

# West of Scotland Anaesthetic Peer Mentoring Programme



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## Introduction

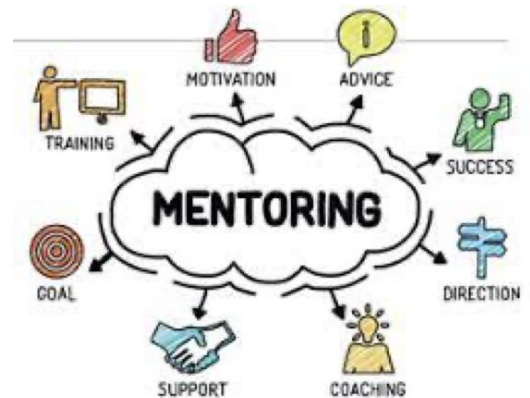
Mentoring is an invaluable, learnt and topical skill. The General Medical Council recommends that all doctors should be involved with mentoring<sup>[1]</sup>. We describe creating and running the West of Scotland (WoS) Anaesthetic Peer Mentoring Programme, which allows trainees to have a named 1:1 peer mentor to support professional and/or personal aspects of their training. Given its wide geographical range, the WoS programme lends itself well in supporting the biggest collective of anaesthetic trainees within Scotland.

## Aims of the programme

- Support anaesthetic trainees following COVID-19 pandemic and introduction of 2021 curriculum
- “Near-peer”, 2-3 years seniority
- Mentee-led, voluntary, opt-in
- Mentees: CT1 - ST7
- Mentors: CT3 - new consultants
- Promote informal and longitudinal peer mentoring
- Allow WoS anaesthetists to experience receiving and delivering mentoring
- Pair members based on similar personal and professional interests
- Safety aspect: contract, confidentiality statement, links with WoS deanery

## Next steps

- Develop and grow our programme
- Widen interest and access to mentoring
- Signpost those interested towards AAGBI & RCPSG formal mentoring programmes
- Refine our model into a standardised cross-specialty resource for trainees across Scotland



Picture 1 - A simple guide to mentoring<sup>[2]</sup>

## Results of the programme so far

- 110 participants since 2021
- 38 mentee only, 42 mentor only, 30 fulfil both roles
- Faculty check in regularly and are contactable to troubleshoot or rearrange pairings
- Well received by annual feedback
- Continue to attract new trainees at each intake
- Programme continues to evolve and our network and faculty is growing

## References:

1. General Medical Council (2012). 'Leadership and management for all doctors'. Available at: [https://www.gmc-uk.org/-/media/documents/leadership-and-management-for-all-doctors---english-1015\\_pdf-48903400.pdf](https://www.gmc-uk.org/-/media/documents/leadership-and-management-for-all-doctors---english-1015_pdf-48903400.pdf) (Accessed 7 April 2024).
2. Thambawita D. A simple guide to mentoring. [online]. Available at: <https://medium.com/@dilshan.t/a-simple-guide-to-mentoring-f761031b6194> (Accessed 9 April 2024)