monthly e-newsletter. A free online design and publishing platform was utilised to allow for input from multiple editors and contributors. It was co-ordinated by a senior registrar with supervision from a consultant. The broad sections included:

- Learning from cases – the case-mix ranged from common paediatric presentations to tertiary-level retrieval cases. Content included examples of excellent clinical practice, current guidelines, theoretical knowledge, practical skills refreshers and MRCPCH exam tips.
- Public Health information – featuring a 'Health Promotion Post-it'.
- Self-care and resilience – useful tips to thrive and enjoy work.
- Positivity and team celebrations – compliments were published directly from the 'Gold Star' board, a positivity board where any staff member's everyday achievements can be highlighted. Departmental events and socials were advertised.

Results Over a twelve month period, eleven ACE e-newsletters were created and disseminated across the Trust's two sites. In the latest edition, medical students were supported by the editorial team to have features in the newsletter. Other departments are expressing an interest in producing their own e-newsletter. After encouraging informal feedback following each edition, the team are currently collecting more formalised feedback via survey.

Conclusion Empowering trainees to lead on projects like the ACE e-newsletter enables them to educate and inspire others through shared learning. The newsletters have attracted significant praise from other departments within and across the Trust. Trainees are leading their Paediatric department through a cultural change by utilising Appreciate Inquiry techniques (learning by recognising 'the things that go well' rather than solely identifying errors) thereby learning more holistically from patient safety issues or events.

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G380 A TRAINEE-LED INDUCTION DAY FOR NEW FIRST YEAR PAEDIATRIC TRAINEES

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Aims One training region offers a free Induction Day, designed and led by paediatric trainees, to new ST1 trainees annually. It aims to prepare trainees to start training, whilst instilling them with confidence and enthusiasm.

Methods The optional Induction Day occurs on the Friday before training commences. The programme includes topics which trainees are apprehensive about, including paediatric emergencies and neonatal medicine, and topics which are important to them, such as sleep and ePortfolio. Pocket cards are distributed detailing normal parameters, Newborn Life Support (NLS) and emergency calculations. Trainees can

network, and free Headspace subscriptions are provided to support their wellbeing. The region provides NLS training at cost, targeting those starting on neonatal units. Attendees are invited to complete a feedback questionnaire.

Results 85 (81.7%) new ST1s attended the 2019 Induction Day. 62.4% provided feedback. Table 1 shows trainees' fears before the Induction Day.

Abstract G380 Table 1 Trainees' fears

	Number	%
Lacking knowledge/experience	15	28.3%
Emergencies	14	26.4%
Neonatal medicine	11	20.8%
New environment	8	15.1%
ePortfolio and exams	7	13.2%
Being unsupported	5	9.4%
Rota	4	7.5%

Abstract G380 Table 2 Most useful aspects

	Number	%
ePortfolio	22	41.5%
Prescribing	19	35.8%
IT and apps	17	32.1%
Assessment of the sick child	12	22.6%
Structure and assessments	12	22.6%
Sleep	6	11.3%
Safeguarding	4	7.5%
Surviving ST1	4	7.5%
Neonatal medicine	3	5.7%

50 trainees (94.3%) felt more prepared to start training following the Induction Day. Table 2 shows the sessions trainees found the most useful.

Trainees requested additional time for ePortfolio and competencies, and further opportunities to identify trainees at the same Trust.

Attendees said:

- 'Excellent all round. Well organised, lovely atmosphere, informative and engaging.'
- 'Fantastic day, really appreciated the focus on looking after ourselves, and also the huge amount of enthusiasm and positivity surrounding the training programme'
- 'Really nice to see how excited and supportive everyone is!'

Conclusions The Induction Day is an effective way to support trainees starting paediatric training, preparing them and increasing their understanding of the training pathway. They enter training with a supportive network of colleagues and an emphasis on self care.

G381(P) AN UNUSUAL CASE OF MYCOBACTERIUM

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