



Royal College of
General Practitioners

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RCGP Outreach & Widening Participation Lead

Encounter

- Providing opportunities to find out about medicine, primary healthcare and general practice

Explore

- Providing opportunities to search and investigate careers

Experience

- Providing opportunities to observe and practice careers

Decide

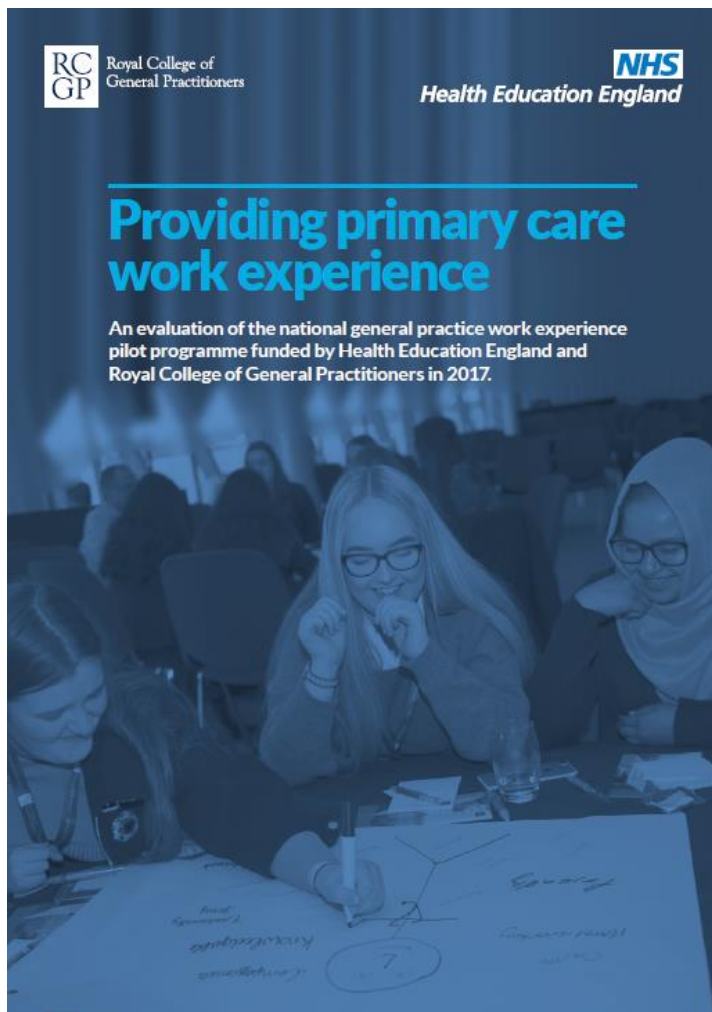
- Provide informative support and guidance to best equip individuals to pursue their chosen career

Transition

- Provide informative support and guidance to best prepare individuals to embark on their chosen career



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Programme stages

1

Partner, practice and participant recruitment



2

Pre-placement workshop



3

3-day placement



4

Post-placement workshop



5

Programme evaluation

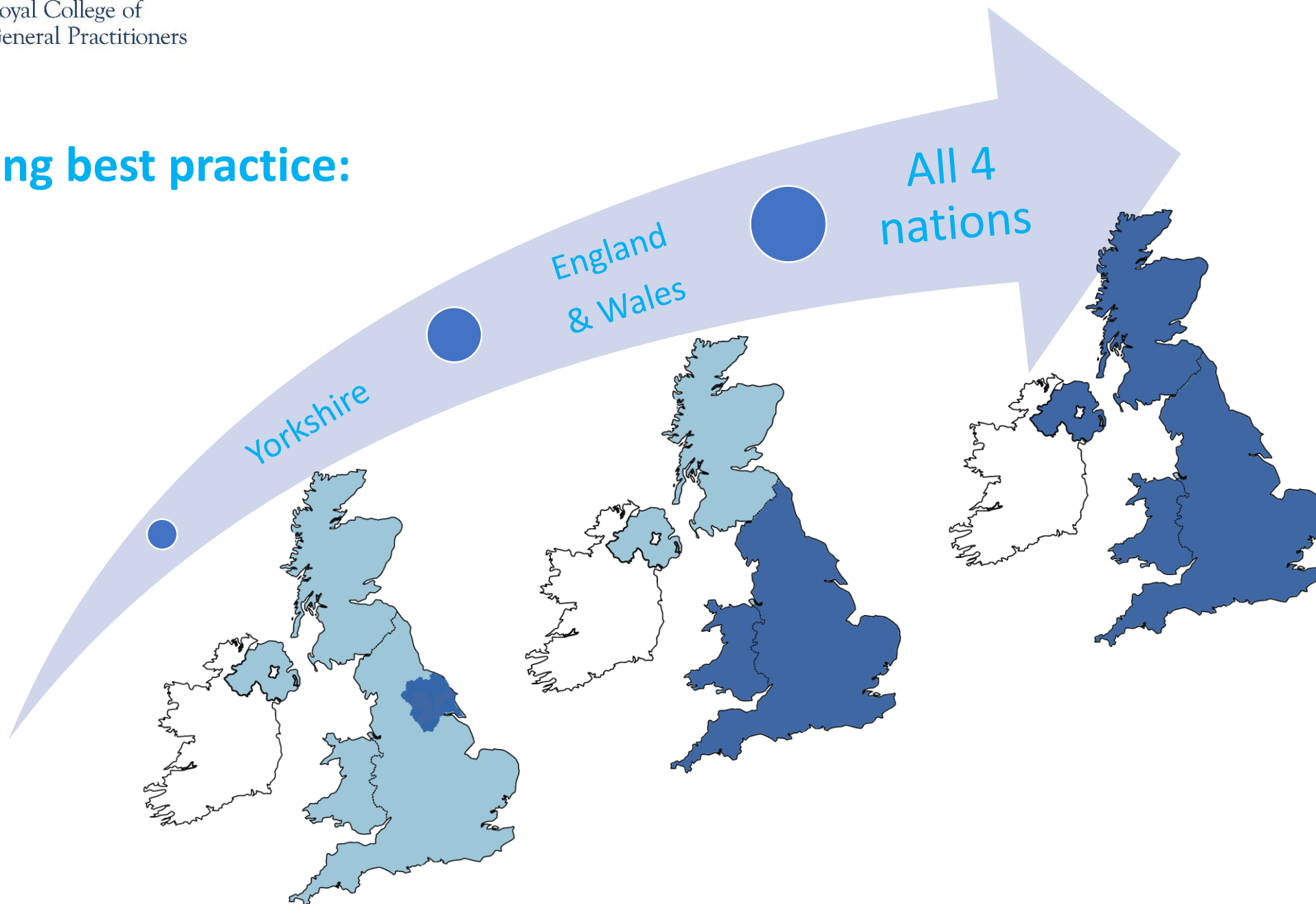


6

Programme development



Sharing best practice:

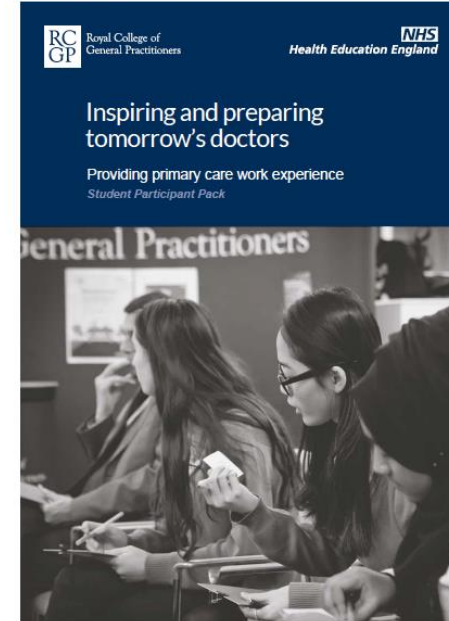
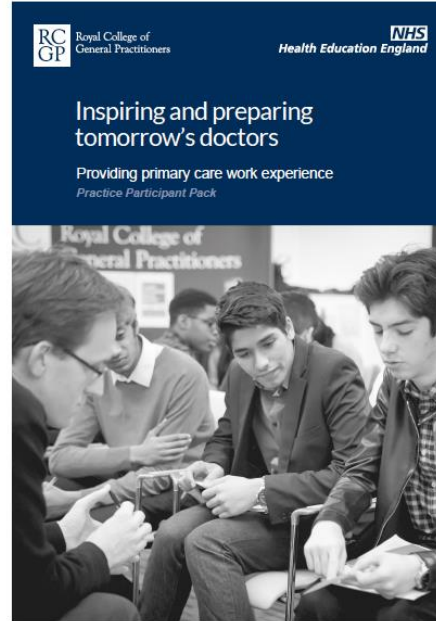




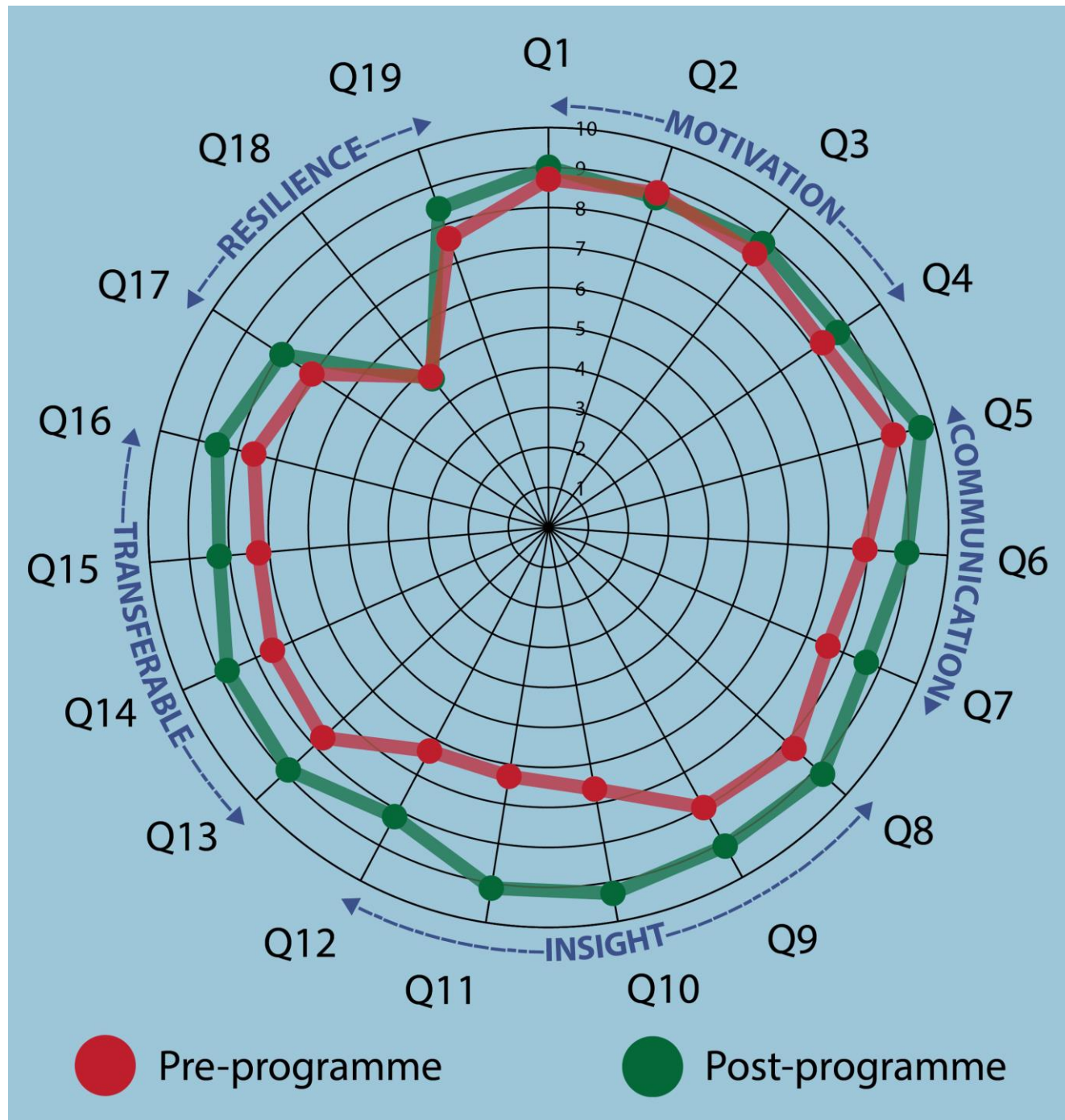
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Materials created:

- Advertising materials
- Practice Pack
- Student participant pack
- Learning gain tool
- Reflective Diary
- Pre-placement workshop slides
- Post-placement workshop slides
- Participant certificates



- Transferable skills gained across all areas - motivation, communication, insight and resilience.
- They had more knowledge of own strengths and were more confident in using reflective skills to gain from their experiences.
- The greatest gain was in relation to understanding about roles of general practice.



HOW THE PROGRAMME HELPED PARTICIPANTS

■ Series 1 ■ Series 2 ■ Column1

PROGRAMME HAS PROVIDED INFORMATION ON HOW TO BECOME
A DOCTOR

75

24

PROGRAMME HAS PROVIDED INFORMATION ON HOW TO APPLY
TO UNIVERSITY

47

34

PROGRAMME HAS ALLOWED TIME TO SPEAK TO STUDENTS IN A
SIMILAR POSITION

71

19

PROGRAMME HAS PROVIDED EXPERIENCES TO HELP APPLICATION
TO UNIVERSITIES

76

11

The best part was not only the experience of general practice but the evaluation at the end; this allowed me to find not only my strengths but my weaknesses and allowed me to work on them for the career I want to pursue.” **University of Nottingham participant.**



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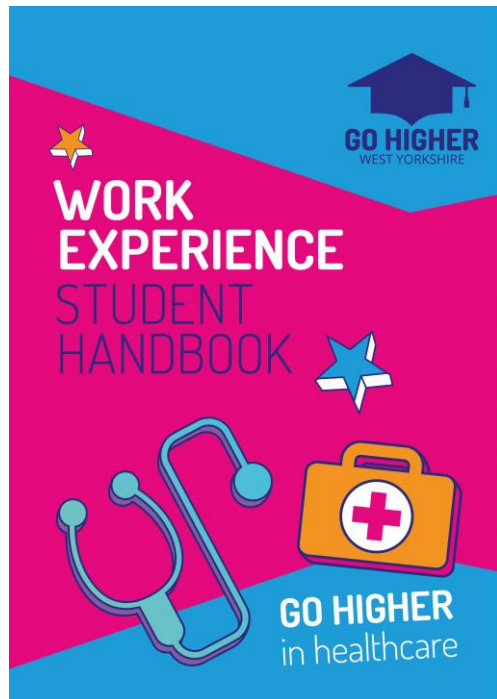


Wakefield

Clinical Commissioning Group



This year we have been working smarter,
working with different types of organisation
across the healthcare sector.



What's next?

Primary School

- Activity book
- Harry's race game
- Lesson plans

RCGP & MSC Competition

- Lesson plans for secondary school
- Medical student involvement

Work Experience

- Different models
- Digital infrastructure
- Accreditation
- Scoping

Harry's race

A GAME FOR TWO PLAYERS

Harry is an 18 year old student who has just started studying medicine at university. He has decided that he wants to run a 10 kilometre race in 4 months for charity but is feeling a little overweight and unfit at the moment. He used to like running but hasn't done any exercise for a few months. Help Harry achieve his goal!

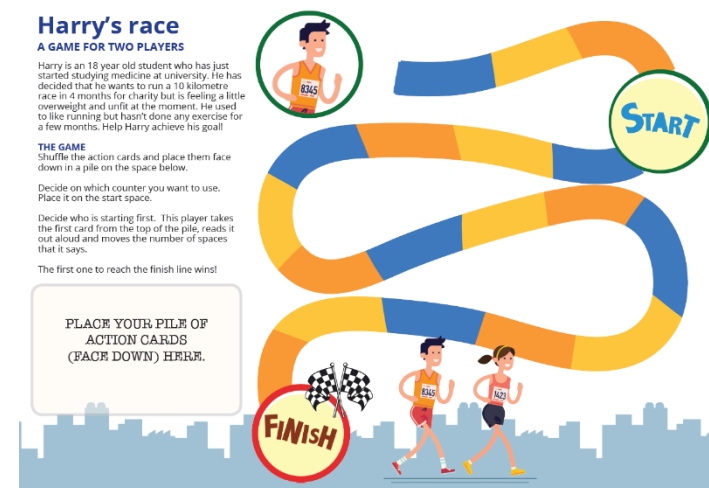
THE GAME
Shuffle the action cards and place them face down in a pile on the space below.

Decide on which counter you want to use. Place it on the start space.

Decide who is starting first. This player takes the first card from the top of the pile, reads it out aloud and moves the number of spaces that it says.

The first one to reach the finish line wins!

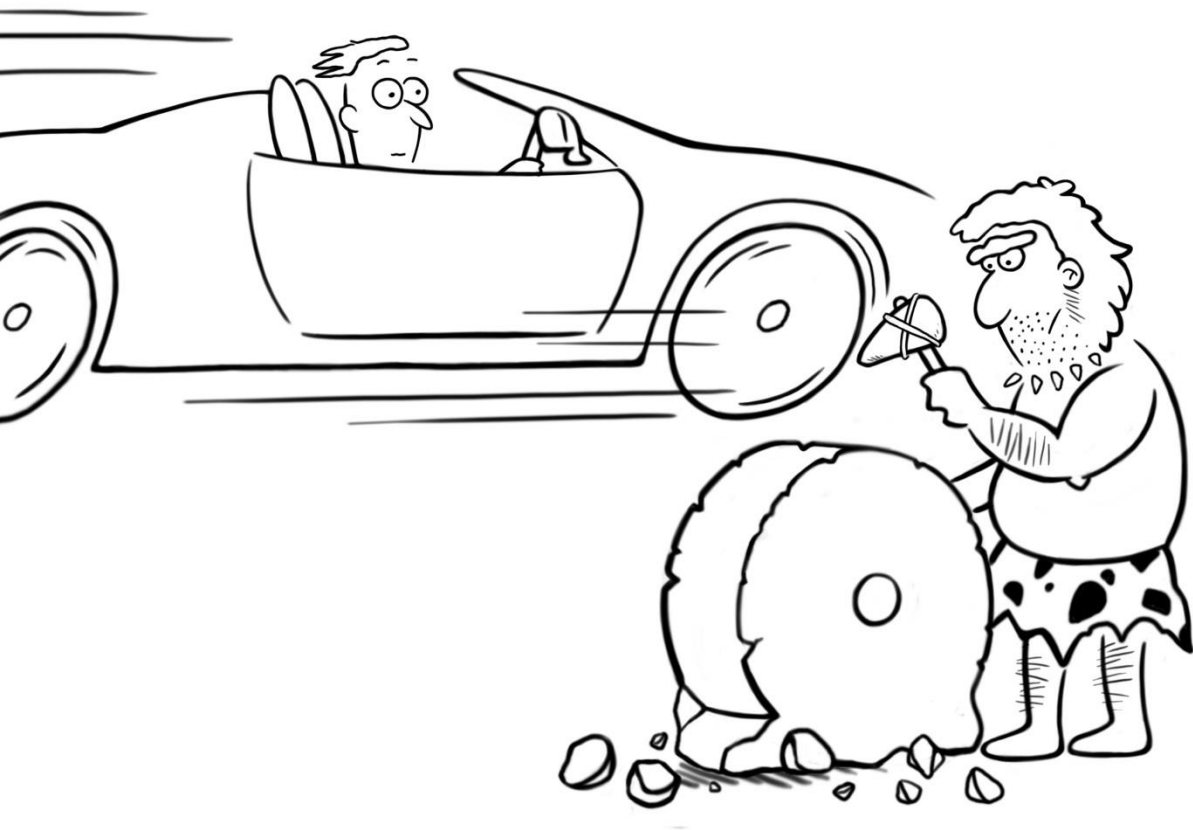
PLACE YOUR FILE OF
ACTION CARDS
(FACE DOWN) HERE.



HARRY'S RACE 'ACTION CARDS'

You need to cut these out ready to play the game.
(Face: cards 10 to 18)

<p>Harry finds a training partner, Steve, he keeps on falling to turn up for training runs with him. Stay where you are.</p> <p>0</p>	<p>Harry falls off the pavement twisting his ankle. He is unable to stand so his ankle is so sore. At the Emergency Department he is told that he has broken a bone. His leg is put in plaster for 6 weeks. His race is over for two turns!</p> <p>00</p>	<p>Training is going really well. Move 3 spaces forward.</p> <p>✓✓✓</p>
<p>Harry has a project due for his university course, his running is helping him concentrate when he sits down to study. Move 2 spaces forward.</p> <p>✓✓</p>	<p>He's in the supermarket and sees a special offer on donuts. He buys 4 packets. Move back 2 spaces.</p> <p>✗✗</p>	<p>Harry has been out training on a hot sunny day. He has forgotten to put on sunsun cream or to wear a hat and so comes back sunburnt. Move backwards 1 space.</p> <p>✗</p>
<p>The weather is awful, Harry has decided to swap some of his runs for swimming sessions. This is keeping him just as fit. Move forward 1 space.</p> <p>✓</p>	<p>Harry has been watching the Commonwealth Games on TV. He feels inspired to do more training. Move forward 2 spaces.</p> <p>✓✓</p>	<p>Harry goes out for a long run on a hot summer's day. He forgets to drink enough fluid and starts feeling very dizzy, light-headed and sick. He goes to see his GP who tells him that he is dehydrated and advises him about the importance of taking in extra fluid when he is exercising. Move back 1 space.</p> <p>✗</p>



Avoid reinventing the wheel...





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