

BST Taught Programme: A Summary for Trainers and Educators

This document provides an overview of the Taught Programme within Basic Specialist Training in General Internal Medicine

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The BST programme

Trainees in Basic Specialist Training (BST) complete rotations over the course of two years in General Internal Medicine. During the programme Trainees are continually observed and challenged to develop their skills in diagnostics, problem solving, communication and teamwork while gaining knowledge and experience through a varied case load. The generic components such as communication, ethics, etc. were previously taught through a number of mandatory courses.

We have changed from the model of mandatory courses into the BST Taught Programme which is delivered throughout training. The following document describes this programme.

Design of the BST Taught Programme

The BST Taught Programme consists of a series of modular elements spread across the years of training. Delivery is a combination of self-paced online material, live virtual tutorials, and in-person workshops.

What makes this different from the previous teaching?

Over the past ten years, standalone courses have been added to the BST programme in response to a variety of demands. These were all individually designed and tailored to the needs of Trainees.

The BST Taught Programme is designed to deliver accessible and timely learning over the course of BST.

Why make this change?

Designing the programme in this way ensures that learning and new skills are integrated into clinical practice as Trainees progress in line with the BST curriculum.

What do the live virtual tutorials entail?

The live virtual tutorials are delivered by clinical tutors related to General Internal Medicine and they use specialty-specific examples throughout each tutorial.

How are the live virtual tutorials allocated?

Trainees are assigned to a tutorial group and remain with their tutorial group for the duration of BST. Trainees are expected to attend one tutorial per quarter.

Each quarter includes one scheduled virtual tutorial lasting 90-minutes. Allocated dates are provided before the start of a rotation. Trainees must plan the time to complete their requirements per quarter and must be supported with the allocation of study leave or appropriate rostering.

What else do Trainees have to do?

Trainees are assigned self-paced online teaching material per quarter. This self-paced content is delivered via RCPI's virtual learning environment, Brightspace.

No standalone courses

A continuous programme across the years of BST

Cohesive teaching faculty

Planned timing of learning

Specialty specific cases

Tutorial groups

Applicable and relevant learning

What is the programme content?

Effective Communication

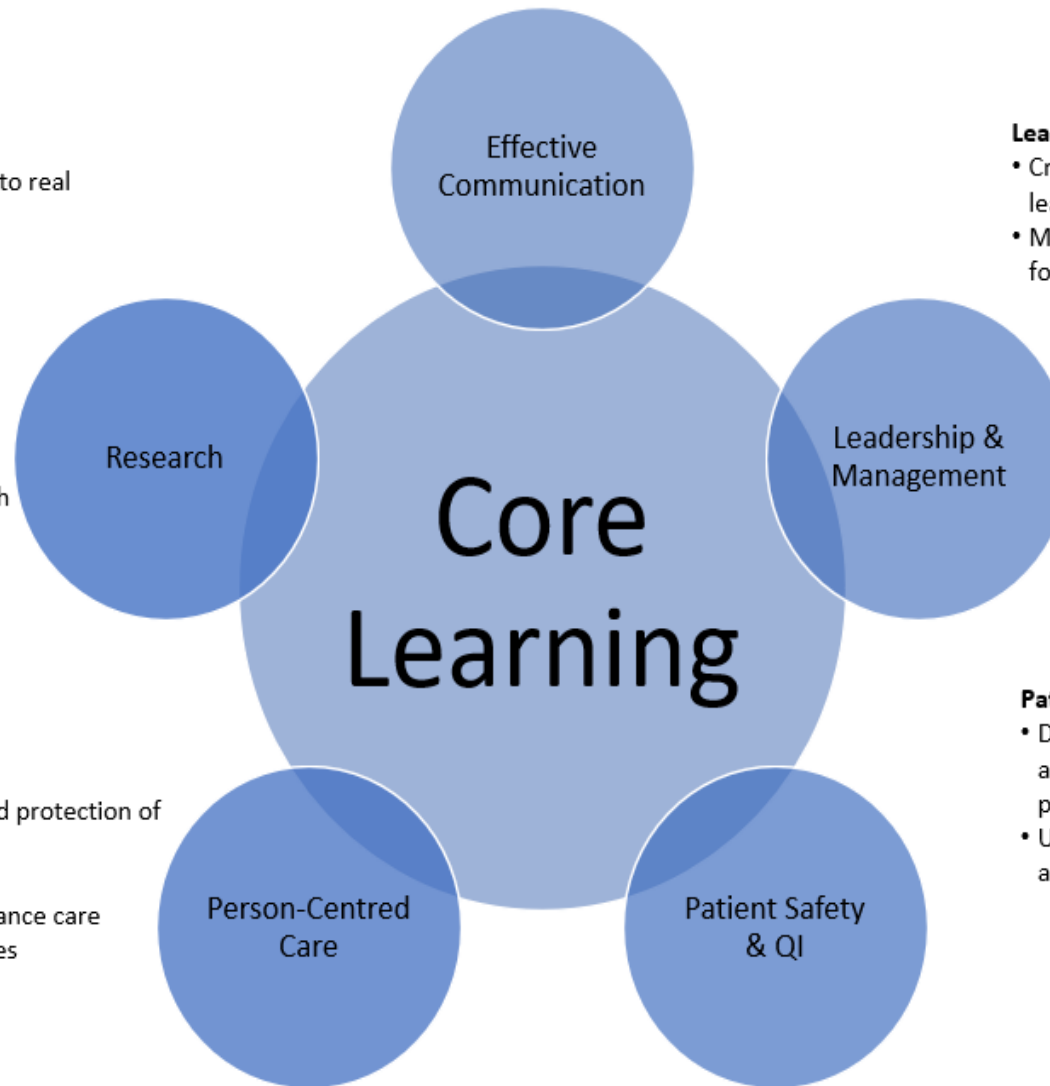
- Examine proven and theoretical models of professional communication and apply them to real world experiences

Research

- Know the clinician's role as a researcher
- Critically appraise relevant published research
- Understand methods and responsible data management processes

Person-Centred Care

- Focus on empathy and inclusion, self-care and protection of vulnerable people
- Understand healthcare law and ethics
- Develop skills in shared decision making, advance care planning, consent and recognising patient cues



Leadership & Management

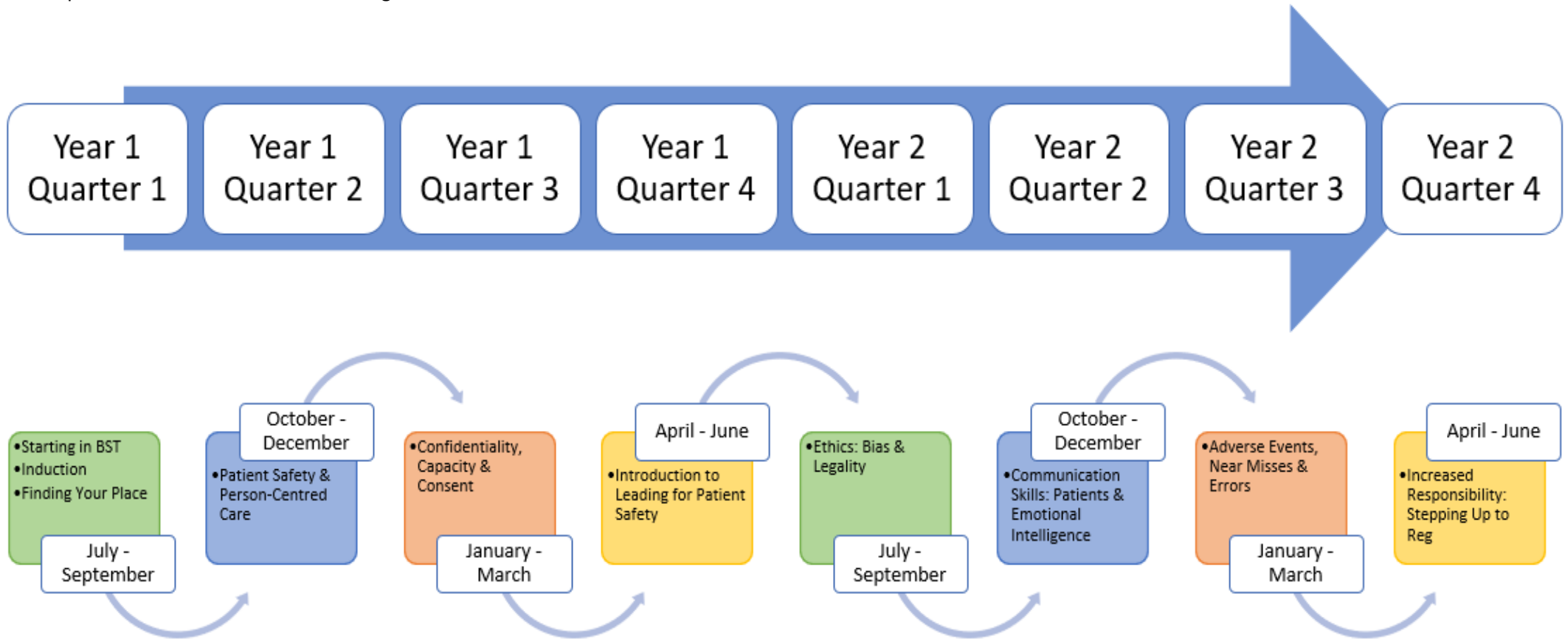
- Critically observe and evaluate different styles of leadership
- Manage time and interpret barriers and facilitators for good outcomes

Patient Safety & QI

- Define patient safety in a healthcare environment and demonstrate basic approaches (e.g. safe prescribing, handover)
- Understand quality in healthcare and fundamental approaches to improving quality

What is the programme timeline?

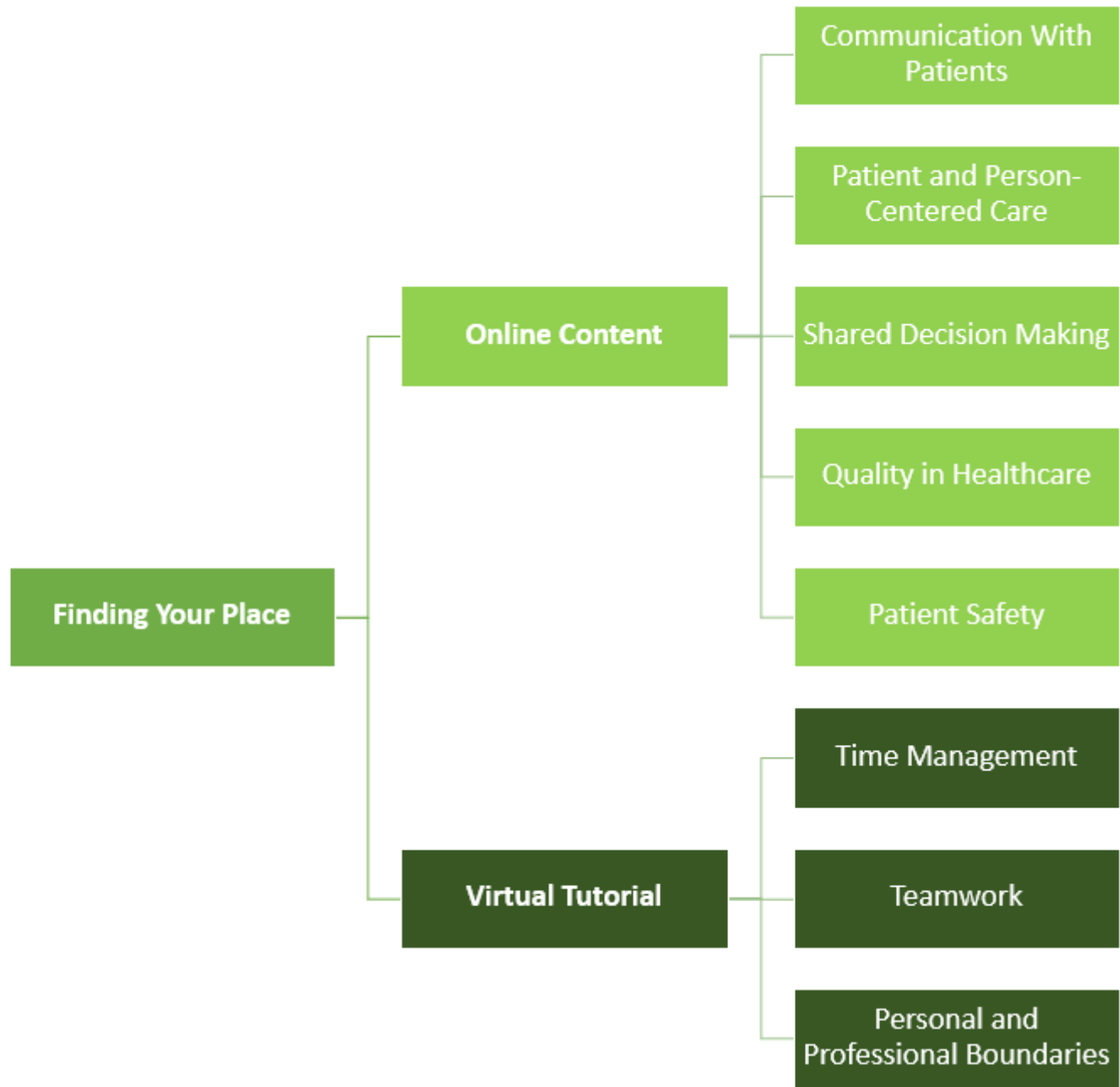
Sample Timeline for a Two-Year BST Programme:



The following pages give you a breakdown of each quarter of the BST Taught Programme, and what topics are covered.

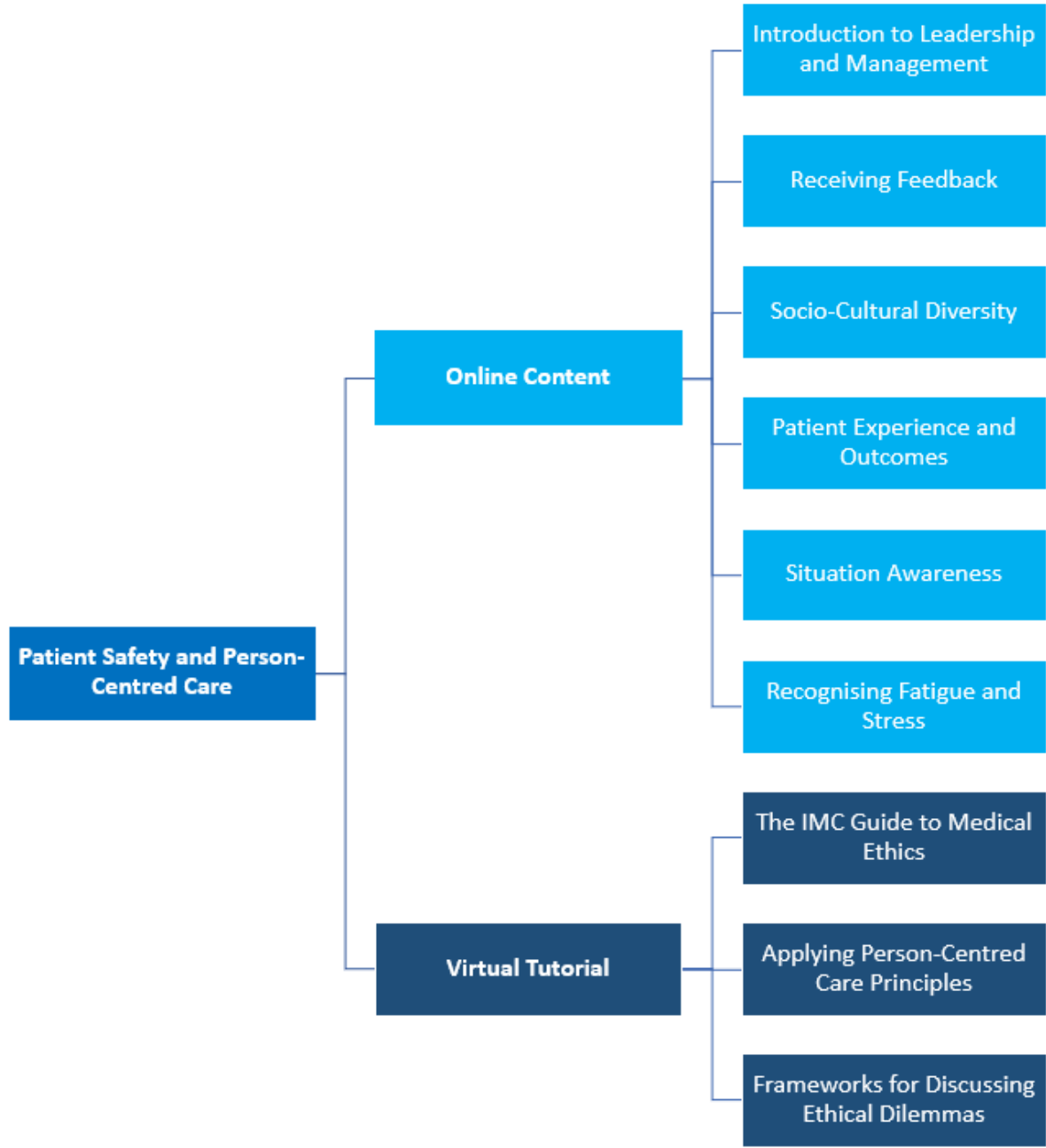


July - September



Year 1
Quarter 2

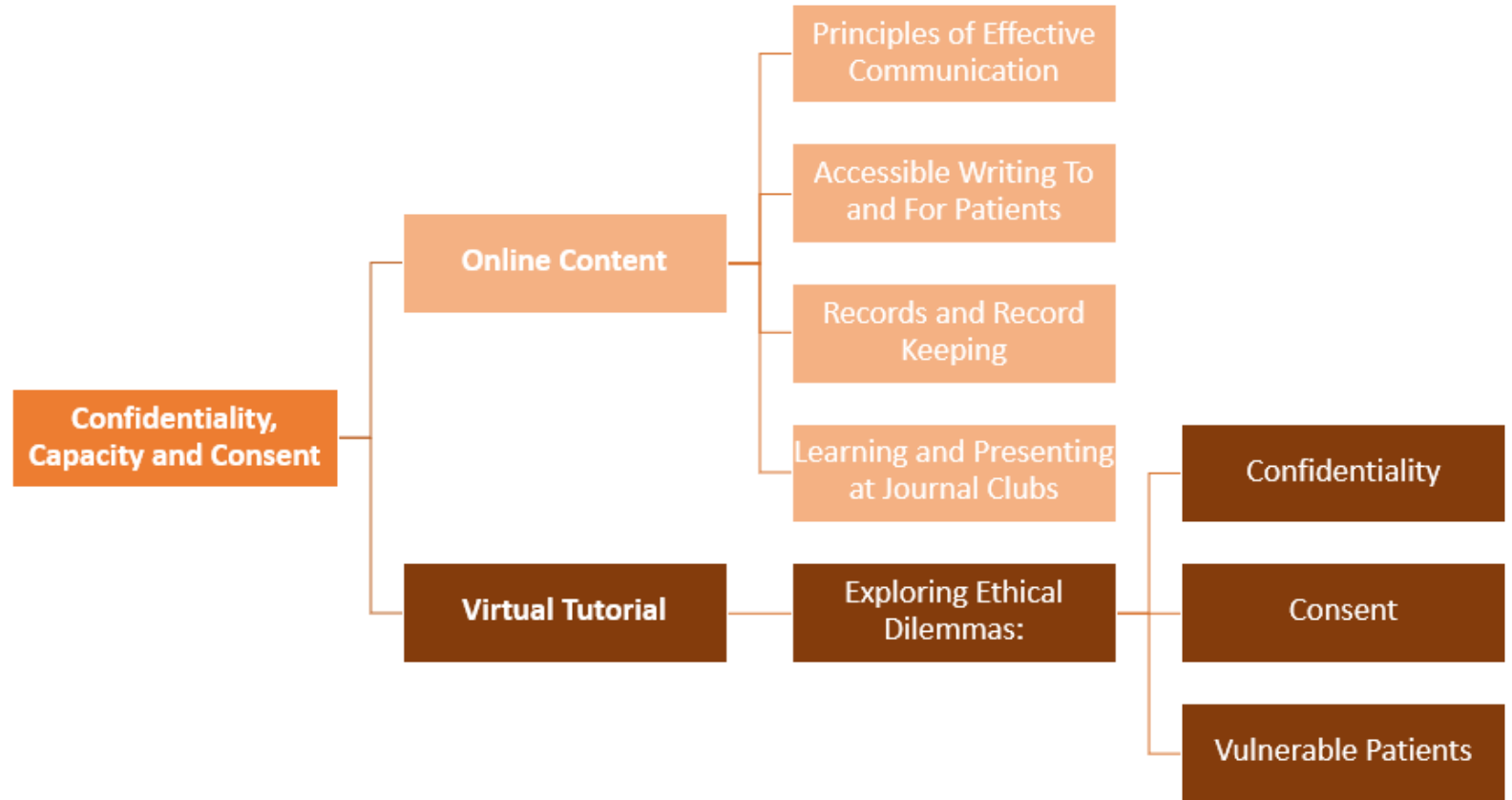
October - December





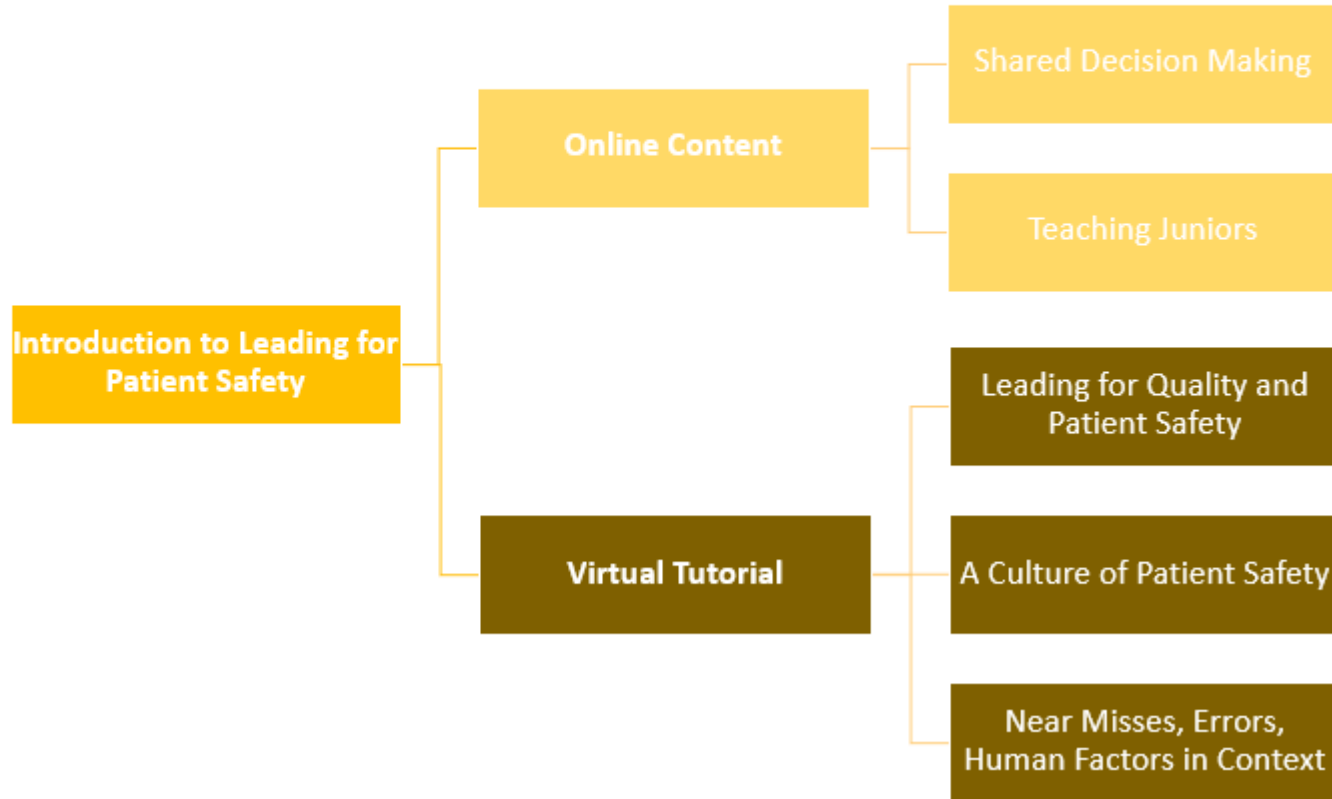
Year 1
Quarter 3

January - March



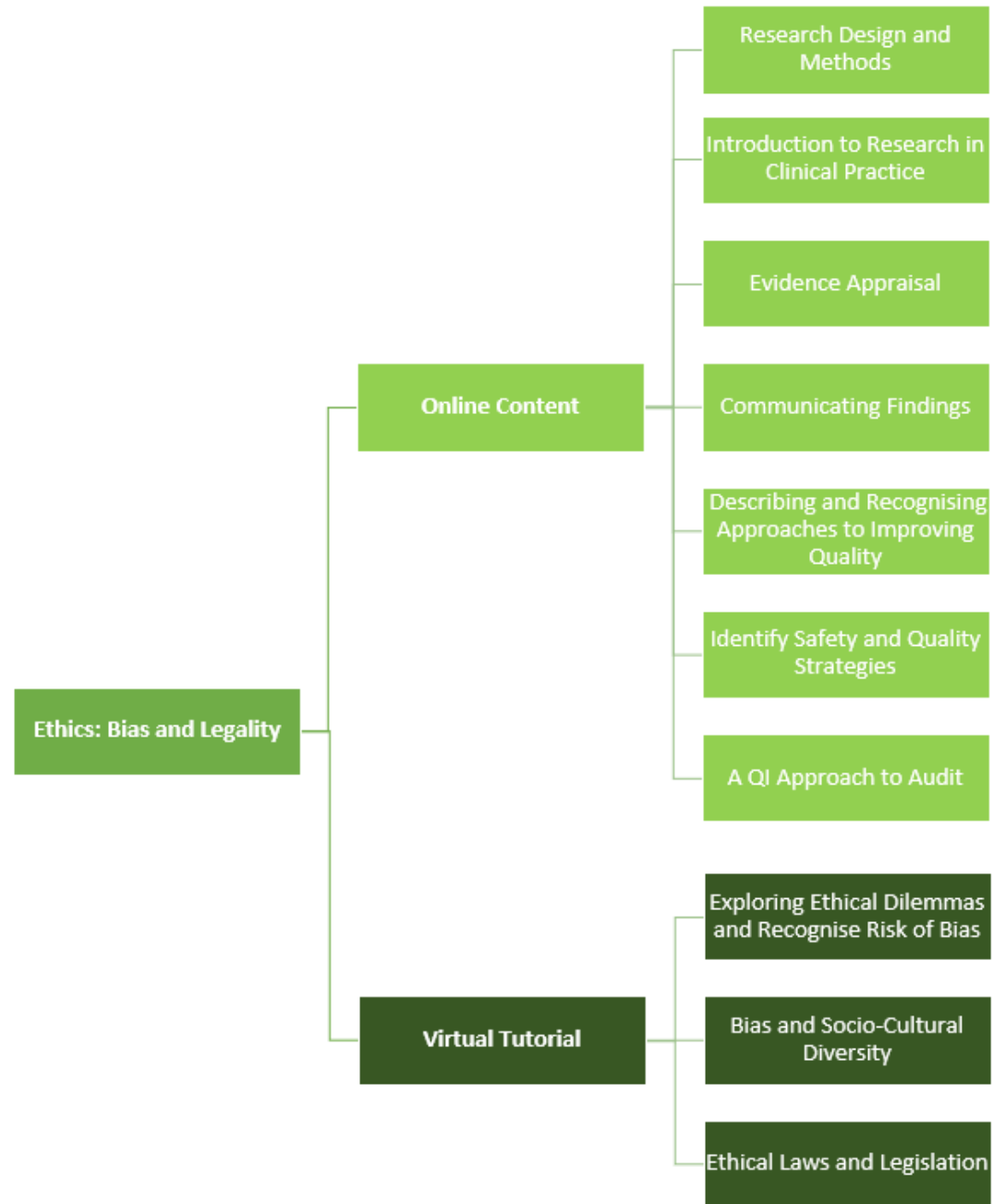
Year 1
Quarter 4

April - June



Year 2
Quarter 1

July - September





Year 2
Quarter 2

October - December

Communication: Patients
and Emotional Intelligence

Online Content

Leadership Styles and
Multidisciplinary
Teamwork

Building Time
Management Skills

Data Management

Communicating in the
Clinical Environment

Literature Reviews and
Systematic Searches

Virtual Tutorial

Communication:
Self Reflection

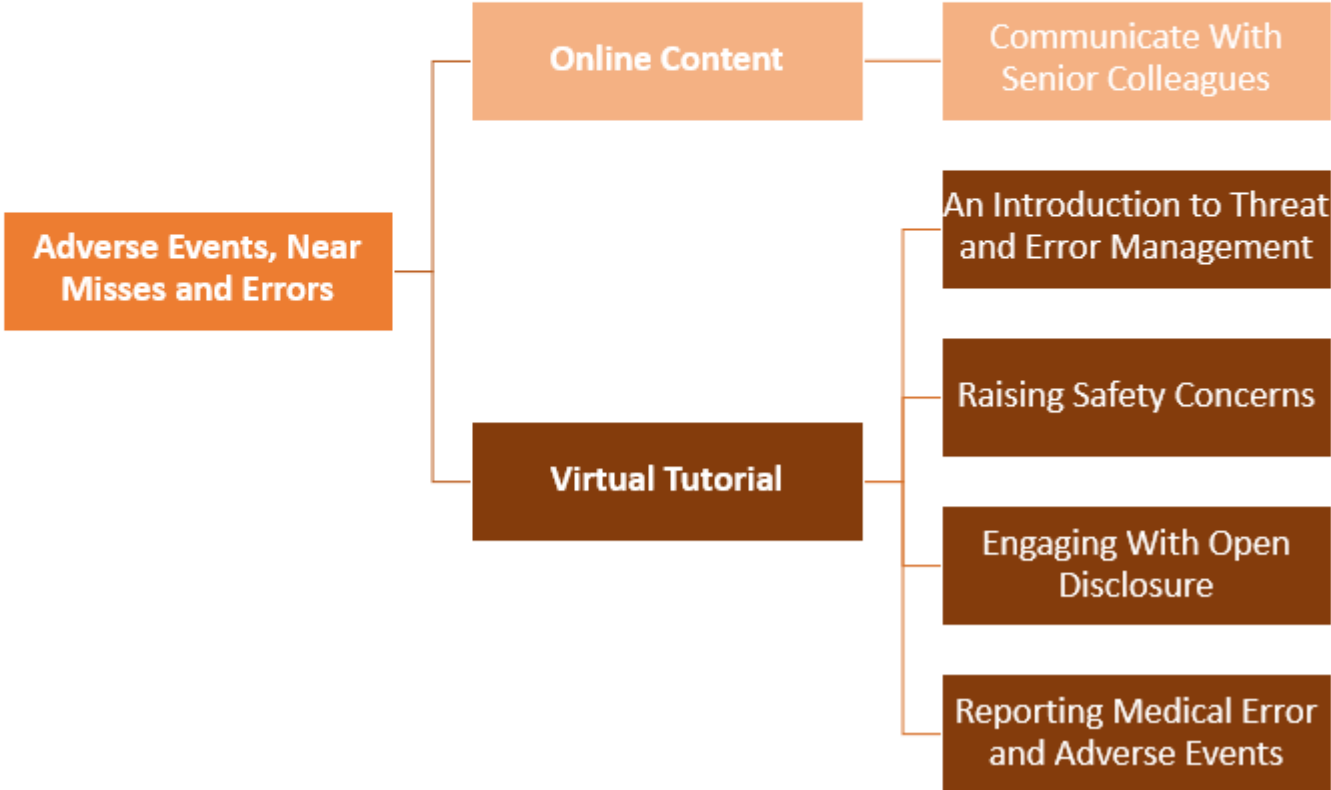
Supporting Colleagues
With Stress

Supporting the
Second Victim



Year 2
Quarter 3

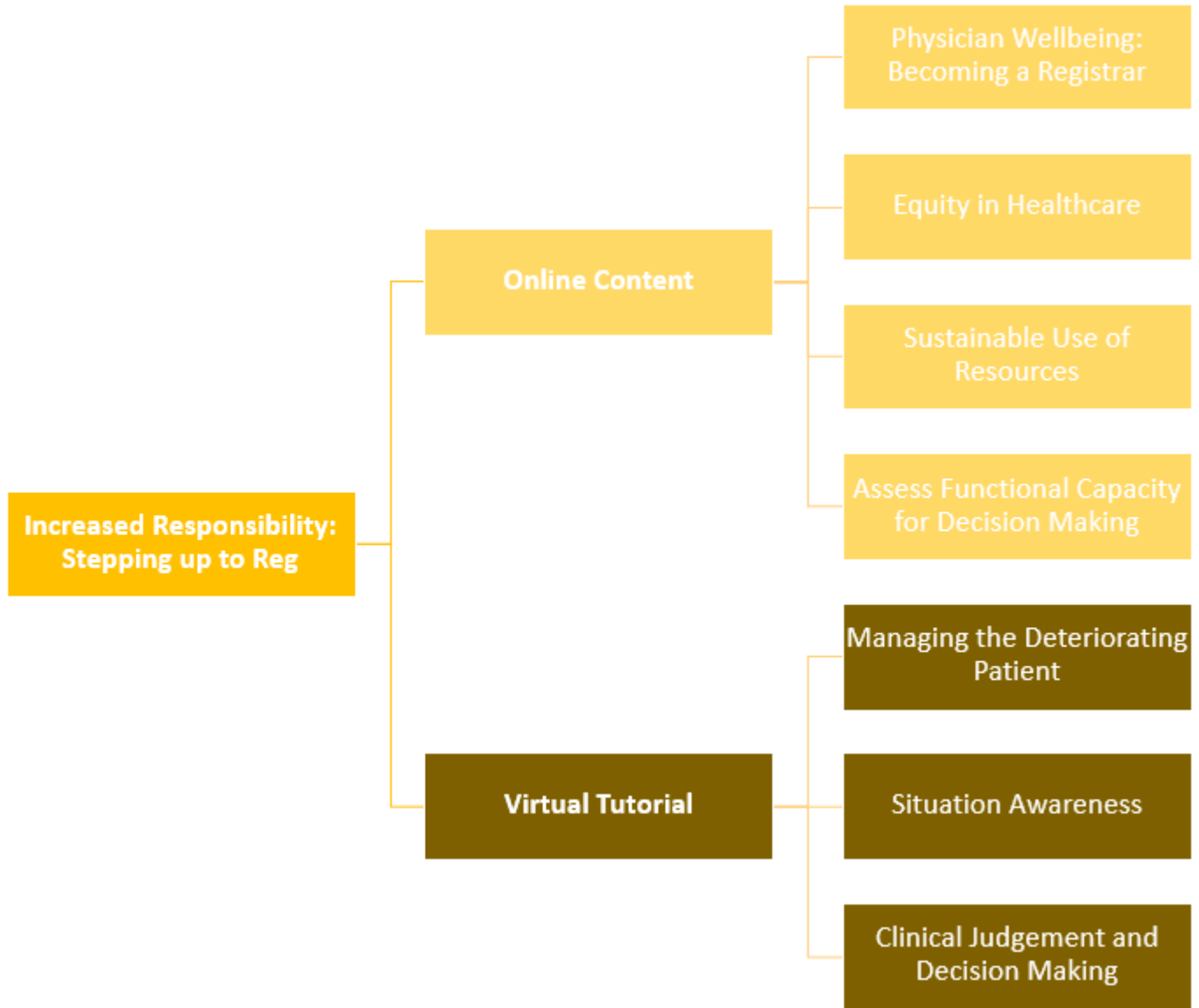
January - March





Year 2
Quarter 4

April - June



Specialty-Specific Courses & Workshops

Trainees also complete specialty-specific courses and workshops as part of the programme. Trainees in BST General Internal Medicine complete the Delirium online module during Year 2 of the training programme.

What's next?

Incoming Trainees are now receiving their induction content and timetable. As the BST Taught Programme is a mandatory component of BST, it is important that Trainees are released from service to attend the Quarterly Virtual Tutorials and, where possible facilitated with the use of teaching space in the hospital.

We hope you will help to support new SHOs on your team as they adjust to their role and the requirements of the Taught Programme.