**Curricular O&G Courses**

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| --- | --- | --- | --- |
|   |   | From  | Cost  |
| ATSM course x 2   | ST6/7  | Training matrix  | ~£550 each  |
| Wessex Leadership and Management course  | ST6/7  | Training matrix  | N/A |

# Essential Courses ST1/2

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| --- | --- | --- | --- |
|   |   | From  | Cost  |
| Basic Practical Skills in Obstetrics and Gynaecology   | ST1  | Training matrix   | ~£750 RCOG Franchised course (available in Portsmouth)   |
| CTG training (usually eLearning package) and other local mandatory training  | ST1  | Training matrix  | ~£200 (External day only) Free e-learning or in-house  |
| Obstetric emergency simulation course (e.g. PROMPT/ ALSO/other)  | ST1  | Training matrix  | ~£300 for ALSO (PROMPT free in local units and completed annually ST1-7)  |
| Basic Ultrasound Theory   | ST2  | Training matrix  | Free in Wessex  |
| Obstetric simulation course – ROBUST or equivalent  | ST2/3  | Training matrix  | Free in Wessex, in house- Southampton  |
| 3rd degree tear course  | ST2  | Training matrix  | Available in Winchester & Plymouth. £50-£200  |
| Resilience courses e.g. STEP-UP for ST2 and Keep calm workshop for ST1  | ST1/2  | Training matrix  | Free in Wessex  |
| RCOG part 1 revision courses  | ST1/2  |   | e.g. Birmingham ~£370  |
| Patient Safety/Risk course  | ST1/2  | Deanery requirement  | Free in Wessex  |

# ST3-5

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|   |   | From  | Cost  |
| Gynaecology Minimal Access Training (GMAT) Simulation and theory training in laparoscopy/hysteroscopy  | ST 1-4  |   | Subsidised by deanery, £50 per person  |
| RCOG part 2/3 revision courses  |   |   | ~£1700 total  |
| Formal teaching course ‘ *formal speciality teaching by ST5’*   |   |   | e.g. Tomorrow’s Teachers- Free via Deanery currently  |

# ST6-7

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|  |  |  | (Lead and Be Led- free ST3-5 via deanery Run up to Interview free via deanery).  |

**Discretionary courses/conferences**: trainees are encouraged to have oral or poster presentations to enhance CV. Attendance at appropriate conferences to be discussed with Educational supervisor/college tutor/TPD for personal development, learning and networking. The RCOG matrix requirements include presentations outside own department at ST4+.