

# This month on trickle - September 2022



September 2022

**Sign up to trickle in August, September or October and WIN A COFFEE MACHINE!**

All new sign-ups, and existing sign-ups posting shout-about or trickles before October 18th will be entered into the draw to win a Nespresso coffee machine! So now you can share what matters to you, and win a lovely gift too. <https://app.trickle.works/team/nhs-lothian-dit>

**To access trickle right now go to** <https://app.trickle.works/team/nhs-lothian-dit> enter your **NHS email address**, and then follow the link in that email to access on the web, or use the access code to use the app.

**To contact your trickle champions team email here:** [ea0292f3.scottish.onmicrosoft.com@uk.teams.ms](mailto:ea0292f3.scottish.onmicrosoft.com@uk.teams.ms)

Have a browse below to see what we've responded to, what we're working on our key messages for the month!

Your chief registrars and other members of the MED team are working hard in the background on a range of issues highlighted (anonymously or not) via trickle.

If you have any issues, or indeed anything positive to shout about and aren't sure the best way to do so, **trickle** is here! We want doctors in training to feel engaged, and engaged with, and we hope trickle can be a place to highlight what works and what doesn't, and become **the place where change starts!**

## September 2022 You asked, we listened!

**How can I get data for audits eg from Trak in a smarter way?**

Thanks to a post on trickle, this is now far more transparent, have a look:  
<https://app.trickle.works/team/nhs-lothian-dit/trickle/180353>

**Who is my rota coordinator at St Johns, WGH and RIE?**

Thanks to a post on trickle, a list of RIE rota coordinators has been shared, and now also for St Johns and WGH! [↓](#)  
<https://app.trickle.works/team/nhs-lothian-dit/trickle/182107>

**How should I dispose of dirty scrubs at WGH?**

<https://app.trickle.works/team/nhs-lothian-dit/trickle/182875>

**Who should I contact about my own pay as a DiT?**

Thanks to a post on trickle, the contact details are shared, and a workshop was advertised!  
<https://app.trickle.works/team/nhs-lothian-dit/trickle/181621>

**How are internal locum rates set?**

<https://app.trickle.works/team/nhs-lothian-dit/trickle/180216>

**Are "emergency" back-up rotas allowed?**

<https://app.trickle.works/team/nhs-lothian-dit/trickle/177109>

**When will arrears for the 4.5% uplift will be paid?**

## We're working on it!

**Why are the radiators on at the royal during a heatwave!?**

**How do I go about booking leave in advance for something like surgery?**

**And even more!** You can find all of the unlinked trickles above online now, and add to the discussion!

## We'd love to hear from you:

**I'd like to be involved in improving the changing facilities at RIE (or elsewhere):**

<https://app.trickle.works/team/nhs-lothian-dit/trickle/180190>

**Trainer Agreements & ARCP**

Previous trickle raised the issue of how supervisors know what is required of ARCP; if you'd like to be part of the group creating a **new trainer agreement** have a read here and get in touch with Lesley Dawson (ADME)  
<https://app.trickle.works/team/nhs-lothian-dit/trickle/183146>

**PPE at my place of work**

<https://app.trickle.works/team/nhs-lothian-dit/trickle/183146>

## Key messages this month...

**How can I get data for audits eg from Trak in a smarter way?**

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**How to contact your BMA reps  
From Trickle:**

Zack Hassan is one of your BMA representatives for Scottish Council and the Scottish junior doctors committee this year:  
<https://app.trickle.works/team/nhs-lothian-dit/shout-about/182918>

**To contact your trickle champions team email here:**

[ea0292f3.scottish.onmicrosoft.com@uk.teams.m](mailto:ea0292f3.scottish.onmicrosoft.com@uk.teams.ms)