

Preparing for the next stage: The Foundation Programme Application System (FPAS)

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Your objectives for this session?

What would you like to be equipped to do?

- Secure the specialty rotation of your choice
- Work in your preferred location



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FPAS: a physiology exam

- FPAS, as its name indicates, is a system
- Understand its mechanisms
- Manipulate system to a desired outcome



Scoring highly (without cheating)

Like any exam, preparation is everything.
During medical school, ahead of FPAS:

- Work smart – use your time effectively
- Make smart choices
- Start as early as possible



Sources of information:

- www.foundationprogramme.nhs.uk
- FP/AFP 2016 Applicant's Handbook
- FP/AFP 2016 Application Presentation
- Thames Foundation Schools Academic Prospectus



But...

THERE WILL BE TIPS!



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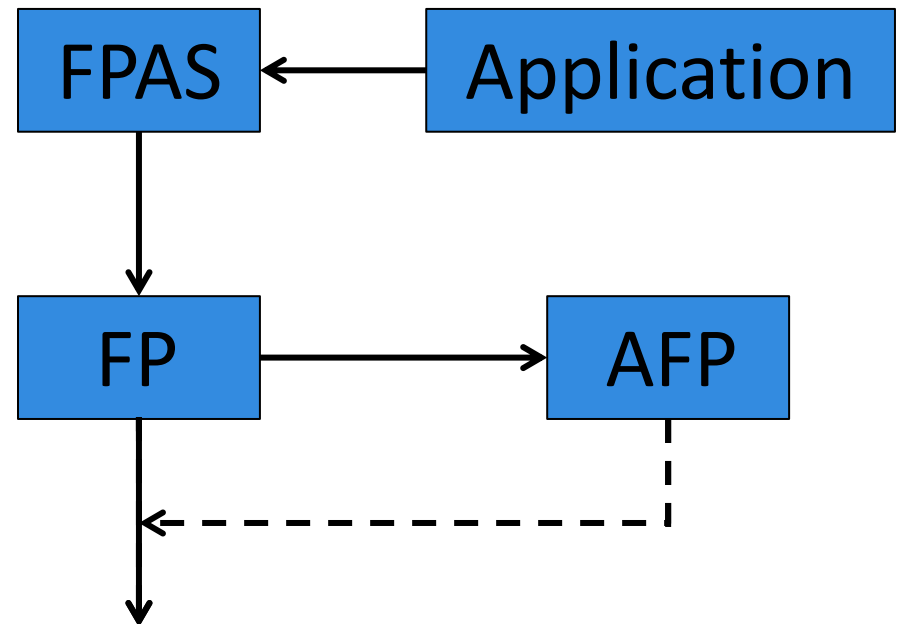
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“To AFP, or not to AFP?”

Two households, both alike in dignity...



"Somewhere in the world someone just misquoted Shakespeare. I can sense it."



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TIP NO. 1

You lose nothing by applying to the Academic Foundation Programme.

Make smart choices

(To be continued...)



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Timeline for FP applications

1. Medical schools nominate eligible applicants
2. UKFPO checks eligibility
3. Applicants register their FPAS log-in details
4. Online FPAS form goes live – 2 week window



Scoring FP applications

100 points available

- Educational Performance Measure (EPM)
 - Maximum 50 points
- Situational Judgement Test (SJT)
 - Maximum 50 points



Scoring FP applications: the EPM (1)

- Each UK medical school divides its year group into 10 equal groups (deciles) based on performance in a number of assessments, as agreed with its students
- Your UK medical school will supply your EPM decile score and it will be uploaded onto FPAS



Scoring FP applications: the EPM (2)

Decile rank	Number of points
1	43
2	42
3	41
4	40
5	39
6	38
7	37
8	36
9	35
10	34

**Maximum
43 points**



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TIP NO. 2

Find out which assessments your medical school uses to calculate its EPM deciles:
some exams may be worth prioritising

Work smart – use your time effectively



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Scoring FP applications: the EPM (3)

Maximum 5 points

- Applicants earn points for additional degrees that have been awarded by the time of application to the Foundation Programme (either prior to medical school or an intercalated degree).



Scoring FP applications: the EPM (4)

Previous degree	Number of points
<ul style="list-style-type: none">• Doctoral degree (PhD, DPhil, etc)	5
<ul style="list-style-type: none">• Postgraduate Master's degree• 1st class honours degree• Bachelor of Dental Surgery (BDS)• B Veterinary Medicine (B Vet Med)• MPharm Distinction	4
<ul style="list-style-type: none">• 2.1 class honours degree• 1st class BMedSci awarded at University of Nottingham• MPharm Merit	3
<ul style="list-style-type: none">• 2.2 class honours degree• 2.1 BMedSci awarded at University of Nottingham• MPharm Pass	2
<ul style="list-style-type: none">• 3rd class honours degree• Unclassified or ordinary degree• 2.2 class BMedSci awarded at University of Nottingham	1
<ul style="list-style-type: none">• Primary medical qualification only• 3rd class BMedSci awarded at University of Nottingham	0

**Maximum
5 points**



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TIP NO. 3

Consider intercalating a Master's degree instead of / as well as a Bachelor's degree

Make smart choices



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Scoring FP applications: the EPM (4)

Maximum 2 points

- Applicants earn points for publications generating a PubMed ID number

Publications	Number of points
Educational research paper published in a peer-reviewed journal with a PubMed ID number	2
Maximum number of points available	2



TIP NO. 4

Publish

Start as early as possible
Work smart – use your time effectively



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NB. Getting published (start early!)

- You don't have to be 1st author, just an author
- **Never let a good SSC / SSM go to waste**
- Write letters (250 – 500 words)

Chater G, Brewster O, Dambha H. Why we don't want to be GPs: the student perspective.

BMJ 2014;349:g6971



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The EPM in summary

50 points available

- = Year group ranking **(up to 43 points)**
 - First decile: 43 points, Tenth decile: 34 points
- + Educational achievements score **(up to 7 points)**
 - Additional degree: up to 5 points
 - Publications: up to 2 points



Scoring FP applications: the SJT (1)

50 points available

The SJT assesses whether applicants meet the attributes required to be a foundation doctor. It is sat under exam conditions, and consists of 70 questions in 2 hours 20 minutes.

Two sittings nationally, e.g. for FPAS 2016:

- Friday 4 December 2015, 2pm
- Friday 8 January 2016, 10am



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Scoring FP applications: the SJT (2)

There are two question formats:

- Rank in order five possible responses
- Choose three from eight possible responses

You will be presented with scenarios typical of



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Resources to prepare for the SJT

http://www.foundationprogramme.nhs.uk/download.asp?file=Person_Specification_FP2016_Final.pdf

http://www.foundationprogramme.nhs.uk/download.asp?file=FP_Curriculum_2012_Updated_for_Aug_2015_-_FINAL.pdf

http://www.gmc-uk.org/guidance/good_medical_practice.asp

http://www.gmc-uk.org/Outcomes_for_provisionally_registered_doctors_Jul_15.pdf_61407158.pdf

http://www.foundationprogramme.nhs.uk/download.asp?file=Situational_Judgement_Tests_Monograph_FINAL_August_2013-1.pdf

http://www.isfp.org.uk/AboutISFP/Documents/Appendix_D_-_FY1_Job_Analysis.pdf



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TIP NO. 5

Many commercial courses and books offer to prepare you for the SJT; none are endorsed by the UKFPO. The only official SJT practice questions can be found at:

<http://sjt.foundationprogramme.nhs.uk/>

Make smart choices



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Ranking your foundation schools

Unit of Application	Map reference	Vacancies	No. choosing UoA as first preference	Competition ratio
East Anglia	2	276	192	69.6%
LNR	3	153	107	69.9%
Mersey*	4	293	365	124.6%
North Central Thames	5	318	500	157.2%
North East Thames	6	319	369	115.7%
North West Thames	7	259	790	305.0%
North Western*	8	501	493	98.4%
Northern	9	392	270	68.9%
Northern Ireland	10	239	259	108.4%
Oxford	11	213	310	145.5%
Peninsula	12	190	123	64.7%
Scotland	13	785	696	88.7%
Severn	14	262	474	180.9%
South Thames	15	799	950	118.9%
Trent	17	304	184	60.5%
Wales	18	317	206	65.0%
Wessex	19	294	206	70.1%
West Midlands Central	20	183	261	142.6%
West Midlands North	16	258	75	29.1%
West Midlands South	1	159	100	62.9%
Yorkshire and Humber	21	572	508	88.8%

TIP NO. 6

Rank your foundation schools strategically.
Your EPM will be shared with you in advance
of submitting your ranking preferences.
Calculate what you would need to score in the
SJT in order to secure your first choice.

Be realistic

Make smart choices



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Additional location options (1)

- You can 'link' your FP application to that of another applicant, to ensure you will both be allocated to the same region

NB: The lower scoring application will be used to allocate both linked applicants



Additional location options (2)

You can apply for pre-allocation to a particular location on the grounds of **special circumstances** (evidence submission required) if:

- You are the primary carer for a close relative
- You are a parent or legal guardian for a child or children for whom you have significant caring responsibilities
- You have a medical condition for which on-going follow-up in a specified location is an absolute requirement



But what about the AFP?

- If you see yourself as a researcher, a healthcare leader or a medical educator, the AFP may be for you
- Clinical F1 year; academic placement during F2
- AFP applicants apply to particular hospitals / rotations / universities, in particular locations
- Short-listed applicants are interviewed

Your SJT score does not contribute to selection

Case Study: Thames AFP

The Thames Foundation Schools are affiliated to seven universities, offering a total of **126** AFPs:

Medical School/University	Foundation School	No. of Programmes
Barts and the London School of Medicine & Dentistry (BQML)	NETFS	27
Brighton and Sussex Medical School (BSMS)	STFS	18
Imperial College London (IMP)	NWTFS	27
King's College London GKT School of Medical Education (KCL)	STFS	18
St George's University of London (SGUL)	STFS	12
University College London (UCL)	NCTFS	21
University of Surrey	STFS	3
		Total: 126



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Extra achievement points available (1)

Additional to those awarded for further degrees (remains 5 points maximum, as for FP):

Publications and presentations

Points for each	Scoring Criteria
2	Original research paper published in a peer-reviewed journal
1	Oral or poster presentation at a national or international conference
Maximum of 10 points available in total	



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TIP NO. 7

As per TIP NO. 4: **Publish**

Start as early as possible

Work smart – use your time effectively



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Extra achievement points available (2)

Plus:

Distinctions, Merits and/or Scientific/Medical first prizes

Points for each	Scoring Criteria
1	<p>Distinctions, Merits and/or Scientific/Medical first prizes;</p> <ul style="list-style-type: none">• at undergraduate/medical school (pertaining to applicant's medical education including intercalated BScs, but not degrees undertaken prior to entering medicine)• national level• international level
Maximum of 5 points available in total	



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Extra achievement points available (3)

- Must be a **first prize**, awarded by a body that is not student or trainee-led. Second or third prizes, or honourable mentions, do not qualify for points

Eligible:

- Scholarships for educational achievements
- Nationally awarded funding for research project, or **any other funding grant**

Not Eligible: Bursaries or elective awards



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TIP NO. 8

Choose your prizes strategically.

You compete against your entire cohort for merits / distinctions; many national essay / presentation prizes have fewer applicants.

Select SSC / SSM projects that are eligible for research funding grant support.

Work the competition ratios

Start as early as possible



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Free-text questions – 200 word limit (1)

Question 1 & 2:

“We recognise that applicants will have had varying levels of research, management and teaching experience. Please give one example from your post-secondary education career to date, of a research project, leadership and management or teaching experience and its significance to your application for an academic foundation programme.”



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Free-text questions – 200 word limit (2)

Question 3:

“Academic medicine requires an individual to work successfully in a team. Describe a time that will be relevant to your foundation training when you have worked as a successful member of a team and identify your role and contribution to this success.”



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Free-text questions – 200 word limit (3)

Question 4:

“Please give one detailed example to describe your contribution to academic life during your medical school career and how it will be relevant to an academic medical career (NB do not use examples previously used in questions 1 or 2).”

In conclusion (1)

You are medical students:
you are used to jumping through hoops.

Now you know how to jump through this
particular hoop **well**.



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In conclusion (2)

Understanding FPAS allows you to maximise your application score, improving your potential to secure the specialty rotation of your choice, and / or work in your preferred location.

- **Work smart – use your time effectively**
- **Make smart choices**
- **Start as early as possible**



Further reading

Harris BH, Walsh JL, Wilson DJ.

The independent validation of the
Foundation Programme application process:
a closer look.

Clin Med (Lond) 2016;16(1):92-3



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Thank You

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