Taking the FAR out of the FARGP

Reflections of four FARGP candidates

Dr Kelly Seach
Dr Liz Wearne
• Outline of the FARGP, why does it exist?

• Who are we, and why did we do the FARGP the way we did?

• What did we learn?

• What do you think?
Icebreaker...
a bit of History...
Components of the FARGP

• Learning plan and reflection
• Working in Rural GP*
  – A 6 month community based project
• Two Emergency Medicine activities and courses*
• 12 months of accredited rural training post*

*extensive RPL available
### Summary of changes to the FARGP

<table>
<thead>
<tr>
<th>Old FARGP</th>
<th>New FARGP</th>
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<tbody>
<tr>
<td>Complete a learning plan</td>
<td>Complete learning plan and reflection</td>
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<tr>
<td>Complete core module of activities <em>Working in Rural General Practice</em></td>
<td>Complete a 6 month project for <em>Working in Rural General Practice</em></td>
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<tr>
<td>Complete core module <em>Emergency Medicine</em></td>
<td>Complete revised <em>Emergency Medicine</em> activities</td>
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<tr>
<td>Complete 160 hours of educational activities and submit evidence</td>
<td>No longer required – normal CPD and training identified in the learning plan can be undertaken as needed or as part of general practice training</td>
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<tr>
<td>Submit a portfolio for assessment</td>
<td>No longer required – assessment is formative and shared between the RTP/mentor and the NRF</td>
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<tr>
<td>Complete 12 months of advanced rural skills training (ARST) in an accredited training post</td>
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• Previous ‘Working in Rural General Practice’ modules
  – 15 Activities + evaluation
  – Self-reflection/written responses to articles
  – Onerous, time-consuming and quickly outdated

• New FARGP aims to be more responsive to each candidates circumstances
Where are we?

Kelly Maffra

Christine Heyfield

Liz Lakes Entrance

Sara Mallacoota
Graduated 2002
PGPPP 2005 (Lakes Entrance)
Starts GP training 2006
Baby #1 2007
FRACGP exam 2008
Irish exchange 2009
Baby #2 2009
**FARGP enrolment 2009**
(Small town ARSP in Maffra)
Practice partner 2010 - Maffra
FRACGP …..last week!

Graduated 2001
Married 2000
Graduated 2001
RRAPP 2003 (NE Arnhem Land)
Baby #1 2003
**FARGP enrolment 2005**
(Initially ARSP Aboriginal Health, changed to Small Town in 2006)
RACGP exam 2006
**FRACGP 2008**
Baby #2 2007
Practice partner 2009 Mallacoota
Baby #3 2010

Graduated 2002
GP training started 2006
Irish exchange 2007
RLO 2008
**FARGP enrolment 2009**
(Aboriginal Health ARSP East Gippsland)
RACGP Exam 2009
**FRACGP 2010**
Works community health/ACCHO/VMO
Medical Educator SGPT 2010 - present

Graduated 2001
O&G training program 2004-2006
Married 2006
Baby #1 2007
Starts GP training 2007
RACGP exam 2009
**FRACGP 2010**
**FARGP enrolment 2011**
(Small town ARSP – Heyfield)
Relocates to Brisbane 2012
Where did we get traction?
Getting together...
What did we talk about?

- Roles
- Rurality
- Guidelines
- Skills
- Resources
- Business
- Politics
- Geography
Benefits of our approach

• Structured, shared agenda
  – Flexible, dynamic
  – Allowed broader discussion

• Collaborative vs isolated
  – More ideas, more perspectives

• New network/friendships

• Facilitation & mentorship BEYOND supervisors, training advisors, ECTVs
  – Gave historical context
  – Sense of authority/support & mentorship
Benefits…

- We were efficient and productive!
  - Self-set tasks and guidelines
  - Shared responsibility
So what thoughts emerged??

• Renewed interest in issues
• Sense of collegiality/support
• Reflect on our own journey to date – shared experiences

• Felt validated
  – “I’m not the only one feeling that way!”
Negatives....

Travel
Loss of weekend time
Loss of momentum once group disbanded
Where are we now?

“...so I'm letting you know that I have thrown those modules into the rubbish bin this afternoon (with less satisfaction than I was hoping to get and more disappointment) and I guess I will have to withdraw from the FARGP which makes me feel terrible because I have pretty much fulfilled all the other requirements...”
Reflections
Small groups

• Networks
  – How do you network?
  – Has this changed over time?
  – What makes a good network?
  – Formal/informal?
  – Do incentives make networking better/easier?
  – Use of technology?

• Mentors
  – Who?
  – How do you find a mentor, or become one?
  – What makes a good mentor?
  – Should registrars seek mentors outside the RTP?
  – When are mentors important?
Thank you!

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