Core Medical Training
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Wessex deanery
Who am I?

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Dr Andrew Brooks
Programme director Core medical training

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Programme manager Medical specialties
Aims

- Understand the nature of training to be a physician in the UK
- Nature of core medical training UK and in Wessex
- Nature of career opportunities at ST3 level
- Potential changes in the NHS work force
Possible future structures of training and work force

**Foundation Programme**
- Core Training: 2-3 Years
- Higher Specialty Training
- Selection

**Run Through Training**

**New non training posts**

**Medical school**
Core medical training

2 years of broad training in medical specialities
Typical 6 x 4 month posts
New curriculum
New assessment process (ARCP)
# Training programme example

<table>
<thead>
<tr>
<th>Year 1</th>
<th>cardiology</th>
<th>respiratory</th>
<th>oncology</th>
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<tbody>
<tr>
<td>Year 2</td>
<td>Medicine for older people</td>
<td>gastroenterology</td>
<td>dermatology</td>
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</tbody>
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![Diagram showing training programme example with arcp boxes](image)
Assessment

Evidence from assessment tools e.g.. MINI CEX
Educational supervisors report
Clinical experience via e portfolio
Exam progress

MRCP - 3 part examination- multi choice examination; written; PACES
Wessex

120 posts for CMT training
60 ST1 60 ST2
Most trainees stay in 1 hospital for both years
Rotations are fixed: some flexibility in year 2
Higher training

- CMT 1
- CMT 2

Selection

ST3

ST7

Wessex
-35
ST3/yr
ST3

Competitive selection for ST3 specialities

Competition ratios vary between specialities (popularity)

Size of training programmes vary between specialties e.g. medicine for older people 30+ vs. immunology < 3

Small speciality opportunities may vary geographically and on an annual basis
Consultant workforce demographics vary between specialities (retirement)
NHS future workforce requirements vary (new consultant posts)
New models of working (non training/ non consultant posts)
NHS should only train people for its workforce needs
NHS £
Change in numbers of training posts/ career opportunities
Take home message 1

CMT varied and interesting career
Allows time for decision of final career speciality
Medical specialties vary greatly in their nature - something for everyone

............. and I would not want to do anything else
Take home message 2

Career choice should be informed by:

- Opportunities to obtain a training post
- Opportunities at consultant level
- Aptitude for a speciality
- Personal decisions of work life balance
- Consideration of service requirements of a role
Informing Inspiring Improving