

OOPT (Out of Programme but in training)

- Does not delay CCT

1. Find a Fellowship

- a. <https://www.anaestheticfellowships.org/>
- b. Ask friends / colleagues / consultants
- c. Google

2. Timing

- a. Start looking / applying 18-24 months in advance as some recruit early – usually 2 cycles per year
- b. Can't be out there for last 6 months of training
- c. Try and do it early within a stage (Stage 3 ideal for this)
- d. Remember you need to map what you do to the curriculum so if in stage 3, think about SIAs and generic competencies. Can you get these done out there?

3. Get Accepted

- a. Cover Letter + CV
- b. References
- c. Interview
- d. Receive formal offer letter
- e. Let TPD know so they can advise / help you plan.

4. Apply to RCOA for OOPT (Total time approx 3 months)

<https://rcoa.ac.uk/documents/guide-anaesthetics-training-handbook/out-programme>

- a. Longest part of UK admin process so get this done early
- b. Not only do they want you to fill in the form but they also want:
 - i. Mapping of the fellowship against the RCOA curriculum (I did this manually by making a table and describing how I could achieve these outcomes out there)
 - ii. A job description on headed paper (I screenshotted the fellowship overview page from website)
 - iii. A statement from the relevant authority in the country confirming the hospital you are visiting is approved for training
 - iv. OOPT Report form at end of placement
- c. Email to training@rcoa.ac.uk
- d. Need this approval before submitting other requests

5. Local Deanery OOPT Form (total time approx 1 month)

<https://www.westmidlandsdeanery.nhs.uk/Portals/0/OOPT%20EXT-fix%202-for%20website.pdf?ver=2021-01-22-141814-407>

- a. Requires Statement and Purpose of OOP (copied my cover letter / some additional mention of specific opportunities available vs UK. How it will enhance my training)
- b. ES / TPD / Head of school signatures
- c. Email to : Programmes.WM@hee.nhs.uk
- d. Most places abroad are not a “GMC approved site” and therefore the WM deanery will get appropriate approvals from GMC for this.
- e. This was relatively quick.

6. Overseas Paperwork

- a. Varies from country to country
- b. Has a cost (not insignificant)
- c. Need to do this like get your degree / FRCA / Passport verified – may have to go to a Notary etc.
- d. Private medical examination - \$\$\$
- e. Visa application for you and family
- f. Opening bank accounts etc
- g. Certificate of good standing from GMC – they are very quick / helpful.

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