

# **Out of Hours FAQ**

## **Do I get paid extra for OOH shifts?**

In North Cumbria as part of your employment with The Lead Employer Trust, you are paid an out of hours supplement which is an enhanced payment on top of your core hours.

## **Will my pay reduce with the reduction in OOH shifts requirements?**

No, your pay will not be affected as you are paid a supplement which is not affected by the number of hours you work.

## **Do the hours I do in OOH get deducted from my working week total?**

Under the new Junior Doctor Contract any time spent working out of hours will not be additional to the 40h working week but will be deducted from it. It is recommended that these be taken back in the week that you do the OOH shift so you do not exceed a 40h week.

## **How many shifts do I need to do in OOH?**

Trainees in ST3 years who are working in GP posts are required to do **24 hours of out of hours shifts per 6 months pro rata starting in February 2022.**

## **If I am doing a full year in GP how many shifts do I have to do each 6 months?**

You should aim to do 24 hours per 6 months (pro rata). If you have not managed to fit all your shifts into the first 6 months you should aim to do 48 hours per 12 months (pro rata) by making up in the second 6 months. If you have

done more than 24 hours in your first 6 months, then you will only need to do less in your second 6 months. The aim should be 48 hours in 12 months overall.

### **If I am on an extension to training do I need to continue to do OOH shifts?**

No, you do not need to continue to do OOH shifts when on an extension unless this has been specifically stipulated as part of your educational development of your extension.

Trainees on an extension or receiving targeted training should by the end of their training, have completed, at a minimum, the same number of sessions as a standard trainee.

### **I am a ST1/ST2 GP Trainee do I need to do OOH shifts?**

ST1 and ST2 GP Trainees are not required to do any OOH shifts

They should be prepared for later work in this field by:

Experience gathered through educational interventions which could include telephone triage, consulting skills in hours

Observation of urgent / unscheduled care provision within hours

In hours experiential work in the practice

### **What do I need to do to start doing OOH shifts?**

- All trainees need to be rated amber or green to undertake out of hours work. Any trainee rated red should be actively withdrawn from their OOH commitments and

the matter referred to their support TPD/Training Programme.

- Your adult and child safeguarding requirements should be up to date.
- You should attend the Cumbria Health on Call OOH Induction course.

## **What about about the European Working Time Directive?**

Please note that this still applies, and any OOH schedule will need to maintain the necessary breaks / maximum shift lengths. The maximum shift is 13 hours and there has to be an 11-hour break. So, for example, if a trainee does a 6.30pm-12.30am shift they can only start work at 11.30am on the day of the shift and 11.30 the day after the shift. If that then results in them working less than 40 hours that week, they will need to work the “missing” hours elsewhere (not necessarily in the same week).

It is important that you also visit the [HEE OOH area](#) - this provides details of the regulations regarding out of hours training, the EWTD and includes the most up to date versions of forms.

## **What Paperwork requires completion?**

- OOH1 – Form for recording your shifts. Needs to be uploaded to e-portfolio
- OOH2 – Trainee feedback for Clinical Supervisor
- OOH3, OOH4 and OOH5 – Confirmation of Red/Amber/Green status for solo working

## **What is the OOH Induction Course?**

Cumbria Health On-Call (CHOC) provide the local GP out-of-hours service.

Before commencing OOH work all trainees must attend the OOH training provided by CHOC at their highly regarded induction course run as a series of training sessions over 3 days in ST2. Once completed attendees can start their OOH work under the supervision of an experienced GP. For some trainees, the course will take place during their last hospital post and so their OOH work will start once they return to practice in their next placement. Attendance at this course forms part of evidence towards competence in Urgent and Unscheduled care.

- We expect that all GP registrars will complete the Out of Hours Training Course during their training.
- Time for attendance of the course will be taken out of formal study leave. Application for this must be made to the Training Practice or Hospital Trust (depending on what post the trainee is doing at the time of the course) in good time to ensure that it can be approved.

### **How can I find a Clinical Supervisors for OOH?**

Some GP trainees have trainers who do not do OOH work. In these circumstances, the CHoC holds an up-to-date list of doctors who have agreed to adopt the role of Out of Hours Clinical Supervisor for GPRs other than their own, or are CHOC Salaried GPs. If you are in need of an Out of Hours Clinical Supervisor please contact the CHoC office: 01228 514830 or Email: [office@choc.nhs.uk](mailto:office@choc.nhs.uk)

### **Where can I find the CHoC OOH Clinical Guidelines?**

These are found on the [CHoC website](#) in the staff area (username and password required). To obtain a password email [office@choc.nhs.uk](mailto:office@choc.nhs.uk).

## **Cumbria Health on Call (CHoC. Ltd) Contact Details**

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