**NHS Lanarkshire – Medical Directorate – Interim FY1 Reflective Practice Groups**

**‘Supporting interim foundation doctors during the Covid pandemic’**

At the outset of the Covid-19 pandemic, final year medical students across the United Kingdom were given the opportunity to graduate early and support the NHS by working as interim foundation doctors, known as ‘FiY1s’. Their medical registration was expedited and they started their medical careers in April 2020. NHS Lanarkshire welcomed a total of 51 FiY1 doctors, who were based across University Hospitals Hairmyres, Monklands and Wishaw, as well as the Public Health team.

To support the FiY1s in their transition from student to doctor during this challenging time, weekly reflective practice groups were set-up at each of the acute hospital sites. The groups were facilitated by a clinical teaching fellow and hospital sub-deans. The groups provided FiY1s with a safe space to share their experiences and discuss the challenges of their role with peers. Topics of discussion included the challenges of communicating with colleagues and patient relatives, developing FY1 practical skills and coping with patient death.

FiY1s expressed that the sessions had been helpful, providing them a forum to meet their peers and to normalise the difficulties they were experiencing. Given the positive response, the reflective practice groups will be continued for the new group of FY1 doctors, with support from newly appointed wellbeing champions.

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