST1 - ST8) which requires a change to the agreed post/rotation.

This process is managed by Postgraduate Training and governed by the specialty and ISPTC. Please see mSurgery link for ST3 – ST8 Policies and Guidelines: <https://msurgery.ie/home2/specialist-training>

23. Career Break Information for NCHDs

NCHDs who **travel abroad** can now apply for a **career break** and if approved will remain on the **superannuation scheme**.

NCHDs wishing to avail of a career break under this arrangement must apply to their **Employer** in sufficient time before the expiry of their current contract. For those NCHDs participating in a Specialist Training Scheme they must also apply to the relevant postgraduate medical training body and obtain the formal written approval of the relevant postgraduate medical training body. This formal written approval must be attached to the career break application to their employer.

Please see mSurgery link for ST3 – ST8 Policies and Guidelines:

<https://msurgery.ie/home2/specialist-training>

24. Maternity/Paternity Leave

As Maternity/Paternity leave also affects the CCST date, you will be required to **inform your programme Director** and the **College** of your Maternity/Paternity leave start and finish dates when you have them. Trainees must also inform their **employer** as per their HSE contracts.

Childcare

RCSI provides a subsidy and has an agreement in place Giraffe Crèches (at its Dublin sites) for a limited number of childcare places for children of RCSI staff and registered full-time students in the Schools of Medicine (including Physician Associates programme), Physiotherapy, Pharmacy and School of Postgraduate Studies students studying full-time on a Research programme i.e. MCh by Research, MSc by Research, MD and PhD. Please note this offer does not extend to Postgraduate Surgical or Emergency Medicine Trainees who are not in full time education in RCSI

25. Exceptional Leave

You can be granted **three months exceptional leave** for **illness/exceptional circumstances**. This will add three months to your expected CCST date.

The SAC require a letter from you outlining the reasons for the exceptional leave and what you will be doing during this time. A letter from the TPD is also required to confirm their agreement for you to take exceptional leave and confirm your new completion date. Trainees must also inform their employer as per their HSE contracts.

26. RCSI Surgical Fellowships and Awards

The College is committed to encouraging the acquisition of **additional training and skills** outside the structured programmes of the College and, to this end, provides a range of **scholarships and grants** in postgraduate surgery to assist surgeons-in-training and recently-appointed Consultant Surgeons to gain additional expertise in centres of excellence overseas.

Applicants must be Fellows or Members of the Royal College of Surgeons in Ireland who are in good standing. http://www.rcsi.ie/fellowships_and_awards

27. Important Contact Details

Trauma and Orthopaedic HST Programme Contact Details

<p>Training Programme Director Mr. Eoin Sheehan leahdaly@rcsi.com</p>	
<p>Assistant Training Programme Director Mr Brendan O'Daly brendan.odaly@gmail.com</p>	
<p>Core Curriculum Director Mr. Ruairi MacNiocaill ruairi99@hotmail.com</p>	
<p>President, IITOS Professor John O'Byrne jmobyne@rcsi.ie cc ursula.gormally@cappagh.ie</p>	
<p>Honorary Clinical Secretary, IITOS Mr Tom McCarthy tommccarth@gmail.com</p>	
<p>Honorary Academic Secretary, IITOS Mr. John Quinlan johnfquinlan@gmail.com</p>	

RCSI Contact Details

<p>Specialty Training Administrator Trauma and Orthopaedic Surgery Ms. Leah Daly Orthopaedics@rcsi.ie Tel: (01) 402 2195 Fax: (01) 402 2459 Working hours: 09:00 – 17:00</p>	
<p>IITOS Office, 2nd Floor 121 St. Stephens Green Ms. Amanda Wilkinson amandawilkinson@rcsi.ie Tel: (01) 402 2295 Working hours: 08:00 – 16:00</p>	
<p>JCST – Queries to go through your ST Administrator</p>	
<p>RCSI Reception 121 Stephens Green - (01) 402 2422 123 Stephens Green - (01) 402 2263</p>	
<p>RCSI IT Department (01) 402 2273 helpdesk@rcsi.ie</p>	
<p>RCSI Library (01) 402 2409 librarysec@rcsi.ie</p>	
<p>RCSI Student Academic and Regulatory Affairs Office (SARA) ssqsara@rcsi.ie</p>	

28. Trainee Newsletter



We have a **quarterly Trainee newsletter**, which the IITOS Administrator will email you. The newsletter contains upcoming events and other relevant information.

29. Your Notes
