Interested in becoming a member of the Scottish junior doctors’ committee for session 2017-18?

British Medical Association
bma.org.uk
Scotland
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
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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 to help ensure that a new contract is not imposed on junior doctors in Scotland;
- feeding into the work of BMA JDC UK on UK-wide issues affecting junior doctors;
- working with the Scottish Government to make monitoring easier for junior doctors by producing joint best practice guidance for employers;
- working with the Scottish Government and NHS Scotland employers to improve the catering and rest facilities for junior doctors in Scotland;
- working with NHS employers and Scottish Government to develop joint best practice guidance in junior doctor rota design;
- working with the Scottish Government on improving junior doctor working hours and practices; lobbying for minimum rest periods after a run of night shifts and working with BMA Board of Science on current research related to the important issue of shift working and fatigue.
– ensuring that the Scottish Government’s decision to abolish rotas with more than seven consecutive working days is applied in a safe and sensible manner that does not adversely impact patient safety, training and junior doctors’ work-life balance;
– active involvement in the Scottish Government’s e-rostering trial, which aims to introduce a safe and consistent approach for Scottish health boards to design junior doctors’ rotas;
– working with NHS Scotland employers on plans to create lead employer arrangements for junior doctors in Scotland;
– helping NES (NHS education for Scotland) and NHS Scotland employers to establish a performance support unit for junior doctors in Scotland who experience training difficulties;
– influencing future changes to postgraduate medical training in Scotland and the rest of the UK by contributing to the Shape of Training independent review;
– 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 2017-18 session are:

– Tuesday 12 September 2017
– Wednesday 28 February 2018
– Thursday 7 December 2017
– Friday 18 May 2018

Meetings start at 11am and finish about 4pm. Lunch is provided and travel and subsistence expenses are reimbursed.
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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.

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.

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.

Depending on your role within the committee, you may have the opportunity to also access BMA training opportunities which can include: 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: GDonnelly@bma.org.uk.

Application forms can be downloaded from [https://www.bma.org.uk/collective-voice/committees/junior-doctors-committee/scotland](https://www.bma.org.uk/collective-voice/committees/junior-doctors-committee/scotland)

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