

Interim Foundation Pharmacist Programme (IFPP) Update #20

w/c 25 January 2021

Thank you for your interest in the Interim Foundation Pharmacist Programme (IFPP). This is the twentieth of our updates from the programme team. Updates are now released every fortnight.

Please keep sending your questions and information requests to the team at fpp@hee.nhs.uk.

If you and your colleagues wish to receive further updates about the programme, please email fpp@hee.nhs.uk, stating 'IFPP Updates' in the subject header.

News in brief

- *We now have 1,809 participants! Please encourage your peers to register with the IFPP and start their foundation learning.*
- *A message from the Programme Lead, Helen Porter*
- *Events*
 - *IFPP Q&A drop-in sessions this month*
 - *E-Portfolio sessions for learners and supervisors in February*
- *Managing stress and anxiety*
- *New: IFPP Resource guides for learners*
- *Have your say on the IFPP: £30 reward*
- *Your questions answered*

Our **FAQs** are regularly updated. Please visit the [IFPP website](#) for more FAQs, a flowchart outlining the eligibility criteria and process, the IFPP registration form, handbooks and Learning Opportunities guide.



A message from the Programme Lead, Helen Porter

We know how hard you are working to support the Covid-19 response. Please make time to capture this rich workplace learning into your Foundation E-Portfolio. Recording and reflecting on your experiences will help you to reflect and grow as a pharmacist, and to provide high quality patient care.

If you're not sure where to start with your learning, we are running regular lunchtime drop-in Q&A sessions with CPPE, and joint

sessions with the RPS on the E-Portfolio. Keep on reading for new dates and times and join in if you can. The next drop-in session for learners is tomorrow so don't miss out.

We also have some great revision resources for the GPhC assessment. Please read on to find out more.

Finally, thank you to all those who volunteered to test our new-look Update. More on this in Update #21!

Stay in touch and stay safe.

Helen

Helen Porter

Senior Responsible Officer for the IFPP

Events

IFPP drop-in sessions

We are running IFPP drop-in sessions from 1-2pm every Tuesday, alternating each week for learners or educational supervisors.

Come and meet the team, ask questions, and connect with your peers across England!

Create your calendar invitation now:

IFPP Drop-in session for learners

Tuesday 26 January 1-2pm

Join via MS Teams on your computer or mobile app

[Click here to join the meeting](#)

IFPP Drop-in session for educational supervisors

Tuesday 02 February 1-2pm

Join via MS Teams on your computer or mobile app

[Click here to join the meeting](#)

E-Portfolio sessions

Using the portfolio to support your development – your questions and solutions to common issues

Following our successful events on the E-Portfolio last December, we have organised two follow-up sessions for learners and their supervisors.

Join an interactive online session to learn more about how to use the E-portfolio to support your development through the IFPP.

Health Education England Training Programme Directors, and Helen Chang, Head of Professional Development from the Royal Pharmaceutical Society, will be taking your questions and will help you find solutions to common issues. We encourage you to email any questions to us in advance of the sessions to education@rpharms.com, and we'll answer them on the day.

We have organised different sessions for different roles so please ensure you book the on the correct session:

- **Learners:** Mon 1 Feb, 1-2pm:
<https://events.rpharms.com/ereg/newreg.php?eventid=200218320&>
- **Educational Supervisors:** Tues 2 Feb, 7-8pm:
<https://events.rpharms.com/ereg/newreg.php?eventid=200218322&>

Managing stress and anxiety

It is only natural to feel significant stress and anxiety, especially given the ongoing challenges with Covid-19. Finding time to prepare for the GPhC assessment is not always easy either, but you need to prioritise looking after our own mental health to enable you to respond these challenges, and to keep on adapting and learning. Our top tips are:

- **Learn from experience:**
Your experiences often drive your learning. Develop your own personal systems to support your reflection: identify your learning needs and develop strategies to learn.
- **Prioritise your learning needs**
Go to the RPS E-Portfolio's learning needs analysis tool. This enables you to prioritise, document and evaluate your progress, breaking your learning into more manageable chunks. Access to the **RPS E-portfolio** is funded by Health Education England as part of the IFPP: [register for free](#) as a 'Registered User'.
- **Make use of high-quality information:**
Start with the [IFPP Catalogue \(learninghub.nhs.uk\)](https://learninghub.nhs.uk). There you will find resources curated for you by the Health Education England pharmacy team, including the popular '**Getting exam ready**' session 1, '**Looking after your health**' Microlearning and the handy **Guide to Complexity and decision-making**.
- **Access support:**
Mental health and wellbeing are fundamental to enable effective learning, and stress can impede learning. The [Provisional Registration Service Support Line](#) is open Mon-Fri, 9am-5pm on **0207 572 2737**, email: ProvReg@rpharms.com.
- **Generate support:**
Talk to others and engage with support networks. If you are in employment, turn to your educational supervisor for support with study matters. Consider your peers and other support networks. Join one of our regular **IFPP drop-in sessions**: see **Events** above.

****NEW**** IFPP Resource guides for learners

We have produced two brief resource guides for learners: one for those in employment and one for those awaiting employment. The guides are intended to highlight some of the resources available to you to help you get started with the IFPP. Further resources are being

developed during the year so look out for news in future IFPP Updates about how we are continuing to support you and your development.

The guides are available on the [IFPP website](#). Look for 'Related Documents' at the bottom of the page.

Have your say on the IFPP: £30 reward

We have commissioned IFF Research to undertake an evaluation of the IFPP, to understand the difference the programme has made to you as a learner. Health Education England will use the findings to help shape future pharmacist education. **These findings will affect everyone in pharmacy – student, trainee, employer, educational supervisor or educator. This is your opportunity to influence the future pharmacy workforce, and the direction of pharmacist education and training in England.**

As part of the evaluation, IFF Research are inviting learners on the IFPP to take part in an interview discussion with one of their researchers. As a thank you for giving up your time, **IFF Research are offering everyone who takes part a one-off incentive of £30**, which can be paid by PayPal, Amazon e-voucher or donated to a charity (which you can select from a shortlist). The interview should take no more than 45 minutes and can be arranged at a time convenient to you between 1st and 26th February 2021. The interview can take place over the phone, or via a videocall, using Zoom or Teams.

If you would like to take part, please enter your details using the following link:
www.iffresearch.com/IFPP-evaluation-opt-in

Your questions answered

The IFPP is for *all* provisionally registered pharmacists and pre-registration pharmacists who have completed their training, are signed off as competent and are eligible for provisional registration in England.

Our website and FAQs have been refreshed recently. Please visit the [IFPP website](#) for recent information. The FAQs are below 'Support and contact details', underneath the photo.

Please send your questions to fpp@hee.nhs.uk.

We hope that your peers will join the IFPP and benefit from the support provided for their foundation practice. Spread the word.

Please refer to our dedicated [IFPP web page](#) for more information and to sign up.

Follow [@NHS_HealthEdEng](#) #IFPP

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If you no longer wish to receive updates about the programme, please contact the programme team at fpp@hee.nhs.uk.