

Canllawiau Sesiynau Blasu Ysgol Sylfaen Cymru



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Cymru (AaGIC)
Health Education and
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Wales Foundation School Taster Guidance

Diffiniad o Sesiwn Blasu:

Mae sesiwn blasu yn gyfnod o hyd at bum diwrnod, a dreulir mewn Arbenigedd lle nad yw'r meddyg Sylfaen wedi gweithio o'r blaen. Ei bwrpas yw galluogi datblygu mewnwelediad i waith a 'ffordd o fyw' yr arbenigedd a hyrwyddo myfyrio gyrfaoedd. [Sesiynau blasu arbenigol ar gyfer meddygon sylfaen - UKFPO](#)

Dylid cymryd sesiynau blasu yn ysbyty neu fwrdd iechyd sylfaen y meddyg Sylfaen; efallai y byddai'n bosibl iddynt gael eu trefnu mewn byrddau iechyd cyfagos yng Nghymru.

Nodau:

- Archwilio'r hyn sydd ei angen i lwyddo a chynnydd o fewn yr Arbenigedd.
- Treulio amser gydag uwch glinigwyr yn yr Arbenigedd; arsylwi sut beth yw gwaith o ddydd i ddydd a chydbwysedd gwaith/bywyd.
- Treulio amser gyda Phreswylwyr presennol o bob gradd yn yr Arbenigedd; arsylwi gwaith, trafod sut y gwnaethpwyd dewisiadau gyrfa, dysgu am arholiadau ôl-raddedig, cwricwlwm, a mynediad at Arbenigedd.
- Treulio amser gyda'r MDT ehangach sy'n cefnogi'r Arbenigedd.
- Cyfleoedd i fynychu digwyddiadau addysg / hyfforddiant arbenigol. (Ni ellir defnyddio'r digwyddiadau hyn fel rhan o'ch cofnod dysgu Craidd.)

Definition of a Taster:

A taster is a period of up to five days, spent in a Specialty in which the Foundation doctor has not previously worked. Its purpose is to enable the development of insight into the work and 'lifestyle' of the specialty and promote careers reflection. [Specialty tasters for foundation doctors - UKFPO](#)

Tasters should be taken in the Foundation doctor's base hospital or health board; it may be possible for them to be arranged in neighbouring health boards within Wales.

Aims:

- Explore what is needed to succeed and progress within the Specialty.
- Spend time with senior clinicians in the Specialty; observing what day to day work is like and work/life balance.
- Spend time with current Residents of all grades in the Specialty; observing work, discuss how career choices were made, learning about post graduate exams, curricula, and entry into Specialty.
- Spend time with the wider MDT who support the Specialty.
- Opportunities to attend Specialty education/training events. (These events cannot be used as part of your Core learning log).

Ni ddylid defnyddio sesiynau blasu yn unig i gronni amser, cymwyseddau neu weithdrefnau mewn Arbenigedd gyda'r bwriad o hyrwyddo ceisiadau.



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Tasters must not be used simply to accrue time, competences, or procedures in a Specialty with a view to furthering applications.

Mynediad at Arbenigeddau:

- Os nad yw Arbenigedd ar gael yn eich ysbyty sylfaenol, yna gall eich FPD gynghori ble y gallech gael mynediad i'r Arbenigedd o fewn y bwrdd iechyd.
- Ni ellir ymgymryd â sesiynau blasu y tu allan i Gymru ac ni fyddant yn cael eu cefnogi gan NWSSP fel y cyflogwr arweiniol unigol neu AaGIC.
- Nid yw sesiynau blasu mewn meysydd uwch-arbenigol yn adlewyrchu'r hyfforddiant craidd mwy cyffredinol ar gyfer Arbenigeddau gyda llwybrau CCT adnabyddadwy e.e. nid oes angen cylchdro yn Ysbyty Great Ormand Street i ddysgu am hyfforddiant pediatriig craidd. Felly, dylid cymryd pob sesiwn blasu o fewn y Bwrdd Iechyd a ddyrannwyd ido, neu os nad yw ar gael, gellir trefnu'r Blasu yng Nghymru. Gwnewch yn siŵr bod gennych gymeradwyaeth y Cyfarwyddwr Rhaglen Sylfaen perthnasol ar gyfer hyn.

Gwyliau Blynnyddol a Sesiynau Blasu

Ni ddylid defnyddio gwyliau blynnyddol yn rheolaidd ar gyfer sesiynau blasu a gallai gyfrannu at flinder hyfforddi.

Accessing Specialities:

- If a Speciality is not available in your base hospital, then your FPD can advise where you may be able to access the Speciality within the health board.
- Tasters cannot be taken outside of Wales and will not be supported by NWSSP as the single lead employer or HEIW.
- Super Specialised tasters do not reflect the more generalist core training for Specialities with recognisable CCT routes e.g. a rotation in Great Ormand Street Hospital is not required to learn about core paediatric training. Therefore, all Tasters are to be taken within your allocated Health Board, or if not available, the Taster can be arranged for within Wales. Please ensure you have the relevant Foundation Programme Director approval for this.

Annual Leave and Tasters

Annual leave should not be routinely used for tasters and could contribute to training fatigue.