

TASTER DAYS

‘A Taster is a period of time, up to 5 days total, spent in a Specialty in which an FY trainee has not or will not work as part of their scheduled Track placements, which enables the development of insight into the work of the Specialty and which promotes careers reflection’.

- Taster days will be subtracted from your 10 day FY2 Study Leave allocation
- The five days can be split over one or two Specialties
- You are responsible for organising your Taster Days, with Foundation team support
- Local placements should be chosen where possible
- Do not schedule during the last two weeks of July, to support the new FY1 induction period
- Once done, complete the Reflection Form on HORUS to evidence your Taster Day(s) – failure to do this will prevent the approval of subsequent Study Leave applications

NOTE: Before booking a Taster Day(s), we recommend booking time with a Consultant within that department to discuss a career within their specialty. Contact their secretary to arrange this.

Trainee name: -----

Chosen Specialty: ----- **Venue:** ----- **Blackpool** -----

Date (From-To): ----- **No. of days:** -----

Fully describe what you hope to achieve by taking a Taster Day(s) within this Specialty:

1. Rota Co-ordinator Confirmation

I confirm that I have been given suitable notice to release this trainee on the dates provided above.

Name: ----- Signature: ----- Date: -----

2. Foundation Programme Director Approval

☐ **I DO NOT APPROVE** this Taster Day application for this trainee -----

☐ **I APPROVE** this Taster Day application for this trainee -----

Name: ----- Signature: ----- Date: -----

Example taster Week:

Taster in Anaesthetics

	AM (8.00-12.30)	PM (13.30 – 17.30)	Notes
Monday	<ul style="list-style-type: none"> • Meet Dr A – @ 9.30. discuss work of speciality • Plan for week • Introduction to department • Tour of theatres / ITU • Meet trainees and consultants 	<ul style="list-style-type: none"> • Theatre with Dr B • Inpatient list • Ward visit for pre-assessment • Preparing the theatre with ODP • Communication skills 	
Tuesday	<ul style="list-style-type: none"> • Day surgery theatre with Dr C • Suitability for day surgery 	<ul style="list-style-type: none"> • Chronic pain clinic with Dr D 	
Wednesday	<ul style="list-style-type: none"> • Acute pain ward round with Dr E • Prescribing for acute pain 	<ul style="list-style-type: none"> • Intensive Care Unit with Dr F • Out reach programmes • Care of the acutely ill patient 	Department teaching for trainees at lunchtime
Thursday	<ul style="list-style-type: none"> • Obstetric theatre with Dr A • Explore future developments in specialty 	<ul style="list-style-type: none"> • On call with Dr F until 21.00 • Emergency theatre 	Long day shift – end at 21.00 after handover to night shift
Friday	<ul style="list-style-type: none"> • Theatre with Dr C • Airway management • Visit recovery room 	<ul style="list-style-type: none"> • Attend simulator session with trainees. • Review meeting with Dr A • Discuss the week and career planning for anaesthesia and critical care 	<p>Complete evaluation and hand in</p> <p>Reflective entry in Portfolio.</p>