**ST4 Waypoint Checklist For:**

**Complete by trainee:** *in Microsoft Word and then print out for ARCP panel*

**Breadth of experience:** *Please check (by clicking in box) the sub-specialty areas you have covered in 2y to date*

*Spine*  *Hands*  *Shoulder/Elbow*  *Paediatrics* *Hip* *Knee*  *Foot & Ankle*  *Tumour*  *Trauma*

**Operative Experience:**

Number of Emergency/Trauma cases in 2y to date  Number of elective cases in 2y to date

**Index Procedures:** *from e-logbook report*

Carpal tunnel decompression  knee arthroscopy and arthroscopic procedures  TKR  1st ray surgery  THR

DHS  hemiarthroplasty  external fixation  Weber B ankle  Tension Band Wiring  IM nailing

tendon repair (all)

**Numbers of Work Place Based Assessments in last 2y (ST3/4):**

**PBA/DOPS:**       **CEX:**       **CBD****:**       **MSF:**

**Critical conditions:** *Please check (by clicking in box) the critical condition CBDs you have done*

**1.**Compartment syndrome (any site).  **2.** Neurovascular injuries (any site).  **3.** Cauda equina syndrome  **4.** Immediate assessment, care and referral of spinal trauma.  **5.** Spinal infections  **6.** Complications of inflammatory spinal conditions.  **7.** Metastatic spinal compression.

**8.** The painful spine in the child.  **9.** Physiological response to trauma.  **10.** The painful hip.

**Audit/Research/Study Leave**

How many audit projects (against a clear standard) have you done in last 2y

Name one in which the audit loop closed.

Have you undertaken a GCP course that is current & valid

How many posters and presentations of work in the last 2y

How many research projects have you got underway at moment

ATLS® valid until

How many days of study leave have you taken in the last 2y

How was this used? # days courses       # days Exam prep private study       # days other e.g.prof lve.

**Sign off by ARCP panel - using appropriate professional judgement**

**Breadth of experience:**

Covered 3 subspecialty areas 🞏

**Operative Experience:**

Overall volume: averaging 300 cases per year 🞏

Index Procedures: ~33% of way to most indicative numbers 🞏

[Carpal tunnel decompression (30) knee arthroscopy and arthroscopic procedures (40) TKR (40) 1st ray surgery (20) THR (40) DHS (40) hemiarthroplasty (40) external fixation (5) Weber B ankle (40) Tension Band Wiring (10) IM nailing (30) tendon repair (all) (20)]

Trauma elective split last 2y appropriate for jobs & heading to ~ 33%:66% split 🞏

Logbook shows appropriate proportion of Supervised cases in subspecialty areas 🞏

*(i.e. – not just assisting)*

**Work Place Based Assessments:**

Using full range of WBAs with appropriate balance*(50% procedure based:50% other)* 🞏

1x MSF/year 🞏

Numbers in region of 40/year over last 2 years 🞏

Is showing progression in PBAs with most primary PBAs at level 3 🞏

Has encouraged formative feedback in all WBAs 🞏

Is spreading WBAs over attachments 🞏

**Critical conditions:**

Has recorded CBDs in 75% of the critical conditions 🞏

**Audit/Research/Study Leave:**

Has undertaken 2 audit projects 🞏

Has 1 audit project with reasonable prospect of loop closure 🞏

Has undertaken a GCP course 🞏

1 presentation/Poster 🞏

Reasonable prospect of publication in next year 🞏

1 other project planned and likely to lead to presentation & publication 🞏

ATLS® in date 🞏

Good attendance at core curriculum & has otherwise made full use of study leave 🞏