

SCOTTISH
TRAINEE
NETWORK

*Becoming a
Clinical
Scientist:
Training in a
Pandemic*

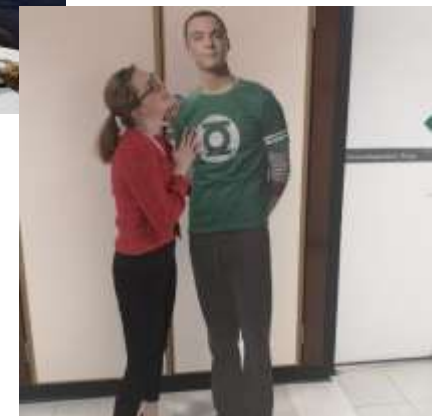
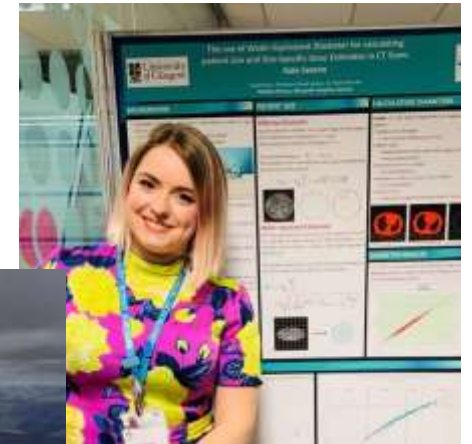


Speaker:

Rebecca Stace, Specialism Trainee (MRI)

Who we are

- The **Scottish Medical Physics and Clinical Engineering Trainee Network (SMP CETN)**.
- Comprised of MP and CE trainees across Scotland
- Network is led by an elected committee
- Three meetings per year (in normal times!)
- Meetings include CPD & peer presentations



Who we are

- The **Scottish Medical Physics and Clinical Engineering Trainee Network (SMPCETN)**.



provide and promote the continued professional development of Medical Physics and Clinical Engineering trainees in Scotland;



operate as a feedback mechanism regarding the training scheme to the training steering group, IPEM and other affiliated bodies;



contribute to the improvement of clinical scientist training in Scotland;



discuss and collaborate on any training or research opportunities with fellow trainees;



provide peer support for trainees during all forms of clinical scientist training.

The Trainee Blog - Why?

- To stay motivated and connected during the COVID-19 pandemic lockdown.

PROTECTED: TRAINEE HUB



Since we were unable to meet in person as we planned, see what your fellow trainees have been up to over the past few months!



The Trainee Blog-Asking for Submissions

- Communicated with all trainees in the network through our trainee mailbase to ask for submissions.

Are you working in the office or at home?

Staying connected with colleagues/supervisors?

Involved with COVID-related work?

Useful online resources for CPD?

Any tips/tricks for fellow trainees on getting through the day/a task/training?

The Trainee Blog-Submissions Received

- Trainees across all years of the scheme provided the network with some fun and useful blogs to read!

Rebecca Stace

Since lockdown, I have been working remotely from home. To begin with, it felt strange and before, I would always try to separate work from home to get that healthy balance. But then again, what's not

Adam El-qmache

Hello! For those of you who don't know me well, my name is Adam and I am a final year medical physics trainee. I am specialising in Radiotherapy at Aberdeen Royal Infirmary. I have been luckier

Kate Sexton

I've been working from home since ... I just went on an email trawl to find out exactly when, but can't! So, let's just say it's been a while.

Amy Oana

Of all the things I thought I'd learn in foundation year training, how to work Zoom was not one of them! When lockdown first started, I was still off on annual leave, having just got married a few days

Laura Grocutt

I am a final year trainee specialising in Radiotherapy at the Beatson West of Scotland Cancer Centre in Glasgow. At the beginning of lockdown, our department was still running at full capacity with

George Bruce

Before the COVID-19 pandemic I was a foundation year trainee starting my rotation in Radiotherapy, following a successful MRI and Nuclear Medicine block. Due to the disruption caused by the

Eilidh Avison

Unlike a lot of trainees I have been in the hospital basically full-time for the duration of the pandemic, except for one week where all the other Nuclear Medicine physicists were self-isolating!

Jenny McCormick

When lockdown started, I was 2 weeks into my radiation protection rotation; the department was

The Trainee Blog-IPEM SCOPE Article

- The blog posts were summarised for an article in IPEM's SCOPE Magazine Dec 2020 issue



Pre-Registration Clinical Scientist Rebecca Space on how the Scottish Medical Physics and Engineering Trainee Network have been sharing training experiences virtually during lockdown.

Becoming a clinical scientist: training in a pandemic

The COVID-19 pandemic has reduced change and challenged us more than ever. The effects of which have been contrasted for many in the Scottish Medical Physics and Engineering Training Network (SMETN), as they prepared for a new normal way of working.

With the cessation of training meetings and the onset of remote working, the SMETN has had to re-evaluate its activities for trainees across all years to extend their work days, allowing us to stay connected and there's also to help the network maintain and improve during lockdown.

Work-life balance: getting it right
Finding a balance between work and home has been the biggest challenge for many. Problems who have had their bedtime disrupted either and don't get the "9-5 culture" as training and then a lot of time focusing with support from SMETN has been made possible for the many problems that are experienced.

Increased responsibility and tasks undertaken:
With some practices still working on-site either full or part time, the days were encouraged as a way for trainees share with the network any tasks they have been involved with and support the work of help outside COVID-19 issues. Among our first year trainees are those who have been an expert in radiography, nuclear medicine, medical physics and MRI - and all have taken on the role of COVID-19 pandemic to deliver work.

Each year as a training radiography physicist, trainees have enjoyed

working hard to complete equipment we've not made practice and our work in the department was to be very challenging environment.

With the pandemic has caused disruption to many of the training plans. The start of working now was put on hold for a few of the training in your trainees. Our trainees have taken the opportunity to proactively start their own projects in MRI had more to be had as a placement last year's work which they have had to be "just work in my way". This has allowed them to be involved in COVID-19 research and help the MRI physics in the department to be able to deliver patient safety practice. Whilst there is a challenge in terms of providing company resources to provide training while being in a virtual environment, the challenge that COVID-19 has posed. A network of people for medical physics has been working behind the scenes performing and job to ensure radiographic imaging tasks are in a safe working order and learning about how COVID-19 exposure prevention on S-ray and CT images. The department has been

of the help on during the second week of their first month for placement, leading to clinical departments with very low patient. This week I didn't get a lot of work very common in other months. Although had plenty of time with the various quality and equipment work. This week has since proved how their radiography placement where MRI trainees has been set up so that there is less time from patients who are working from home - and be a example of how virtual training has helped the trainees to continue learning and stay on track with their training plan.

Staying optimistic about change
The aspect of the network has been to give the trainees a chance to network and offer support in the network and offer support in the network and offer support in the network and offer support in the network.

THANKS
I would like to thank the network for the support and training opportunities that allowed me to be a part of the network and offer support in the network and offer support in the network.

STRIKING A BALANCE BETWEEN WORK AND HOME LIFE HAS BEEN THE KEY CHALLENGE FOR MANY TRAINEES

WINTER 2020
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WINTER 2020



What we Learned

- Challenges faced by trainees

Isolation from supervisors

Practical training on hold for many

Lack of access to specific software/NHS systems

Specialism Year Trainees' innovation projects put on hold

Striking a work-life balance when faced with a bedroom/kitchen/living room as the new office, a pet as the new office buddy or finding some time away from the desk!

What we Learned

- Staying optimistic about change:

Improved self-motivation

Embracing new communication methods

Improved communication amongst trainees

Reassurance provided by the trainee network

Access/time to attend webinars and conferences

Ability to adapt quickly to new situations/ways of working

Prioritise work that is imperative for the department to function day to day

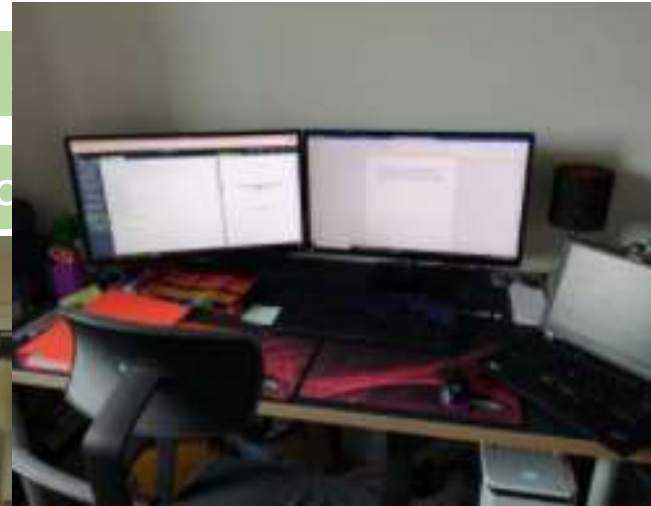
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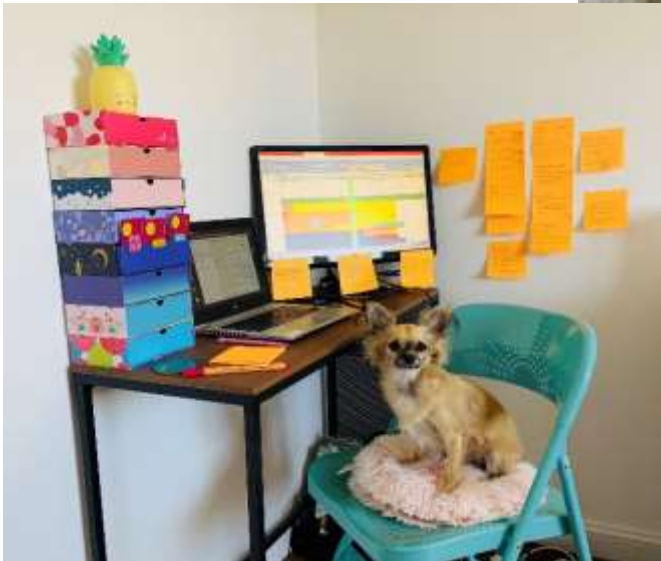


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Next Steps

- Trainee Blog was a first step in improved communication amongst trainees.
- Virtual meeting held to welcome new trainees on-board!
- Scottish Trainee Network joined MS Teams
- Still in its infancy:
 - Mentorship Program
 - Lambda Society – *“Creative science communication to get people on the same wavelength.”*



Closing Remarks

- COVID-19 pandemic has undoubtedly introduced change and challenge for all trainees.
- The trainee blog brought trainees together (whilst maintaining social distancing!) and sparked the use of other platforms to encourage trainees to share ideas and voice any concerns/issues.