**Improving the efficiency of new F1 doctors through distributing trust specific knowledge**

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**Background:**

During our foundation year 1 at the Bristol Royal Infirmary, we established that many aspects of working as a junior within a large hospital required local knowledge, which we initially did not have.

**Methods:**

Our questionnaire to all foundation year 1 doctors found we were spending large proportions of our day acquiring local knowledge regarding difficult referrals, transfers and investigation requests specific to the trust, before we were able to complete tasks assigned to us.

We developed an insider’s guide to the hospital to distribute to incoming F1 doctors; this contained the specific local knowledge we had accumulated over the year.

We measured the effects of our intervention by recording the time taken for incoming F1 doctors to complete tasks that required pre-existent local knowledge. We collected data before they received the booklet, and four weeks later through questionnaires.

**Results:**

We found our intervention significantly reduced time wasted by junior doctors, giving them the local knowledge they needed initially to complete tasks.

**Key messages:**

By passing on trust specific knowledge to new starters, the time spent acquiring this knowledge is saved. This allows juniors to complete tasks more efficiently, which ultimately improves the quality of care delivered to patients.