Proposed GP Trainee Timetable from 1st August 2017

The timetable must be EWTD Compliant and align with the Junior Doctor Contract

Breaks must be included within the 40 hours as per the 2016 rules;

* Less than 5 hour shift no break
* 5 – 9 hour shift 1 x 30 min break
* Over 9 hour shift 2 x 30 minute breaks.
* Out of Hours 6 hours per month

The proposed timetable is for a full-time trainee and as much as possible mirrors the normal working life of a GP. This timetable looks to cover a range of clinical, admin, education and breaks.

Sample 40 hours’ week

OOH if worked requires equivalent time off in lieu

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|   | Monday |   | Tuesday |   | Wednesday |   | Thursday |   | Friday |   |
| 8.00 | Admin |   | Admin |   |   |   |   |   | Admin |   |
| 8.30 | Surgery |   | Urgent care |   |   |   |   |   | Surgery |   |
| 9.00 | Surgery |   | Urgent care |   | Personal Study |   |   |   | Surgery |   |
| 9.30 | Surgery |   | Urgent care |   | Personal Study |   |   |   | Surgery |   |
| 10.00 | Surgery |   | Urgent care |   | Personal Study |   |   |   | Surgery |   |
| 10.30 | Debrief |   | Break |   | Personal Study |   |   |   | Debrief |   |
| 11.00 | Break |   | Urgent care |   | Personal Study |   |   |   | Break |   |
| 11.30 | Visit |   | Urgent Care |   | Personal Study |   |   |   | Visit |   |
| 12.00 | Visit |   | Urgent care |   | Personal Study |   |   |   | Visit |   |
| 12.30 | Visit |   | Debrief |   | Personal Study |   |   |   | Visit |   |
| 13.00 | Visit |   | Meeting |   | Break |   |   |   | Visit |   |
| 13.30 | Break |   | Meeting |   | Break |   |   |   | Break |   |
| 14.00 | Admin |   | Tutorial |   | Half day release |   |   |   | Admin |   |
| 14.30 | Admin |   | Tutorial |   | Half day release |   |   |   | Admin |   |
| 15.00 | Surgery |   | Tutorial |   | Half day release |   |   |   | Surgery |   |
| 15.30 | Surgery |   | Tutorial |   | Half day release |   |   |   | Surgery |   |
| 16.00 | Surgery |   | Break |   | Half day release |   |   |   | Surgery |   |
| 16.30 | Surgery |   | Admin |   | Half day release |   |   |   | Surgery |   |
| 17.00 | Surgery |   | Admin |   | Half day release |   |   |   | Debrief |   |
| 17.30 | Admin |   | Admin |   | Half day release |   |   |   | Admin |   |
| 18.00 | Debrief |   |   |   |   |   |   |   | Admin |   |
| 18.30 |   |   |   |   |   |   |   |   | Admin |   |
|   |   |   |   |   |   |   |   |   |   |   |
| Clinical | 7.5 |   | 4 |   | 0 |   | 0 |   | 7 | 18.5 |
| Admin | 2 |   | 2 |   | 0 |   | 0 |   | 2.5 | 6.5 |
| Break | 1 |   | 1 |   | 1 |   | 0 |   | 1 | 4 |
| Education | 0 |   | 3 |   | 8 |   | 0 |   | 0 | 11 |
|   |   |   |   |   |   |   |   |   |   |   |
| Total | 10.5 |   | 10 |   | 9 |   | 0 |   | 10.5 | 40 |

Sample 38.5 hours’ week

The 6 hours OOH is accounted for by the 1.5 hours’ reduction per week

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|   | Monday |   | Tuesday |   | Wednesday |   | Thursday |   | Friday |   |
| 8.00 | Admin |   |   |   |   |   |   |   | Admin |   |
| 8.30 | Surgery |   | Urgent care |   |   |   |   |   | Surgery |   |
| 9.00 | Surgery |   | Urgent care |   | Personal Study |   |   |   | Surgery |   |
| 9.30 | Surgery |   | Urgent care |   | Personal Study |   |   |   | Surgery |   |
| 10.00 | Surgery |   | Urgent care |   | Personal Study |   |   |   | Surgery |   |
| 10.30 | Debrief |   | Break |   | Personal Study |   |   |   | Debrief |   |
| 11.00 | Break |   | Urgent care |   | Personal Study |   |   |   | Break |   |
| 11.30 | Visit |   | Urgent Care |   | Personal Study |   |   |   | Visit |   |
| 12.00 | Visit |   | Urgent care |   | Personal Study |   |   |   | Visit |   |
| 12.30 | Visit |   | Debrief |   | Personal Study |   |   |   | Visit |   |
| 13.00 | Visit |   | Meeting |   | Break |   |   |   | Visit |   |
| 13.30 | Break |   | Meeting |   | Break |   |   |   | Break |   |
| 14.00 | Admin |   | Tutorial |   | Half day release |   |   |   | Admin |   |
| 14.30 | Admin |   | Tutorial |   | Half day release |   |   |   | Admin |   |
| 15.00 | Surgery |   | Tutorial |   | Half day release |   |   |   | Surgery |   |
| 15.30 | Surgery |   | Tutorial |   | Half day release |   |   |   | Surgery |   |
| 16.00 | Surgery |   | Break |   | Half day release |   |   |   | Surgery |   |
| 16.30 | Surgery |   | Admin |   | Half day release |   |   |   | Surgery |   |
| 17.00 | Surgery |   | Admin |   | Half day release |   |   |   | Debrief |   |
| 17.30 | Admin |   |   |   | Half day release |   |   |   | Admin |   |
| 18.00 | Debrief |   |   |   |   |   |   |   | Admin |   |
| 18.30 |   |   |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |   |   |
| Clinical | 7.5 |   | 4 |   | 0 |   | 0 |   | 7 | 18.5 |
| Admin | 2 |   | 1 |   | 0 |   | 0 |   | 2 | 5 |
| Break | 1 |   | 1 |   | 1 |   | 0 |   | 1 | 4 |
| Education | 0 |   | 3 |   | 8 |   | 0 |   | 0 | 11 |
|   |   |   |   |   |   |   |   |   |   |   |
| Total | 10.5 |   | 9 |   | 9 |   | 0 |   | 10 | 38.5 |