Interested in becoming a member of the Scottish junior doctors’ committee for session 2018-2019?
Come along to your next RJDC (regional junior doctors committee) meeting where nominations will be sought from junior doctors to fill regional seats on SJDC (Scottish junior doctors committee). Contact your RJDC to find out when your next meeting will be held: https://www.bma.org.uk/collective-voice/committees/junior-doctors-committee/regional-meetings

RJDCs in Scotland are to evolve, as new single lead employer arrangements will be in place from August 2018. The current four RJDCs will be realigned to establish Local negotiating junior doctor subcommittees (LNCJDS) of the employer board LNCs.
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About SJDC

SJDC represents all doctors in hospital training grades and public health training grades in Scotland. It is made up largely of representatives from the RJDCs in Scotland, allowing views from around the country to be brought together in order to form national policy.

In the last year, SJDC has been representing the views of junior doctors in Scotland on a variety of issues. Its work has included:

- working with the Scottish Government, NHS employers and NES (NHS Education for Scotland) to improve the working lives of junior doctors and to ensure that working and training in NHS Scotland is as attractive as possible;
- working with the Scottish Government and NHS employers to ensure that by August 2019 all junior doctor rotas in Scotland will include a minimum 46 hour recovery period from the end of a run of night shifts before returning to work;
- supporting the work-life balance of junior doctors by exploring with the Scottish Government and employers ways in which fixed annual leave can be reduced or eliminated, and calling for leave to be guaranteed to juniors to attend significant life events;
- working with the Scottish Government to improve the monitoring process for junior doctors working in Scotland by creating joint monitoring guidance to ensure that a fair and
consistent approach is taken by all NHS health boards in Scotland;
– working with NHS employers to ensure that all junior doctors on a training programme will have a single lead employer for the duration of their training;
– working with the Scottish Government and NHS Scotland employers to improve the catering and rest facilities for junior doctors in Scotland;
– influencing future changes to postgraduate medical training in Scotland and the rest of the UK by inputting to the Scottish shape of training groups;
– influencing BMA policy by submitting motions to both the BMA junior doctor annual conference and the ARM (annual representative meeting);
– representing junior doctors on the StART (Strategy for Attracting and Retaining Trainees) Alliance – a group set up by NES with the aim of improving recruitment and retention of medical trainees to specialty training programmes in Scotland;
– representing junior doctors on specialty training boards – groups set up by NES to support them in commissioning and delivering specialty training.

This work and much more will continue over the next session to improve the working lives of junior doctors.

The SJDC meets four times a session in Edinburgh at BMA Scotland, 14 Queen Street. Meeting dates for the 2018-2019 session are:

– Tuesday 11 September 2018
– Thursday 28 February 2019
– Thursday 6 December 2018
– Friday 17 May 2019

Meetings start at 11.00am and finish about 4.00pm. Lunch is provided and travel and subsistence expenses are reimbursed.

The BMA aims to accommodate the individual requirements of every member where possible. These may include religious requirements (e.g. prayer rooms), specific dietary needs, disabled access or providing expenses for childcare arrangements.
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Why become a representative?
You will represent your colleagues on the issues that matter and affect them and you are in a position to really improve things in your workplace, as well as at a national level. Medical politics can sometimes seem quite daunting but you will get lots of support and the role is very rewarding. As an accredited BMA representative, you should be allowed paid leave to attend BMA meetings; this should not come from your annual or study leave allowance.

The role of a representative provides the opportunity for you to gain an insight into current issues in the NHS and their impact on colleagues, both in different specialties and grades. At a local level, you can use your knowledge and experience to help and advise colleagues on both terms and conditions of service and education/training problems.

There are opportunities through SJDC to take on slightly broader roles which can allow you to gain significant experience from attending meetings involving organisations external to the BMA. These provide opportunities to influence decisions and to deal at a national level with senior NHS Education for Scotland, NHS Scotland employer and Scottish Government officials which in turn provides an excellent range of experience and contacts that can be brought to bear in dealing with local issues.

You can also access BMA training opportunities which can include: an induction to the role of a representative; negotiating skills; and media training.

Representatives also find that they can use their experience to develop and fulfil some of their core curricular competencies, for example, aspects of the following:

- Team working
- Communication with colleagues and co-operation
- Teaching & training, management and NHS structure
- Personal behaviour
- Ethical research, legal framework for practice
- Principles of medical ethics and confidentiality
- Health promotion, health inequalities and public health
- Time management
- History taking
- Decision making & clinical reasoning
Visitors’ scheme
If you would like to find out more about the work of the committee but are not sure about committing to membership for the year, you can attend an SJDC meeting as a visitor where you can meet current members and contribute to the discussion on agenda items. If you would like to find out more about attending as a visitor, please email the secretariat: DMaske@bma.org.uk. Application forms can be downloaded from http://bma.org.uk/working-for-change/negotiating-for-the-profession/bma-junior-doctors-committee/who-we-are/scotland.

For more information, please do not hesitate to contact your RJDC Chair or the SJDC secretariat.