

Winter 2024/25

THE DIGEST DIGEST



Official Newsletter of the GRANT Network



This Issue: OOPs, not 'Oops!'

Welcome to the winter edition of the GRANT newsletter! With deadlines around the corner, this quarter we are focusing on Out Of Programme Research (OOPR) experiences. These play an important role in embedding a 'research culture' in our region and developing research-active consultants for the future. Read on for inspiration and tips!

IMPORTANT: Remember that the deadline for OOP applications is the end of February, so any adverts or applications for 2025/26 should be well underway. Trainees should let the TPD (currently Dr Bevan – roisin.bevan@nhs.net) know your plans as soon as possible and supervisors should ensure funding/approvals etc. are in place.

Tips for planning an OOPR

When applying for (or supervising) an OOPR, is it important to consider the ways in which fellowships vary. Things that work well for one trainee or supervisor may not be ideal for others. Whilst far from an exhaustive list, these are good starting points to consider:

When? There is no right or wrong time, but consider current level of experience, endoscopy sign off, exams, etc. How much training/supervision/study leave is appropriate?

How long? OOPs are generally 1-3 years and duration will affect what can be achieved. For trainees, does prolonging your training fit with your other life plans?

What project? Is the project something you are interested in? Is adequate expertise available in the supervisory team? Is it set up/is data available? If not, is the planned time-frame and workload feasible?

Qualifications and degrees? If a qualification will be completed, is funding available or would it be self funded? What level – e.g. PGCert vs PhD? How will this impact the split between academic and clinical time?

This issue

OOPs, not Oops!

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Tips for planning an OOPR

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Benefits of going OOP as a trainee: Dr David Beaton

Get in touch

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Benefits of going OOP as a trainee:

Dr David Beaton

Dr Beaton is now a consultant at Northumbria, but completed his registrar training in the region. During this time he did an OOPR and was also a member of the GRANT committee. Here's what he had to say about his OOPR experience:



'I completed my out of programme (OOP) in North Tees, spending three years as an endoscopy fellow. My job role was split 50:50 between clinical and research, meaning each week I undertook four endoscopy lists (including a weekly inpatient list) alongside a clinic which mainly consisted of IBD patients. The other five sessions were designated to research time and were self-directed, allowing the flexibility to work from home when appropriate. I loved my OOP time, the flexibility and ability to arrange my own diary prepared me for consultant life, while the endoscopy and IBD experience meant when I came back into training, I was confident in my abilities. The research side was also rewarding, not only completing my own project, but allowing me to meet colleagues around the country and start working with them on other interesting projects. To anyone considering going OOP I would strongly advise it.'

Read some of Dr Beaton's excellent research here –

- [Diagnostic yield from symptomatic lower gastrointestinal endoscopy in the UK: A British Society of Gastroenterology analysis using data from the National Endoscopy Database](#)
- [Diagnostic yield from symptomatic gastroscopy in the UK: British Society of Gastroenterology analysis using data from the National Endoscopy Database](#)

For information on two well established fellowships in the region, contact:

- North Tees – Prof Matt Rutter (matt.rutter@nhs.net)
- South Tyneside – Prof Colin Rees (colin.rees@newcastle.ac.uk)

What's On?: Events, Deadlines and Other Info

Deadline for OOP applications 28/02/2025

Email applications to roisin.bevan@nhs.net and adam.goddard2@nhs.net

Courses and Conferences:

IBD Investigators Day 26/01/2025

The Catalyst, 3, Helix, Science Square, Newcastle upon Tyne, NE4 5TG
[Click here for info and registration](#)

10th Newcastle Clinical Nutrition Course 17/03/2025

Copthorne Hotel, Newcastle Quayside
[Click here for info and registration](#)

BSG Trainees Leadership and Management Course 24-26/02/2025

Woodland Grange, Lemington Spa
[Click here for info and registration](#)

ESGE Days 2025 02-05/04/2025

Barcelona International Convention Centre | Barcelona, Spain
[Click here for info and registration](#)

Upcoming abstract deadlines: BSG Live '25 - 24th January 2025 UEGW 2025 - 25th April 2025

BSG Mentoring

[For more info, and to apply to be a mentor or mentee, click here](#)