

# JUNIOR DOCTORS: WHO SHOULD YOU ASK FOR HELP?

For most issues, your **Clinical and Educational Supervisors** are the best first points of contact. This guide shows you some additional options of who and how who to escalate different types of concerns.

	1	2	3
<b>WORKING ENVIRONMENT</b> Rota, annual leave, IT, rest facilities, changing/showering facilities, induction	CLINICAL LEAD/ CHARGE NURSE	SITE ADME (MED ED TEAM)	TRICKLE
<b>COLLEAGUES</b> Bullying, discrimination, undermining, micro-agressions	CLINICAL LEAD/ CHARGE NURSE	SITE ADME (MED ED TEAM)	FOUNDATION PROGRAMME DIRECTOR/TPD
<b>SUPERVISION</b> Clinical, pastoral, training	FOUNDATION PROGRAMME DIRECTOR/TPD	SITE ADME (MED ED TEAM)	ASSOC POSTGRAD DEAN OR GP DIRECTOR
<b>TRAINING ENVIRONMENT</b> Educational opportunities, study leave, on-the-job training, other training opportunities, teaching	CLINICAL DIRECTOR OF DEPARTMENT	SITE ADME (MED ED TEAM)	FOUNDATION PROGRAMME DIRECTOR/TPD
<b>PATIENT SAFETY</b> Always consult the supervising consultant immediately	SUPERVISING CONSULTANT	CLINICAL LEAD/ CHARGE NURSE	SITE ADME (MED ED TEAM)
<b>TRAINING CURRICULUM</b> Portfolio, ARCP requirements, competency sign-offs	TRAINING PROGRAMME ADMIN	FOUNDATION PROGRAMME DIRECTOR/TPD	ASSOC POSTGRAD DEAN OR GP DIRECTOR

## SPECIALISED ISSUES

HR can help with employment issues. For your health, see your GP or occupational health.

## PEER SUPPORT

Don't forget you can always speak to trainee reps or chief registrars for help as well.

## CONFIDENTIAL OPTIONS

If you have concerns and wish to remain confidential, you can use SpeakUp or TRICKLE .

See more details like contact information and what kinds of responses you can expect by scanning the QR code >

Thoughts/suggestions/feedback on this poster welcomed at: [cdf@nhslothian.scot.nhs.uk](mailto:cdf@nhslothian.scot.nhs.uk)

