Postgraduate training concept of the Orthopaedics and Traumatology Service of the CHUV’s Department of musculoskeletal system

Content

1 Information relating to the setting of postgraduate training .................................................. 2
  1.1 Contact details of the training institution ........................................................................... 2
  1.2 Training institution in orthopaedic surgery and traumatology of the musculoskeletal system for the Swiss Board certification (FMH) .......................................................... 2
  1.3 Particularities of the training institution ............................................................................. 2
  1.4 In-patients and out-patient / day clinic .............................................................................. 2
  1.5 Postgraduate training network ............................................................................................ 3
  1.6 Interest group in postgraduate training .............................................................................. 4
  1.7 Informal cooperation with other institutions in terms of postgraduate training ................. 4
  1.8 Number of working positions for physicians in postgraduate training (occupation rate of at least 50%) .................................................................................................................. 4

2 Medical team ......................................................................................................................... 5
  2.1 Leader of the training institution (main senior physician responsible for the training) ....... 5
  2.2 Deputies .............................................................................................................................. 5
  2.3 Postgraduate training coordinator, if different from the leader of the training institution .... 5
  2.4 Other senior physicians implicated in the postgraduate training ........................................ 5
  2.5 Working relationships between physicians in-training / physician instructors (each at 100%) in the Service .................................................................................................................. 5

3 Briefing at the moment of entry ............................................................................................. 6
  3.1 Personal support .................................................................................................................. 6
  3.2 On-call service ................................................................................................................... 6
  3.3 Administration ................................................................................................................... 6
  3.4 Measures for the benefit of the quality assurance system and the safety of patients .......... 6
  3.5 Specific instructions for care practice .................................................................................. 7

4 Content of the postgraduate training ..................................................................................... 7
  4.1 Content of the theoretical postgraduate training ................................................................ 7
  4.2 Content of the practical / surgical postgraduate training .................................................. 7
  4.3 Rotas opportunities .......................................................................................................... 7
  4.4 The structured theoretical training includes: ..................................................................... 8
  4.5 External structured training ............................................................................................... 8
  4.6 Library ............................................................................................................................... 9
  4.7 Research work ................................................................................................................... 9
  4.8 Teaching modes .................................................................................................................. 9

5 Assessments .......................................................................................................................... 9
  5.1 Assessments in the midst of work (EMIT): Mini-CEX / DOPS ............................................ 9
  5.2 Development discussion ................................................................................................... 9
  5.3 Employee appraisal ........................................................................................................... 9

6 Application for training .......................................................................................................... 10
  6.1 Deadline(s) for applying ..................................................................................................... 10
  6.2 Postal address where to apply ........................................................................................... 10
  6.3 Documents to attach to the application file ......................................................................... 10
  6.4 Selection criteria / Admission requirements ..................................................................... 10
  6.5 Handling of the selection procedure .................................................................................. 10
  6.6 Contract of employment .................................................................................................... 10

7 Management and traceability .............................................................................................. 10
1 Information relating to the setting of postgraduate training

1.1 Contact details of the training institution
Orthopaedics and Traumatology Service
Department of musculoskeletal system, CHUV
Ave. Pierre-Decker 4
1011 Lausanne
Tel. +41 (0) 21 314 93 60

1.2 Training institution in orthopaedic surgery and traumatology of the musculoskeletal system for the Swiss Board certification (FMH)
In Orthopaedics: Category A
In Traumatology: Category 1

1.3 Particularities of the training institution
The CHUV (Centre Hospitalier Universitaire Vaudois) is the University Hospital Centre of the Canton de Vaud. Its Orthopaedics and Traumatology Service takes charge of the totality of the traumatic and degenerative events of the musculoskeletal system for adult patients. We deliver state-of-the-art services thanks to the most recent diagnostic and surgical techniques - regrouped in competence clusters (shoulder, elbow, hip, knee, foot, ankle, orthopaedics and traumatology in sport medicine, infections of the musculoskeletal system, oncology of the musculoskeletal system, adult traumatology, geronto-traumatology, and multiple traumas).

Thanks to a planned rota schedule, the trainee physicians can take part in all the subspecialties. Moreover, 6-month rota are organized within the Paediatric sector of the Orthopaedic and Traumagological Surgery (UPCOT), the Centre of the Hand and the CHUV’s Spinal Cord Unit.

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<td>Osteo-ligamentari</td>
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<td>ROTATIONS Médecins assistants CHUV</td>
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Being an academic institution, the Orthopaedics and Traumatology Service also participates in the pre- and postgraduate teaching for the physicians and develops state-of-the-art clinical and fundamental research activities, in particular through collaborations between the CHUV and the EPFL (Ecole Polytechnique Fédérale de Lausanne):

- Regenerative Therapy Unit: [http://www.chuv.ch/dal/dal_home/dal-research/dal-unite-therapie-regenerative.htm](http://www.chuv.ch/dal/dal_home/dal-research/dal-unite-therapie-regenerative.htm)
- Laboratory of Movement Analysis and Measurement (LMAM): [http://lmam.epfl.ch](http://lmam.epfl.ch)
- Laboratory of Biomechanical Orthopaedics (LBO): [http://lbo.epfl.ch](http://lbo.epfl.ch)

1.4 In-patients and out-patient / day clinic
Orthopaedics & Traumatology  The OTR Service performed more than 4,000 surgical procedures in 2015
Orthopaedics  The OTP Unit performed more than 25,000 consultations in 2015
Traumatology  The TRA Unit performed more than 15,000 consultations in 2015
Emergencies  The OTR Service provides an on-call service on site 24 hours a day, 7 days a week (both a chief resident and a resident are present)
1.5 Postgraduate training network

In order to best meet the regulatory requirements and to further improve the quality of the postgraduate training, physicians in chief of the hospital institutions in the Cantons de Vaud, du Valais and de Neuchâtel have set up a postgraduate training network since 1st May 2014.

The Vaud-Valais-Neuchâtel training network pursues 3 main objectives: To regulate the applicant admissions, to coordinate the training and to plan the rota s needed during the specialty training. It includes the following institutions:

<table>
<thead>
<tr>
<th>Institute</th>
<th>Address</th>
<th>Contact Person</th>
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<tr>
<td>GHOL</td>
<td>Ch. Monastier 10, 1260 Nyon</td>
<td>Dr Michel Sadowski</td>
</tr>
<tr>
<td>EHC</td>
<td>Ch. du Crêt 2, 1110 Morges</td>
<td>Dr Thierry Pache</td>
</tr>
<tr>
<td>CHUV – DAL</td>
<td>Av. Pierre-Decker 4, 1011 Lausanne</td>
<td>Prof. Alain Farron</td>
</tr>
<tr>
<td>GHOL</td>
<td>Ch. Monastier 10, 1260 Nyon</td>
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<td>Av. Pierre-Decker 4, 1011 Lausanne</td>
<td>Prof. Alain Farron</td>
</tr>
</tbody>
</table>

- Who is the main contact for the postgraduate training network?
  Professor Alain Farron, Head of the CHUV’s Orthopaedics and Traumatology Service in Lausanne.

- Description of the postgrad training network
  The network consists of 42 workplaces and thus offers training to 6 orthopaedic physicians for the 7-year Swiss Board certification (FMH). The physicians carry out rota s (3 years as fellows in the CHUV, 2 years as chief resident or deputy-chief resident in regional hospital, 2 years as chief or deputy-chief resident at CHUV).
There are 3 requirements to access training within the network
- One preparatory year (or maximum of 2 years) for which the number of workplaces is not limited. When performed in one of the institutions of the network, it is validated as one year of non-specific training, according to the regulations of the Swiss Board postgraduate training (FMH).
  - Success at the basic surgical exam during the preparatory year.
  - Positive results at the periodical assessments.

- A Coordination Committee of the network (Recruiting Committee), consisting of 12 members (CHUV and UPCOT physicians in chief and a physician in chief of each partner institution), gathers twice a year (in March and December) to screen the applications, to interview the candidates and to select 6 new physicians who will join the network on 1st May of each year.

- The physicians keep their place within the network and progress year by year as long as they fulfil the requirements (validation of their training years through bi-annual assessments and pass the intermediary exams according to the regulations of the Swiss Board postgraduate training). At the end of the first year within the network, an assessment to confirm successful completion is a **sine qua non** (compulsory) requirement for pursuing training.

- Thanks to this training course, the candidates can benefit from:
  - A unique entry door to the training curriculum
  - A standardized training and sufficient for the federal legal requirements (FMH/ISFM)
  - A training duration normally limited to 8 years (maximum 9)

1.6 Interest group in postgraduate training
The CHUV’s Orthopaedics and Traumatology Service is not part of any postgraduate training interest group in the way it is understood in the ISFM/FMH nomenclature.

1.7 Informal cooperation with other institutions in terms of postgraduate training
The CHUV’s Orthopaedics and Traumatology Service undertakes informal and punctual cooperation with other Swiss or foreign postgraduate training institutions. It works through exchanges/fellowships, principally targeted at chief residents who are in their last year of training or who have left the network.

1.8 Number of working positions for physicians in postgraduate training (occupation rate of at least 50%)
- In orthopaedic and traumatological surgery of the musculoskeletal system
  Among the 42 workplaces in the network, 27 workplaces (15 workplaces for fellows and 12 workplaces for chief residents/deputy-chief residents) are found within the CHUV’s Orthopaedics and Traumatology Service.

  - As an « option year »
  In principle, there is no vacant workplace within the CHUV’s Orthopaedics and Traumatology Service available for an « option year ». 
• Workplaces in clinics
The 27 training workplaces of the CHUV’s Orthopaedics and Traumatology Service are uniquely dedicated to clinical activity.

• Workplaces in research activity (clinical or fundamental)
There is no workplace specifically reserved for the purpose of research and financially supported by the CHUV within the Orthopaedics and Traumatology Service. However, it is occasionally possible (through external financial support) to recruit physicians for research activities.

2 Medical team

2.1 Leader of the training institution (main senior physician responsible for the training)
Professor Alain Farron
Head of the Orthopaedics and Traumatology Service
Swiss Board certified specialist in Orthopaedics and Traumatology
Team leader for shoulder-elbow
Employment rate: 100%

2.2 Deputies
Professor Olivier Borens
Physician in chief of the Traumatology and Septic Surgery Units
Swiss Board certified specialist in Orthopaedics and Traumatology
Employment rate: 100%

Dr PD MER Xavier Crevoisier
Physician in chief of the Orthopaedics Unit
Swiss Board certified in Orthopaedics and Traumatology
Team leader for ankle-foot
Employment rate: 100%

2.3 Postgraduate training coordinator, if different from the leader of the training institution
Dr Frédéric Vauclair
Associate physician
Swiss Board certified specialist in Orthopaedics and Traumatology
Team leader of the traumatology of the upper limb
Employment rate: 100%

2.4 Other senior physicians implicated in the postgraduate training
All the senior physicians of the Service (cf. list below) actively participate in the training of the young physicians:

<table>
<thead>
<tr>
<th>Name</th>
<th>Specialty</th>
<th>Team Leader</th>
</tr>
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<tbody>
<tr>
<td>Prof. Olivier Borens</td>
<td>Septic surgery and adult traumaology</td>
<td></td>
</tr>
<tr>
<td>Dr Stéphane Cherix</td>
<td>Oncological orthopaedic surgery</td>
<td>Dr François Chevalley</td>
</tr>
<tr>
<td>Dr Xavier Crevoisier</td>
<td>Prof. Alain Farron</td>
<td>Prof. Olivier Guyen</td>
</tr>
<tr>
<td>Dr Robin Martin</td>
<td>Knee ligament</td>
<td>Dr Christophe Tissot</td>
</tr>
<tr>
<td>Dr Frédéric Vauclair</td>
<td>Traumatology of the upper limb</td>
<td></td>
</tr>
<tr>
<td>Prof. Pierre-Yves Zambelli</td>
<td>(TP 20%) Hip and neuro-orthopaedic surgery</td>
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</table>
2.5 Working relationships between physicians in-training / physician instructors (each at 100%) in the Service

11 senior physicians Swiss Board – A certified specialist in Orthopaedics and Traumatology - make their competencies and professional knowledge available to the 27 physicians in training.

3 Briefing at the moment of entry

3.1 Personal support

The trainee residents in the OTR Service undertake 12-month rotas in the Orthopaedics and Traumatology Units. They are divided into various specialized teams in which they benefit from the personal support of a senior physician or a resident in chief. This way of proceeding helps them to acquire solid basic training and provides them with an overview of each subspecialty. A senior resident in chief is the representative of the trainee residents and provide direct logistical support when they take up office.

3.2 On-call service

- OTR on-call service
  The residents in chief and trainee residents are subjected to on-call service (presence on site), by rota, 365 days/year, of equal frequency per night shifts, weekends and bank holidays. There are two kinds of on-call service. 12 chief residents/deputy-chief residents provide the first-line of the on-call service, while 15 residents provide the second-line of the on-call service. The on-call service ought not to run beyond 12 consecutive hours and is compulsorily followed by a period of rest of at least 12 hours. The chief resident/deputy-chief resident on duty personally sees the patients, takes the responsibility for their medical care and supervises the patients seen by the residents. He also is the referral person within the Service for all requests for advice or for any urgent consultations by an external entity.

  - The on-call service is completed by
    o 1 senior physician on-call, permanently reachable on his professional mobile phone. He supervises the whole of the on-call service and takes the responsibility of it. He leads the morning on-call *quolloquium* and together with the chief resident, plans the on-call activity. The senior physician provides what is called a constraining on-call service, which means that in case of a multiple need (polytrauma), he must come in and be on site at the CHUV a maximum 20 minutes after the call.
    o 1 resident for the Saturday or Sunday visits (activity limited to 12 hours per weekend, compensated by one day’s leave during the week).

3.3 Administration

During the Welcome Day, members of the CHUV management team present particularly to the new physicians the following:

- The legal aspects and the institutional framework for medical care
- The concept of the postgraduate training at the CHUV
- Medical support and prevention
- The IT applications (Soarian and Digistat). Specific training sessions prior to taking office can be arranged

Within the OTR Service, a chief resident and a secretary specifically and exclusively provide administrative support for all aspects relating to the training.

3.4 Measures for the benefit of the quality assurance system and the safety of patients

To promote a culture of transparency and continual improvement of our services, the Institution has developed an organisational structure and created an IT tool (RECI: *Recueil des Événements Critiques et Indésirables* – The Collection of Critical and Undesirable Events) that helps drawing the attention (anonymously if needed) to potentially undesirable events and to ensure appropriate solution seeking process when they happen.

The Orthopaedics and Traumatology Service rigorously applies every institutional procedure aimed at securing patient safety (surgical sign in and sign out, team’s time-out, etc...). Moreover, all the data for
prosthetic implants are captured at the operating theatre via the ad-hoc application (Digistat), which is directly linked to the Swiss register for implants (SIRIS).

3.5 Specific instructions for care practice
The Orthopaedics and Traumatology Service provides care in conformity with practices as published in scientific journals and applies the internationally-recognized guidelines for patient management.

For specific issues, in particular during on-call service, the physicians of the Service are advised to consult the following 2 applications:


Orthobullets: http://orthobullets.com

4 Content of the postgraduate training

4.1 Content of the theoretical postgraduate training
The theoretical postgrad training as provided within the CHUV’s Orthopaedics and Traumatology Service allows the candidates to acquire all the knowledge required by the ISFM (Swiss Institute for medical postgrad training and continuous postgrad education): ISFH/FMH Postgrad Training Programme and the Swiss Orthopaedics (Société suisse d’orthopédie et de traumatologie): Swiss Orthopaedics towards graduation (Swiss Board certification of specialist in Orthopaedic Surgery and Traumatology of the musculoskeletal system).

4.2 Content of the practical / surgical postgraduate training
The practical postgrad training provided within the CHUV’s Orthopaedics and Traumatology Service allows the candidates to acquire all the necessary surgical competencies necessary for graduation (Swiss Board certification in orthopaedic surgery and traumatology of the musculoskeletal system) according to the ISFM’s requirements (Institut Suisse pour la Formation Médicale postgraduée et continue): Programme de formation postgraduée ISFM/FMH and of Swiss Orthopaedics (Société suisse d’orthopédie et de traumatologie – Swiss Society of Orthopaedics and Traumatology): Swiss Orthopaedics.

Theoretical and practical training under the direct supervision of residents in chief or senior physicians includes, among other things:

- Learning of the complete in-patient care and management within the orthopaedic and traumatology Units
- Orthopaedic anamnesis and specific clinical status
- Awareness and evaluations of the operative procedures, choice of diagnostic means applying equally to interventional and surgical treatments
- Surgical activity: performance of operative interventions with increasing difficulty under supervision and operative assistance during complex surgical operations
- Post-operative surveillance
- Consultations (1 to 2 half-days per week)
- Participation in the specialized consultations and follow-up of the conservative treatment for the patients who’ve been seen
- The on-call service (cf. Point 3.2)
- Scientific activity, research work, publications, presentation at national and international meetings/conferences

4.3 Rota opportunities
During the 3-year training at the CHUV as a resident of the Orthopaedics and Traumatology Service, rotas are possible and can be planned in the Hand Surgery, the Spinal Surgery and in the Paediatric Orthopaedic-Traumatology sectors.
4.4 The structured theoretical training includes:

- **Daily colloquiaums**
  - Morning meeting with face-to-face handover and cases of emergencies. The presence of every physician of the Service is required
  - Evening meeting, by working groups, with review of the radiographic images of the in-patients who have been seen in consultation during the day

- **Weekly colloquiaums**
  - 1 theoretical meeting and *modus operandi* (including morbidity-mortality) on Thursday mornings
  - 1 journal club on Tuesday afternoons for the purpose of learning the ability to critically appraise scientific literature according to the Evidence-based medicine principles
  - Multidisciplinary specialized meetings with the specialized teams to which they've been allocated (sarcomas, amputees, spine, radiology, etc...)

- The symposia
  - 4 annual symposia are organized by the Orthopaedics and Traumatology Service at the end of the day on certain Thursdays
  - 4 annual symposia are organized by the Department of Musculoskeletal Medicine (DAL) at the end of the day on certain Thursdays
  - *La Journée Romande d’Orthopédie* (JRO), organized each year in partnership with the HUG’s and CHUV’s Orthopaedics and Traumatology Services
  - The TMBG (Translational Musculoskeletal Biomechanical Group) annual research day organized in partnership with the EPFL

- Internal training courses
  - 4 annual courses in physical and rehabilitation medicine organized under the auspices of DAL and in collaboration with the CRR (SUVA) physicians
  - 5 modules (ethics, health economics, pain management, prescription and error management) as part of the postgrad training offered by the CHUV each year

- Practical training on dissection organized with the help of the UNIL’s Institute of Anatomy. The OTR Service offers this course a few times a year. It proves to be useful for acquiring basic knowledge and learning of the approach procedures in orthopaedics traumatology (to perform specific operative interventions), secondly in FMH exam preparation.

4.5 External structured training

- External training courses
  - AO course
  - AIOD course
  - APO course and internship in orthopaedics workshop (compulsory requirement for obtaining the FMH Board certification)
  - Course in Radioprotection (compulsory requirement for obtaining the FMH Board certification)
  - Course in Medical Expertise (compulsory requirement for obtaining the FMH Board certification)
  - SSOT training days

- Conferences and meetings
  - Swiss Orthopaedics annual congress
  - EFORT annual congress
  - National and international specialized meetings

Besides providing financial support to cover part or all of the incurred costs of compulsory training, the OTR Service grants 5 working days per year (7 for the chief residents/deputy chief residents) to facilitate participation in courses and meetings.
4.6 Library
Every physician has access to the University Library of Medicine and can benefit from a remote loans system (books, paper journals and 24 hours online access, video, etc...). The librarians offer a personalized assistance for literature search (systematic journals, choice of what database to use, etc...) as well as for the use of EndNote Reference Manager. The Institution’s video library also hosts scientific communications for the benefit of every physician.

4.7 Research work
Every trainee physician is encouraged to participate in clinical and fundamental research work that takes place within the Service in close collaboration with other academic institutions. Under the supervision of a senior physician, they will therefore have the opportunity to successfully run research projects and contribute, as first authors, to the writing of original scientific publications or to successfully complete a Medical Doctorate (MD). The academic activity is taken into consideration in the annual assessments.

4.8 Teaching modes
Training is realized thanks to direct, theoretical and practical teaching from the senior physicians and the chief residents. Trainee physicians learn how to use IT systems for planning surgical interventions. The UNIL and the CHUV work in partnership to develop an institutional “Simulation Centre” that will promote every possible pre- and postgrad teaching mode through simulations (virtual, robotic, corpse, etc...) and this in a close future.

5 Assessments

5.1 Assessments in the midst of work (EMiT): Mini-CEX / DOPS
The direct supervisors regularly assess the trainee physicians’ professional skills (basic knowledge, medical care of patients, commitment, ability to work in team, stress resistance, work in the emergencies sector, and progress) at a minimal frequency of 4 times a year.

5.2 Development discussion
Once a year, the head of Service meets face-to-face every trainee physician to assess their situation and update their career paths.

5.3 Employee appraisal
- The bi-annual performance review for trainee physicians and chief residents/deputy chief residents are led in a formal way and according to a pre-established schedule. They contribute to:
  - Assess training progress and knowledge according to set targets
  - Debrief on performance for the evaluated period
  - Set new targets
  - Satisfy to the legal (FMH) and institutional (CHUV) requirements
  - Update the career path
- For the residents and the chief residents/deputy chief residents, it is anticipated that they take a formal exam based on a clinical case within the Service, chosen by the referring physician and announced during the employee appraisal (FMH exam system)
- For the chief residents, at the moment they obtain their FMH certification, their performance review takes the form of an interview.

Successful appraisals are a necessary prerequisite for training progress within the OTR Service. All activities and appraisals are logged in the ISFM/FM’s e-logbook.
6 Application for training

6.1 Deadline(s) for applying

Twice a year, at its spring and winter Boards, the Vaud-Valais-Neuchâtel training network Recruiting Committee reviews the application forms submitted by the 28th February deadline or by the 30th November deadline respectively.

6.2 Postal address where to apply

CHUV – DAL
Orthopaedics and Traumatology Service
Prof Alain Farron, Head of Service
Av. Pierre-Decker 4
1011 Lausanne

Electronic address for sending application forms in PDF form uniquely: Angelina.Poloni@chuv.ch

⚠️ Any other format (i.e. zip, .exe) will be rejected

6.3 Documents to attach to the application file

- Motivation letter explaining the career goals
- Curriculum vitae (CV) with a summary table of already completed postgrad training
- Doctor’s qualification, ISFM certificate for completed training, work certificates
- Recommendation letters and references
- Possible publication list and summary of scientific work

6.4 Selection criteria / Admission requirements

Access to training within the training network is subject to one preparatory year, as a minimum, preferably carried out in one of the Institutions belonging to the Vaud-Valais-Neuchâtel training network. A concluding letter of recommendation from the Head of the Institution will confirm success at the basic surgical exam during the preparatory year (cf. Point 1.5).

6.5 Handling of the selection procedure

Selected application files are submitted to the Vaud-Valais-Neuchâtel training network Recruitment Committee - sole authorized body to assign 6 new workplaces per year. The two-fold selection process is based on the candidate files and then on one-to-one interviews with the successful candidates.

6.6 Contract of employment

Each Institution of the training network establishes their own contracts of employment according to the planned rotas.

At the CHUV, the ADRH (Administration des Ressources Humaines - Human Resources Administration) issue annual contracts of employment linked to the training plans. Their renewal depends on the senior physicians of the Service that provide training and on the Network Committee, who base their decision on the trainee physician’s work progress.

7 Management and traceability

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<th>Filing / Archives</th>
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<tr>
<td>29.07.2016</td>
<td>A</td>
<td>Prof Alain Farron</td>
<td>Prof Alain Farron</td>
<td>K. Peltier, interim doc management</td>
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