**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

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | 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+.