

The FY101 handbook

Authors: Peter Pereira,^A Hushil Sandhu^A and Athinyaa Thiaraviaraj^A

Introduction

75% of UK medical graduates report a lack of preparedness in transitioning into their job as a junior doctor.¹ This study aims to evaluate the effectiveness of a locally developed handbook and its impact on the increase in confidence levels of new practising F1 doctors in Altnagelvin Hospital, Londonderry, Northern Ireland.

Methods

The handbook was developed based on feedback from F1s from two different cohorts, and the content of the handbook was then reviewed by senior members of the multidisciplinary team. The handbook was also created in line with the current Foundation Curriculum. Feedback was collected prior to starting F1 and 3 months post-implementation of the handbook. The questionnaire was designed to assess levels of confidence among the F1s, the content of the handbook and how to improve the quality of the handbook.

Results

A total of 27 participants were included in this study. Cohort 1 consist of ten F1 doctors who started in August 2020, who acted as the 'control' group. Cohort 2 consist of 17 F1 doctors who started in August 2021, after the handbook had been implemented. There was an increase in confidence from 24% (n=4) to 100% (n=17) in Cohort 2, 3 months after starting F1, compared with the control group, where there was an increase from 10% (n=1) to 90% (n=9). The confidence in requesting consults increased from 24% (n=4) to 100% (n=17) in Cohort 2, while the confidence increased from 40% (n=4) to 80% (n=8) in Cohort 1. The confidence in answering bleeps out of hours increased from 18% (n=3) to 100% (n=17) in Cohort 2, compared with an increase in confidence from 30% (n=3) to 80% (n=8) in Cohort 1. The confidence in prescribing common medications increased from 24% (n=4) to 95% (n=16) in Cohort 1 compared with from 50% (n=5) to 100% (n=10) seen in Cohort 2.

Conclusion

This study has clearly shown the impact on the increase in confidence in new F1 doctors at the start of their careers and their transition from medical school. This handbook also covers most

of the Higher Level Outcomes, which are clearly outlined in the Foundation Curriculum. This handbook is equipped with relevant clinical information revised by senior clinicians aimed to support trainees. It takes the theoretical knowledge learned in medical school refines it to guide trainees around the practical aspect of caring for patients in a clinical setting. ■

Reference

- 1 Monrouxe L, Grundy L, Mann M *et al.* How prepared are UK medical graduates for practice? A rapid review of the literature 2009–2014. *BMJ Open* 2017;7:e013656.

Author: ^ANorthern Ireland Medical and Dental Training Agency, Belfast, UK