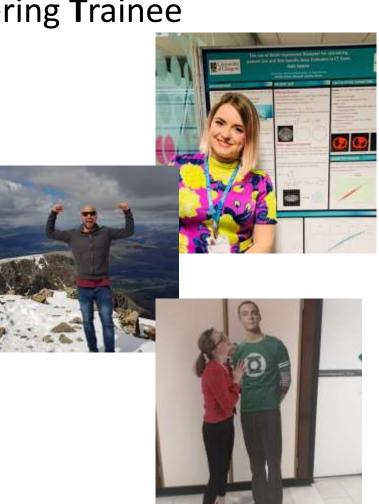




Who we are

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



S. 1110

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

Becoming a clinical scientist: training in a pandemic

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• 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!



• Staying optimistic about change:

Improved self-motivation

Embracing new communication methods

Improved communication amongst trainees

Reassurance provided by the trainee network

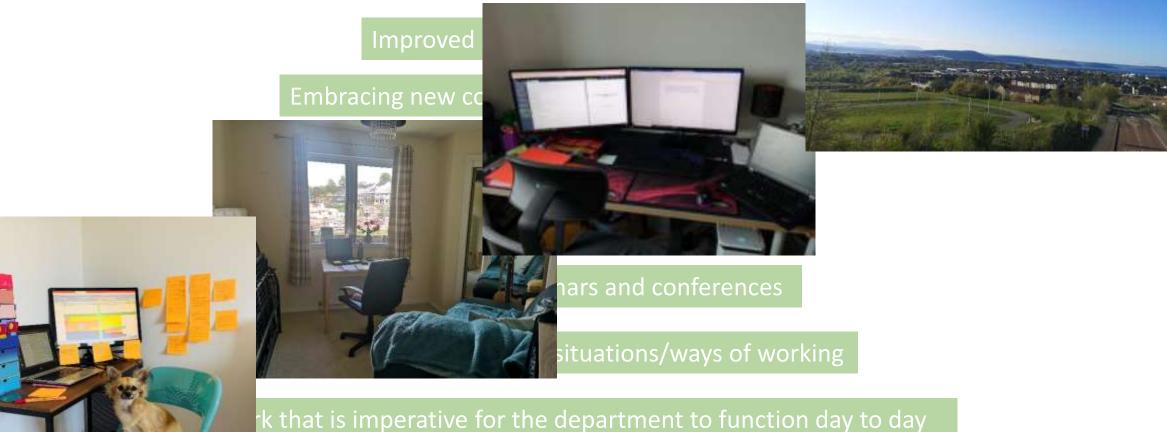
Access/time to attend webinars and conferences

Ability to adapt quickly to new situations/ways of working

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

Learning how NHS pathways and procedures adapt to ever-changing circumstances

• Staying optimistic about change:



HS pathways and procedures adapt to ever-changing circumstances



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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.