

## **Introductory session ST3**

Welcome to the start of your ST3 year.

We hope this will be a happy and rewarding period of your training, where you finally get to do the General Practice that you joined the GP training scheme for.

The year will be challenging, with lots of hurdles to clear. Previous trainees have always said how the year flies by.

Get organised early, learn stuff as you go along and keep in contact with your peers is common advice.

By the end most have survived to tell the tale, and most even look back with fondness. The friendships forged over this year can often be lifelong. Such is the way with adversity!

Our intention for this afternoon is to:

- Introduce each other, as it is possible that there may be new members of the group (there may even be a game if you're lucky!).
- Kick off our small group sessions with a discussion about how these will be run (these start at 1pm)
- Discuss how we will tackle the management and communication themes running through the year.
- Ask what social events you want organising through the year and appoint a social secretary.
- Decide if you want to run "hot topics" through the year and create a rota. The same for tea and cake.
- Do a "Doctor, I need advice on....." session.  
This involves the group being given a selection of the sorts of requests you get in GP that you often have never been asked before and certainly nobody will have trained you to do.  
Pick something you haven't got a clue about.  
Try and look it up and present to the group what you found and helpful resources that assisted you.  
If you choose to expand beyond the specific example given to help your peers that's fine (within reason!).

Previous examples include:

A "living will" request  
Fitness to drive query  
Fitness to fly query  
Back to work fitness query  
Request for assistance with a power of attorney  
Request for advice regarding prescription exemption

It would be good as we look at these to consider some of the deeper aspects of these seemingly simple requests as often there are significant complex ethical or professionalism challenges.

Bring a laptop or other internet enabled device if you can as we can use these for the session.