

**Integrated Training Post
in General Practice/Elderly Care
at the West Cumbria Vocational Training Scheme**

In the traditional SHO training posts in Elderly Care Medicine emphasis has always been on acute care and ward work. Modern training in General Practice need to reflect the current trend in chronic health conditions in the population, which would account for 80% of General Practitioners consultations. Majority of these patients with chronic conditions would be Elderly.

The post holder will gain experience in managing chronic conditions in the elderly and gain experience in handling multiple chronic conditions in an individual. There would be a chance to gain experience in working in a multidisciplinary environment and to gain experience in managing patients with stroke, mechanisms to reduce disability and promote health in old age, parkinsons' disease, osteoporosis, mental health problems in old age, therapeutics in old age and management of urinary incontinence.

There would also be opportunity to see how the interface between hospital and community works by working with intermediate care teams and learning how to involve other stakeholders in supporting older people in the community. There would many opportunities to attend clinics in acute hospital as well as attend clinics in community hospitals.

The post holder would gain experience in palliative care and in the ethics of managing older people at the end of their life.

Specific learning objectives would be based on the Core Curriculum for Senior House Officer in General (Internal) Medicine and the Medical Specialties. The objectives can be adapted to meet trainees' needs using the appraisal record within the first two weeks in the post. The objectives would include Generic skills – Good clinical care, communication skills, maintaining good medical practice and working with colleagues, and core skills in Geriatric Medicine, which will include learning about Geriatric Giants – Immobility, Falls, Incontinence and Intellectual impairment.

Attending clinics in a supernumerary capacity. Formal teaching sessions in Medicine and Elderly Care. Attending multi-disciplinary meetings, clinics, covering wards and pursuing learning objectives.

50% of the week is spent in General Practice and 50% is spent in Elderly Care.