

Top tips for new F1s

General
Medical
Council

(from F1 and F2 doctors)



Wear clothes with pockets! They're handy for carrying pens, hand gel, etc.



It's ok to ask questions and to ask for help. Speak up, challenge senior colleagues and ask for feedback. The day you stop asking questions is the day you stop learning.



Keep on top of the e-portfolio. Send out your requests for feedback early and chase them up, stay up to date with curriculum linking, and identify any difficult parts of the curriculum to follow up with e-learning.



Raise a concern if something seems wrong. Find out how to raise a concern and what to do if you don't get a satisfactory response.



Learn how to make good referrals. Don't incur the wrath of other teams by sending poor referrals. Get to know what each team needs and how their referral system works.



Book your holidays early. If you can request leave in the rotation you're in, organise it early. If you are allocated leave, make sure you book something nice to do!



Be honest when something goes wrong. A sincere apology when something goes wrong is less likely to lead to a complaint.



Written communication is key. Keep clear records – if it's not written down, it didn't happen. Emails are open to Freedom of Information requests, so write with that in mind. And use your NHS account only.



Remember issues of consent and capacity. Get to know the legal requirements around mental capacity. And find out who are the safeguarding leads, Caldicott guardians and Deprivation of Liberty Safeguards at your hospital or trust.



Get support throughout your career – your educational supervisor can give you support with education issues and offer pastoral care. And you can access our range of guidance and interactive learning tools at www.gmc-uk.org/toolsfordrs.

First week checklist

- Find out where you can get a clipboard and pens
- Find out where you can store valuables safely – or leave them at home
- Check how often you are entitled to breaks the best place to go for them
- If you set up or join a WhatsApp group with other F1s – eg to help locate doctors and make referrals – be careful not to breach confidentiality
- Make a list of useful phone numbers, including education and clinical supervisors – your hospital might have an induction app that includes these
- Check where to find guidelines for your hospital – eg on the intranet
- Put information you need to access quickly on your phone – eg drug doses, referral guides – and take your charger to work!
- Download useful apps:
 - GMC My CPD – to record your learning
 - Dr Toolbox – accessible information on how to carry out essential tasks in your hospital
 - British National Formulary (BNF) – download this for free with your OpenAthens log in
 - MicroGuide – for your hospital’s antimicrobial protocol
 - QUICK medicine – a key facts guide to medical conditions and diseases
 - CliniCalc Medical Calculator or MedCalX
 - Oxford Handbook
 - Medscape – for point of care decision making
 - TOXBASE – clinical toxicology database
 - find my phone.
- Get to know the porters, ward clerks, receptionists and nurses – build a community for yourself
- Say thank you to the people who’ve helped you – eg by bringing in biscuits or making coffee

Thank you to all the foundation doctors and hospital staff who suggested these top tips.