

New Contract Rules**LIMIT ON HOURS**

- **48 hours maximum** per week over a rota cycle (56 hours if opt out of EWTD)
- **72 hours absolute maximum** over any 7 day period
- No resident shift must be longer than **13 hours**
- **11 hours rest** required between resident shifts

SHIFT RESTRICTIONS

- No more than **5 long days** in a row (10 hr shifts or longer)
 - No more than **4 twilight shifts** (finish after 23:00)
 - No more than **4 night shifts** in a row
 - No more than **8 days** in a row
- All of the above require **48 hour rest** between the final night/twilight/day shift

Exception Reporting

You can exception report when you work additional hours, miss breaks, lose training opportunities that are part of your work schedule or feel you have inadequate supervision. It is important that you do this so that changes can be made to improve your working lives.

If you have any questions about exception reporting or have not received your login information then email: leedsth-tr.exceptionreport@nhs.net

Locum Rates	M	T	W	T	F	S	S
0900 to 1700	FY1			£28			
	FY2/CORE/SPECIALTY (SHO EQUIVALENT)			£32			
	ST3 & ABOVE			£35			
1700 to 0900	FY1			£38			
Resident rates	FY2/CORE/SPECIALTY (SHO EQUIVALENT)			£44		<i>£50 during escalation period</i>	
Non-resident rotas attract 50% of rate	ST3 & ABOVE			£50		<i>£70 during escalation period</i>	
Paeds ST3 usually paid at SHO equivalent level				Out of hours rates apply to bank holidays			

Sickness Cover - As far as is practicable, all doctors are expected to cover the occasional brief absence of colleagues such as for acute sickness. This is only the case where:

If the notification of absence is **within 24 hours of the cover requirement** (absence reported after 9am for the following day/night cover or after 9am on a Friday for the forthcoming weekend), the period of this cover will be usually for a duration of up to 48 hours or a duration of up to 72 hours if over a weekend or bank holiday

If adequate notice of such absence is given, alternative provision should be arranged.

Trust policy is that you should be provided with **time off in lieu on a like-for-like basis for covering a shift** ie. a night shift for a night shift. However, if this is deemed not feasible or practical then you will be paid at locum rates listed above

PLEASE NOTE: You **CANNOT** be expected to cover **ANY** shift or have your shift pattern changed if it puts you in breach of the contract rules

Support & Safe Working

Concerned about staffing levels please review Escalation of medical staffing concerns in L C H SOP

Tired after a night shift? If use of own transport is not safe following an onerous on-call, then the Manager responsible for the service or Consultant on-call may authorise the use of a taxi at the Trust's expense. No-one may authorise the use of a taxi for themselves except in exceptional circumstances.

Professional Support Unit (PSU): LTHT PSU is pleased to offer support to any trainee that is struggling or needs support for any reason. You can self refer if you feel you need any support or guidance at all:

Tel: 0113 2066225 / 0113 2066182

Email: leedstr.professionalsupport@nhs.net

There is now a procedure in place to ensure you are able to get time off for **important life or professional events** (eg. Weddings / exams). For more details, please contact the Deployment Team

Rota Co-ordinator Contact details	General Paediatrics	Dr Avanish Tantry	avanish.tantry@nhs.net
	Paediatric Specialties	Dr Pallavi Yadav	p.yadav@nhs.net
	PICU	Dr Ramesh Kumar	ramesh.kumar4@nhs.net
	Neonates	Dr Kathryn Johnson	kathrynjohnson1@nhs.net
	Paediatric Surgery	Dr Michael Dawrant	m.dawrant@nhs.net