

OST Introductory Booklet



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Getting
Started in
OST

7 Things to do
In Your First
Month

Getting Started....

Ophthalmic Specialist Training (OST) culminates in the award of a Certificate of Completion of Training (CCT) or CESR (CP). OST typically lasts 7 years and prepares trainees for practice as a consultant ophthalmologist in the UK. The curriculum for training is based on:

- What an ophthalmologist is able to do
- How an ophthalmologist approaches their practice
- The attributes of an ophthalmologist as a professional

A web-based curriculum has been developed that details the learning outcomes for OST. This can be found on the Royal College of Ophthalmologists' website at <http://curriculum.rcophth.ac.uk/>

To support your learning an e-Portfolio has been developed.

The purpose of the e-portfolio is to

- Provide a platform for you to demonstrate achievement of learning outcomes
- Help organise assessments to be submitted for an Annual Review of Competence Practice (ARCP)
- Support your learning and help you plan learning activities

The e-portfolio website can be found at

<https://eportfolio.rcophth.ac.uk/>

Progress through training will be subject to satisfactory achievement of learning outcomes, completion of annual reviews and successful completion of college examinations.

7 Important Things to Do In Your First Month...

Identify Your Educational and Clinical Supervisor.

This may be the same person! (But not necessarily.) Your Clinical Supervisor will change as you rotate through different posts. Typically, your Educational Supervisor does not change unless either of you wish it.

Arrange to Meet Your Educational Supervisor

An early meeting with your Educational Supervisor is important. Ideally, this should then be repeated 6 monthly. Depending on your previous experience, a learning plan should be agreed for the upcoming 6 months. This plan should be recorded into your e-Portfolio.

Enrol with The Royal College of Ophthalmologists

Affiliate membership is required for access to the e-Portfolio. You will be issued with a username and password after you have enrolled.

Other benefits include: subscription to journal Eye, receipt of College News, access to College guidelines, eligibility to sit on College committees.

Who's Who??

Clinical Supervisor –

This is the Consultant you work with in day-to-day practice.

Educational Supervisor –

This is a Consultant who is responsible for providing academic support in training. By default this task falls to the College Tutor unless someone else has been identified.

College Tutor – This is a Consultant responsible for academic support of all the trainees in their unit.

Programme Director –

This is the Consultant responsible in each deanery for organising training rotations.

Remember!

It is the *trainee's* responsibility to organise learning and assessments (in particular WpBA's). Consultant staff will provide necessary support .

Familiarise yourself with the Curriculum for OST

<http://curriculum.rcophth.ac.uk/>

Navigate around the web-based document. It includes all the learning outcomes you are required to achieve and by what year you should have achieved them. Information on how the learning outcomes are assessed (including College examination info) is also provided. A particularly useful page “What Do I Need For My OST 1 Annual Review” tells you what you will be required to produce for your next Annual Review of Competence Progression (ARCP).

There is also a separate section that provides some useful resources and activities to help achieve learning outcomes.

Arrange to meet your Clinical Supervisor

Ask your Consultant what learning opportunities will be available during your attachment and how to make the most use of them.

Discuss with your Consultant how you should approach Workplace Based Assessments (WpBAs). This discussion may include identifying suitable persons to approach as assessors and organising time when WBAs should occur.

Annual Review of Competence Progression (ARCP).

You will be required to provide documentary evidence for this. Further details about the process may be found in the Gold Guide (see very useful documents).

Tip

Time for WpBAs can be organised in many different ways. E.g. during or after clinic, during study sessions, regional teaching events. Try using a variety of methods to see which way works best for both you and your Clinical Supervisor.

Open your e-Portfolio

Once you have received your username and password login to your e-Portfolio. The e-portfolio homepage has 8 main components



Home

Evidence – This allows you to complete a WpBA online. If completing WpBAs on paper, remember to go back and transfer information on to electronic format afterwards.

This also allows you to track what assessments you still need to complete for your next ARCP.

More information may be found in the Help section <https://eportfolio.rcophth.ac.uk/help/13>

Important!

Security.
Keep your username and password safe. Also keep your email address up to date

Surgical Logbook

Start your surgical logbook as soon as you can. It is mandatory for all trainees to use the Eye Logbook to record their surgical procedures during training. Please visit www.eyelogbook.co.uk to register.

When you enter a WpBA into your portfolio the assessor is automatically sent an email asking them to log in and verify it as accurate.

Look at the syllabus for your next college examination

As well as collating evidence for your ARCP, you should be preparing for college examinations.

There is a

Part 1 FRCOphth (to be achieved by the end of year 2)

Refraction Certificate (to be achieved by the end of year 3)

Part 2 FRCOphth Written (to be achieved by the end of year 7)

Part 2 FRCOphth Oral (to be achieved by the end of year 7)

Details of the application process may be found at

www.rcophth.ac.uk/exams

Start your exam preparation early! There is a lot to cover and if you are not in possession of Part 1 FRCOphth. by the end of OST2, you may have to leave OST.

Really Useful Documents....

WpBAs Handbook

<https://www.rcophth.ac.uk/training/resources-and-support-for-trainees/>

This document describes what the different types of workplace based assessments are and explains what documentation to use.

FAQs

<https://www.rcophth.ac.uk/training/resources-and-support-for-trainees/trainees-faqs/>

Very useful information on the e-Portfolio and curriculum.

Training Noticeboard

<https://www.rcophth.ac.uk/training/resources-and-support-for-trainees/notices-updates/>

Guide To OST Delivery

<https://www.rcophth.ac.uk/training/ost-information/>

Lots of information on timetables, surgical numbers, trainee selected components, etc.

A Guide To Postgraduate Training - The Gold Guide

[The Gold Guide—7th Edition](#)

This is a very useful document that explains the structure of your postgraduate training (not specific to ophthalmology). It details the Annual Review of Competence Progression (ARCP) . It also has information on flexible training, time out of programme and inter-deanery transfers.

Good Medical Practice

http://gmc-uk.org/guidance/good_medical_practice/index.asp

The basic principles on which your curriculum has been based.

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It is expected that further induction material will be provided by your local department on local protocols, on-call rotas, facilities and contacts. Likewise, your hospital trust may wish to provide additional health and safety, occupational /contractual information.