

We pride ourselves on being a friendly, open-minded and forward thinking practice, which should offer you a great start for a career in General Practice. Dr Mike Steven, Dr Val Steven and Dr Sandy Rough are the current trainers for those doctors in Specialist Training. Dr Showell and Dr Smith are responsible for undergraduate training with Dr Henderson assisting with the FY2'S.

More information on the MRCGP is available at the RCGP [website](#)

## **Induction**

Unlike some of your hospital posts you are not dropped in at the deep end! Coming into General Practice after a years of hospital life can be a bit of a shock to the system and for that reason the first 6 weeks are spent adjusting to and familiarising yourself with life in primary care. Structured attachments are spent with all the members of the team with the teaching being geared towards the bread and butter aspects of being a GP. You will also be introduced to the local nursing homes, hospitals and branch surgery at Echt. The appointment lengths are initially 20 minutes long and are gradually shortened to 15 and then onto the standard 10 minutes when you feel ready for this, usually after a several months.

## **Teaching**

Teaching is both formal and informal. The fixed teaching times are a 2 hour tutorial twice weekly throughout the course of the year and all tutorials are undertaken in protected time. Whilst Mike, Val or Sandy will undertake the bulk of formal teaching, all the partners contribute throughout the year and tutorials are also given by the Practice Manager and administrative staff. There is plenty of scope for more informal teaching throughout the working week and we are always available to help out and answer any queries.

You will also be expected to attend the Day Release training in Aberdeen on the Wednesdays it is running.

## **The Working Week**

The average week spent within the practice will be 9 sessions with Wednesday afternoons have been allocated as private study time. Morning surgeries run from 9.00am to 10.50am and from 11.20am to 1.00pm. Afternoon surgeries generally start at 3pm and run through until after 5pm. We all take our turn in being the duty doctor for the day and you'll be the duty doctor an average of once every 2 weeks. The on-call day starts a little earlier at 8am and finishes at 6pm. You will initially shadow your trainer on these busy days before moving onto joint on-call days and then 'going solo' when you feel ready. There is always help available when you need it and you will never be left in the surgery on your own. Towards the end of the induction period we normally allocate one of your weekly surgeries as the 'Video Surgery'. Appointments lengths are always 15 minutes with a 15-minute break half way through

Home visits average out at about a couple a day, sometimes more, sometimes less. You will also get the chance to do ward rounds at the Glen O'Dee and at some of the nursing homes. For the last few years the ST3 has assumed responsibility for Annesely and Pitmurchie nursing homes, undertaking a scheduled weekly visit.

### **Education and Research**

We hold weekly education meetings at a multi-disciplinary level and a weekly practice meeting. In addition, we have a joint clinical meeting with the nursing staff every month and a monthly significant event analysis meeting. You will be given ample time and opportunity for study and research. We actively encourage audit and the practice undertakes audits in both clinical and non-clinical areas on a regular basis.

### **Holidays and Study Leave**

You are entitled to five weeks holiday during the period of twelve months in the practice and pro rata for shorter periods in addition to statutory and national holidays or days in lieu. You will also have an allowance of up to thirty days of approved study leave including attendance at a day release course, on full pay and allowances, during the twelve months in the practice or pro-rata for shorter periods.

### **Trainee Accommodation**

We do not currently have any trainee accommodation however, Banchory is an easy half an hour drive from Aberdeen, so commuting would not be a problem with most of our registrars to date commuting from Aberdeen. Rental properties are always available locally.

### **Recreation**

The Deeside community is a very welcoming one, which offers great opportunities for an outdoor lifestyle, close to the Cairngorms and yet only half an hour from Aberdeen. There is excellent local hill walking, cycling and fishing. Skiing is only an hour away at the Lecht. There is a swimming pool at Banchory Academy and nearby in Westhill and Aboyne. We also have two excellent golf courses in the village. For more information of the area visit the [Royal Deeside website](#)