

ACTIVITY	CORE learning (Minimum of 30 hours to be logged IN TOTAL)	Non-core learning (to make up to a total of 60 hours minimum)	NOTES
<b>Trust F1 teaching programme Direct Training</b>	<b>YES</b>	NO	The Personal Learning Log (PLL) is a record of the FDs non-experiential learning.  Should include simulation and as many of the other Core Topics as possible. All foundation doctors are required to log a minimum of 30 hours of core learning and 60 hours of total learning (core and non-core) by the time of the ARCP.
<b>Direct Training</b>	<b>YES</b>	NO	Additional virtual F1 core teaching offered by Trusts or by individuals, over the whole region
<b>FLIGHT</b> Core Learning for all F2s <b>Direct Training</b>	<b>YES</b>	NO	NIMDTA F2 Core teaching covering the core topics and totals more than the required 30 hours (approx. 45 hours).
<b>Simulation training (F1/F2) Direct Training</b>	<b>YES</b>	NO	F1s and F2s can attend the same session and this is core learning time for both grades. There is no set amount of simulation to be logged, but all FDs must do some, and it is required as evidence for FPC2 at a minimum. Simulation evidence can also be linked to FPC 6, 8 and 10 and should be recorded on the LEARN form
<b>All SLEs:</b> MiniCEX; DOPs; CBD; LEARN; LEADER; DCT <b>Experiential learning</b>	NO	NO	SLEs are <b>Experiential learning</b> All other learning is logged in the Personal Learning Log (PLL) and is non-experiential learning i.e. <b>Direct training</b> and <b>Self-development</b>
<b>Non-core teaching</b> Xray meetings Journal clubs Teaching for mixed grades of doctors; M and M; MDTs; peer RV; Departmental teaching;; Grand Rounds etc	NO	<b>YES</b>	Non-core teaching is teaching that is not Foundation specific, and can be logged as <i>non-core learning</i> . A brief note should be added to justify inclusion where this is not self-evident.
Reading and writing <b>Reflections</b> that show 'internalisation' of material relevant to FPCs <b>Self development</b>	NO	<b>YES</b>	Personal reading and reflection can also be counted as <i>non-core learning</i> . Self Development Time (SDT) is available for updating eportfolio and writing reflections.
<b>Online modules</b> pertinent to the FPCs including SCRIPT and e-LfH* <b>Self development</b>	NO*	<b>YES</b>	All F1 doctors should be facilitated to attend as per the Key Standards. SCRIPT is not Foundation specific, but is strongly recommended.
<b>Induction</b> Not training	NO	NO	This is a Trust contractual and safety obligation and is not part of Foundation training
<b>Named courses:</b> ILS; ALS; ALERT; ATLS If F2, then S/L to attend Can link as evidence to FPCs	NO	NO	ILS (F1) and ALS (F2) in particular are to be encouraged but are not mandatory. They are very useful pieces of evidence which can be linked especially to FPC2, but not part of the Direct Teaching 60 hours. The ALS will continue to be supported by funding from NIMDTA

\*As the 2021 curriculum mandates Specific Areas of Core Learning, and the e-LfH modules have been mapped to these topics, the NIFS will permit ES discretion to count as core learning for F1 doctors, up to 5 of the 15 core topics in e-LfH modules. There should be good reason that the F1 doctor has been unable to attend the specific Trust or F1RST core teaching session for any e-LfH module submitted as summative evidence.