

ARCP FELLOWSHIP REPORT

NHS Thames Valley Primary Care Fellowship 2023: ARCP
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The ARCP Primary Care Fellowship has proven invaluable for both my personal growth and career progression. I also hope that my projects will have an impact on the ARCP team. This report summarises my experiences and learnings related to the fellowship throughout 2023.

ARCP Panel: At the start of the fellowship I was unsure and slightly apprehensive about how to utilise the time effectively. I spent the initial few months gaining an Understanding and Experience of the ARCP Panel. I underwent training with the previous ARCP fellows and ARCP chairs to understand the ARCP panel's role and functions. Initially I observed panels in action, offering insights into the decision-making processes. Eventually becoming an ARCP panel member. and actively participated in multiple panels.

Quality Improvement (QI) Projects: With the ARCP system undergoing changes, 2023 saw Local VTS TPDs pre-assessing trainee portfolios prior to panel my first QI initiative was creating a "Top Tips" guide to ease TPDs into this process. Subsequently, my main project revolved around an FAQ document addressing recurrent ARCP-related queries, drawing from resources like Gold Guide, RCGP, and Fourteen Fish. This comprehensive guide, which is nearing its completion, will hopefully feature on the deanery's ARCP website resources, offering clarity and guidance to both panel members and trainers and trainees.

Personal and Career Development: The fellowship's CPD program was exceptional. I found in particular the sessions on compassionate leadership and facilitation useful and easily applicable within roles I already undertake. A notable experience was my coordination of the ARCP conference in Oxford. While the event was well-received, feedback suggests areas for refinement. I enjoyed the chance to practice my new facilitation skills and would welcome further opportunities to practice and refine this skill. This fellowship reignited my interest in medical education and during this year I've been approved as a GP clinical supervisor and eagerly anticipate my first trainee later this year. Additional I've been able to attend medical education events within the deanery such as Faculty day and a Tutorial skills course which were great networking as well as educational opportunities. Finally I've improved my IT proficiency, particularly in Adobe Pro and Canva for document creation.

Conclusion: This year has been instrumental in my professional development from organisational skills to IT proficiencies, I've amassed a wider skill set which I hope to implement in my GP role and also medical education setting. The fellowship program was a positive experience, and I wholeheartedly endorse it to prospective applicants.

