

Professional Support Unit



The Professional Support Unit (PSU) provides a shared service of expert resources to support the professional development of clinicians in London & Kent, Surrey and Sussex.

Who can access the PSU?

Healthcare professionals within London & Kent, Surrey and Sussex region specifically:

- Postgraduate Doctors and Dentists who hold a London / KSS training number (Foundation years until CCT)
- Healthcare professionals between Bands 5 to 8 in a recognised training scheme such as nurse preceptorship or development for more specialised clinical roles
- London doctors who have completed and passed the entry requirements and have been offered a placement on the London Inducting, Returning and Retaining the Workforce schemes

**Developing people
for health and
healthcare**

www.hee.nhs.uk

What we offer



Resources

Careers Support including a range of 1:1 careers support sessions, from brief careers guidance to in-depth career counselling

The Coaching Service provides 1:1 coaching and is particularly designed to help trainees and learners in challenging situations that could prevent them from getting the most from their careers

e-Learning modules including:

- Clinical incidents
- IMG and EU Doctors eLearning Package
- Insight
- Medicines Management
- Prescribing
- Professional Boundaries
- Professionalism
- Record keeping
- Reflective Writing Skills
- Stress, Mental Health and Wellbeing in the Workplace
- Undermining and Conflict in the Workplace

Go to www.lpmde.ac.uk/ldper

Individual Support Team

- One-to-one confidential meeting with our clinical staff
- Recommendations concerning the development of a personal development plan (PDP) and advice about how to put this into action
- Suggestions and sign-posting to other services such as coaching and mentoring
- Advice about courses, educational activities and support services.

Inducting, Returning and Retaining the Workforce

- including:
- GP Induction & Refresher Scheme
 - Clinical Apprenticeship Placement Scheme
 - GP Retainer Scheme
 - Supported Return to Training (SupportRTT)

Trainee Doctors & Dentists Support Service (TDDSS):

A range of interventions to support trainees including:

- Access to online CBT support tools
- Drop in peer support/reflective practice group
- Individual support
- Access to psychoeducational groups e.g. Mindfulness programme
- Programme of topic based events e.g. exam stress

Specialist Clinical Communication & Linguistic Services

- including:
- 1:1 communication learning needs reviews
 - Assertiveness
 - Resilience
 - Linguistic skills
 - Exam preparation workshop
 - CASC exam support
 - CSA exam practice

Advice

- Clinician-specific and general advice to education and service providers and regulators, including contributing to the developing action plans
- In-house Occupational Health expertise to inform local policy and to optimise access to OH services pan-London.

How to access

Self-referral either to the specific resources or through our online application form available at www.lpmde.ac.uk/psu-form

Further information

Please visit the PSU page at www.lpmde.ac.uk/psu
Email: psu.lase@hee.nhs.uk

For TDDSS, please call: 020 3049 4505

Referrals are handled confidentially as set out in our confidentiality and privacy policy.