

Below is an example of the GPST Obstetrics & Gynaecology rota for a full time GP trainee. LTFT days are calculated pro rata. This post alternates between gynaecology and obstetrics clinical experience within urgent and non-urgent units. Like most hospital posts, the GP trainee will be expected to work twilight, night and on-call day shifts. Zero-hour days will be allocated weekly for on-call shift patterns to allow the GP trainee time to recuperate.

Jnr Tier SA rota – 21 doctors							
	M	T	W	Th	F	Sa	Su
1	Ext Day GxJ	Day	Day	Off	Long Day O1	Long Day O2	Long Day O1
2	Off	Off	Day	Long Day O1	Day		
3	Day	Day	Long Day O1	Day	Day		
4	Night	Night	Night	Night	Off		
5	Day	Day	Ext Day GxJ	Off	Night	Night	Night
6	Off	Off	Off	Off	Off		
7	Long Day G	Day	Day	Day	Day		
8	Day	Long Day O2	Day	Day	Day		
9	Day	Day	Day	Off	Long Day O2	Long Day O1	Long Day O2
10	Off	Off	Day	Long Day O2	Day		
11	Night	Night	Night	Night	Off		
12	Day	Long Day O1	Off	Day	Night	Night	Night
13	Off	Off	Off	Off	Off		
14	Long Day O2	Day	Day	Day	Day		
15	Day	Day	Long Day G	Day	Day		
16	Day	Ext Day GxJ	Day	Off	Long Day G	Long Day G	Long Day G
17	Off	Off	Day	Ext Day GxJ	Day		
18	Day	Day	Long Day O1	Day	Day		
19	Day	Long Day G	Off	Day	Ext Day O3	Short Day	Short Day
20	Off	Day	Day	Long Day G	Day		
21	Long Day O1	Day	Day	Day	Day		