



Academic training in General Practice



Sarah Hillman ACF Primary Care 11th July 2019

Research and audit symposium

Research in general practice: why should you care?



- Because without research we stand still...
- Because you can make a difference to many lives at a time...
- Because the best people to do the research are those that truly understand the problems...
- Because we are the only specialists in whole person medicine...
- Because this is research that translates into differences...

Myth busters

“Sounds interesting, but I’m not an academic...”

Yes you are, we all are, every day we practice...

- assessment, diagnosis the questions you ask and evidence you implement

“I’m too busy to do research...”

- Help and resource available CLRN

“Patients aren’t interested in research...”

- Oh, but they really are... Interested, striving for better, altruism

“I have never done an academic job before...”

- This is not a linear career path for many

Talking of convoluted career paths..



- My background
 - ACF then PhD then ACL in O and G
 - Decided wanted to be an academic GP now ACF in Primary care
- Had to do somethings twice...
 - (membership exams to two colleges)
- A mother/Wife/Daughter
- A GP trainee
- An academic trainee



Sounds interesting?

What are the benefits?

- Portfolio career, best of both worlds
- Chance to develop interest and gain higher degree
- Use your clinical experience in your academic work and vice versa
- Travel
- Publish
- Present
- Teach



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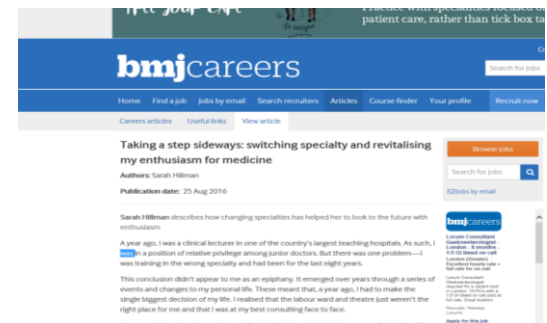
Practice > Easily missed?

Intrahepatic cholestasis of pregnancy

BMJ 2016;353 doi: <https://doi.org/10.1136/bmj.i1236> (Published 21 April 2016)
Cite this as: BMJ 2016;353:i1236

Article Related content Metrics Responses

Sarah C Hillman, general practice specialist trainee year 11. Helen Stokes-Lampard, GP principal and primary care academic.2.
Mark D Kilby, professor of fetal medicine and therapy.1.3



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Taking a step sideways: switching specialty and revitalising my enthusiasm for medicine

Author: Sarah Hillman
Publication date: 25 Aug 2016

Sarah Hillman describes how changing specialties has helped her to look to the future with enthusiasm.

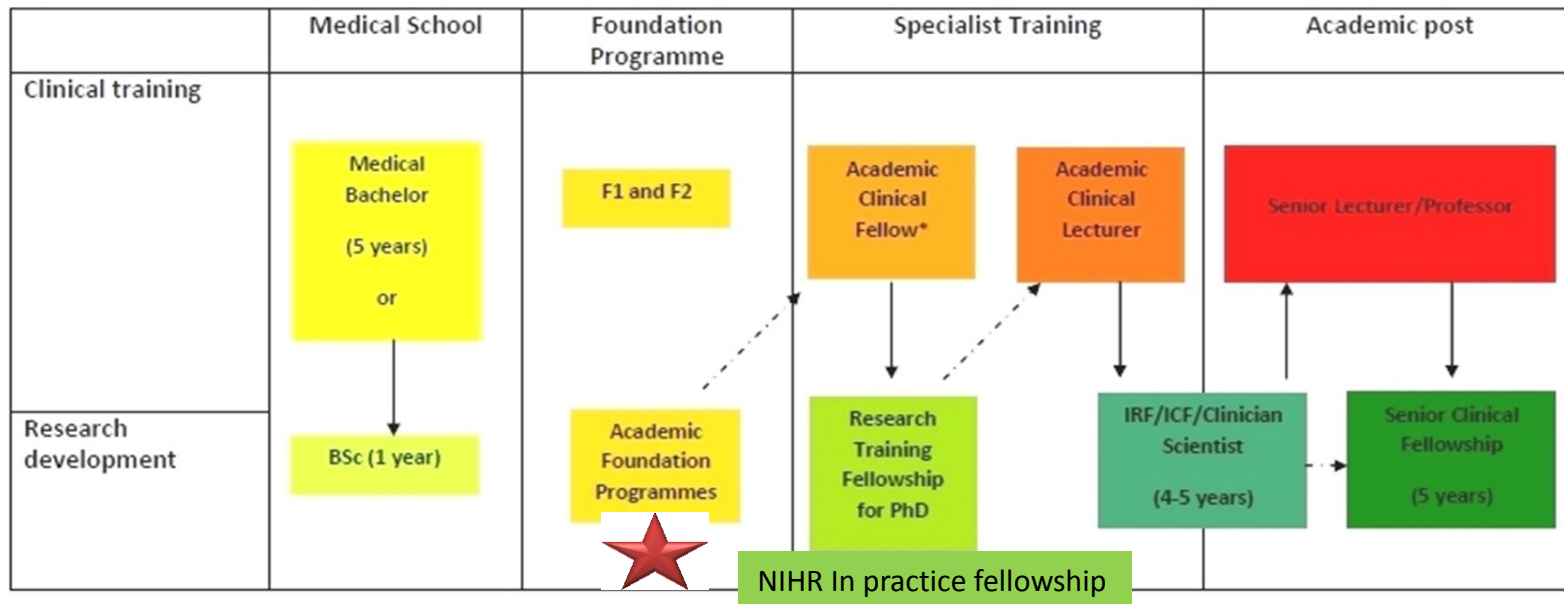
A year ago, I was a clinical lecturer in one of the country's largest teaching hospitals. As such, I was in a position of relative privilege among junior doctors. But there was one problem—I was training in the wrong specialty and had been for the last eight years.

This conclusion didn't appear to me as an epiphany. It emerged over years through a series of events and changes to my personal life. These meant that, a year ago, I had to make the single biggest decision of my life. I realised that the labour ward and theatre just weren't the right place for me and that was at my best consulting face to face.

Apply for this job

An academic career pathway

Figure: National Integrated Academic Training Pathway



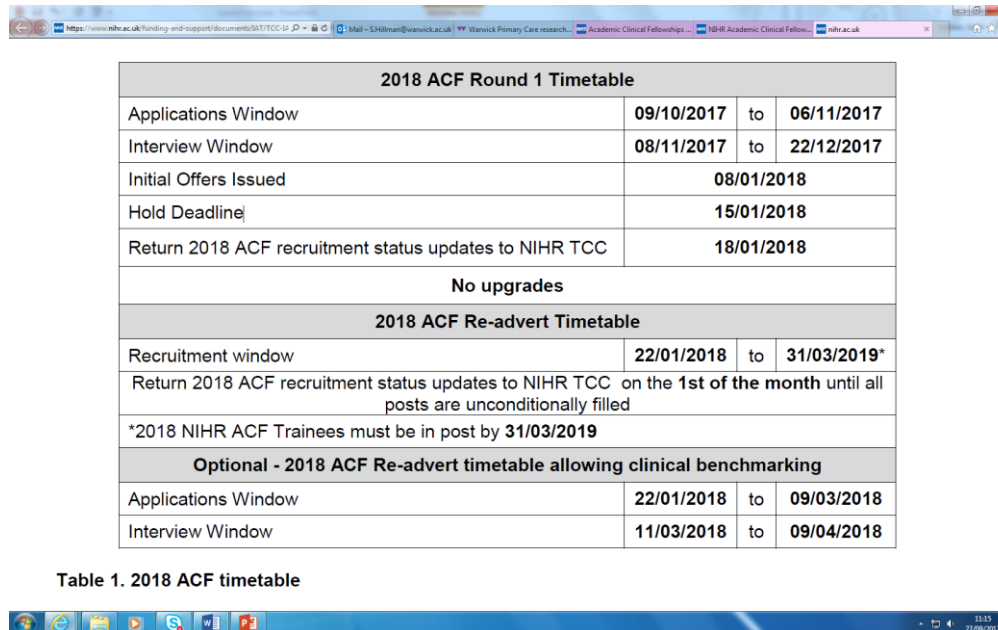
Academic Clinical Fellows

What do they do?

- ST1 or ST3 entry
- 25:75 over course of training (so you have one year extra of training ST4)
- In total one year is spent in academia
- Learn the basics of different research methodologies
- Learn how to get ethics approval
- GCP training
- Learn to write grant applications
- Find areas of research interest
- Find a supervisor
- Apply for NIHR in practice fellowship/grants to gain higher degree
- Start to publish and present

How do I apply for an ACF?

ST1 apply by completing both an ACF application form in the national NIHR application window *and* a standard GP ST1 application in the national medical recruitment window. ST3 entry just complete the ACF application during ST2.



The screenshot shows a web browser window displaying the NIHR ACF recruitment timetable. The browser tabs include 'NIHR Academic Clinical Fellowships' and 'NIHR ACF'. The main content is a table with the following structure:

2018 ACF Round 1 Timetable			
Applications Window	09/10/2017	to	06/11/2017
Interview Window	08/11/2017	to	22/12/2017
Initial Offers Issued	08/01/2018		
Hold Deadline	15/01/2018		
Return 2018 ACF recruitment status updates to NIHR TCC	18/01/2018		
No upgrades			
2018 ACF Re-advert Timetable			
Recruitment window	22/01/2018	to	31/03/2019*
Return 2018 ACF recruitment status updates to NIHR TCC	on the 1st of the month until all posts are unconditionally filled		
*2018 NIHR ACF Trainees must be in post by 31/03/2019			
Optional - 2018 ACF Re-advert timetable allowing clinical benchmarking			
Applications Window	22/01/2018	to	09/03/2018
Interview Window	11/03/2018	to	09/04/2018

Table 1. 2018 ACF timetable

Clinical versus Academic Workload

Day to Day

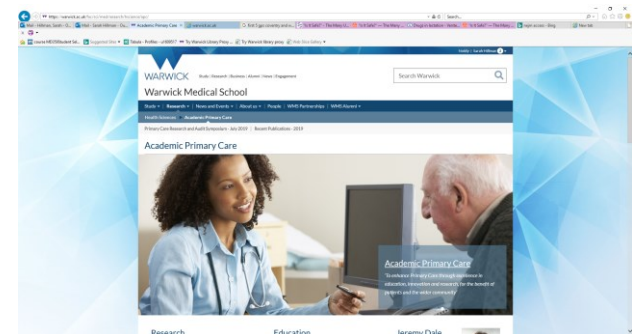
- Tricky particularly if both jobs in same building/day divided into academic and clinical
- Do academic and clinical work on different days so you can draw clear boundaries.
- Or as ACF/Academic FY1/2 academic work in larger segments of time?
- If academic time being eaten up by clinical workload identify and raise it as early as possible
- Lists

Longer term

- Be mindful of inevitable clinical and academic challenges that will mean you spend more time doing one thing i.e. membership exams
- Don't plan to do two large things at the time i.e. write up PhD and sit membership exams
- Ask for extension to deadline when you really need them, if you foresee a problem with a deadline raise it early.
- Communicate, communicate, communicate.

Why Warwick?

- Substantial methodological expertise.
- World-leading primary care research and education
- Excellent links with NHS, including general practices, CCGs and Health Education England,
- Host the West Midlands South NIHR CRN primary care specialty network. Over 50 local practices are actively involved.
- Recent rapid growth in size reflecting the Medical School's strategy of creating a thriving academic primary care unit
- www.warwick.ac.uk/apc



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The earlier the better

Help you have most chance of success

Any Questions?