What is the Trainees & Members’ Committee?

It is a UK representative committee of elected and co-opted Collegiate Members (post-MRCP), Associates (pre-MRCP) and observers from our Foundation & Student Members. We are one of the most active trainee groups in the UK and are committed to making training matter. Our principal role is to provide support for trainees and to ensure that the views of trainees are represented in all College discussions and in all relevant external discussions that impact on your training. We are also keen to support learning opportunities for all our members world-wide.

We have committee members from across the UK. Our representatives are based in Scotland, England and Wales, and Northern Ireland.

We have three workstreams we focus on to support your training and career:

**Representation**
The Trainees & Members’ Committee provides representatives to the Royal College of Physicians of Edinburgh’s Council and internal committees, the Joint Royal Colleges of Physicians Training Board (JRCPTB), the UK Academy of Medical Royal Colleges Trainees’ Group (ATDG), the Scottish Academy of Trainees’ Group (SATDG), the General Internal Medicine Specialty Advisory Group (SAC), the BMA, and other external groups when required, including the GMC.

**Careers and Communication**
We organise an Annual Careers Symposium highlighting the benefits of choosing a career as a physician. We have created the careers section of the College website and are further developing this resource. To help the transition from medical student to FY1 doctor we organise an annual Careers Evening Medical Update (EMU) covering important tips for life as a junior doctor. We also run a Twitter discussion the week before the August changeover with tips from the committee for new FY1s. Our committee set up these events to help support new doctors.

**Education**
We arrange the free monthly evening medical updates (EMUs) which are aligned to the general medicine curriculum and provide external CPD points. We also have our long established Annual General Medicine Conference, which is uniquely designed by trainees for trainees. We webstream these educational events live across the UK and worldwide, so wherever you are in the world you can benefit from these free events.
Supporting our trainees and members in 2016

Representation
Junior doctors’ contract
Since September 2015 we have been pro-actively putting forward the views of our members and trainees in relation to the junior doctors’ contract in England.

As a Committee we have consistently voiced the concerns of our trainees and the wider issues that the contract dispute has raised, including the need to value trainees and the potential impact on future recruitment and retention of staff. We have sought to positively influence the situation and support trainees during what has been a very unsettling time.

We believe that if we want to give our patients the best care, we must create a culture that values trainees and the staff that provide care. Over the last year, we as a Committee have been heavily involved in contributing to discussions at a UK level regarding the contract and will continue to do so in order to represent trainees’ views and to attempt to provide some stability and support for trainees.

In September, the Committee – with colleagues from across the College – published an editorial in the Journal of the Royal College of Physicians of Edinburgh entitled ‘Valuing our trainees: the future of medicine in the UK’. The editorial looks at the factors that are negatively affecting the wellbeing and morale of trainee doctors in the UK, from time and workload pressures to a lack of physical resources. The paper identifies a number of areas where improvements can be made including securing protected time for training, which ultimately leads to safer patient care. We must ensure that the values of time to care, time to train and time for research become an intrinsic part of the culture of the NHS and we continue to welcome views on how we can address the challenges faced by trainees.

JRCPTB: Internal Medicine Curriculum
The Committee continues to be closely involved in influencing the development of the new proposed Internal Medicine curriculum which is anticipated to be piloted at the end of 2017 prior to implementation in 2019.

We are pleased to be sitting on the JRCPTB panel, as trainee representatives putting across trainees’ opinions, and are involved in discussions on the new proposed Internal Medicine Curriculum (the physician response to the Shape of Training Review). We collected questions from trainees across the UK and interviewed Professor David Black, JRCPTB Director, in June 2016 about the proposed Internal Medicine Curriculum. These interviews can be viewed on the JRCPTB website www.jrcptb.org.uk/new-internal-medicine-curriculum

It is important we raise your questions so you can be informed about the process. We have trainee representation on all aspects (curriculum design, assessment, and implementation) of this new proposed curriculum which aims to replace CMT in the future.

JRCPTB: The role of the medical registrar
We have trainee representation on this working group to look at how we can support and improve the role of the medical registrar which is a very rewarding but also demanding position. We have put forward a series of key areas that we feel need to be improved to support trainees in this position. The Committee continues to work with the JRCPTB and aims to produce quality criteria in 2017 with metrics in place to assess how future changes will impact on trainees. This will be a positive step forward.

JRCPTB: We are your voice
In January the Committee put forward concerns that trainees were restricted from entering CMT if they had completed more than 18 months of rotations in medicine. Trainees approached us feeling this was unfair. We agreed and after raising it with JRCPTB are delighted that this has been changed for recruitment to CMT in 2017. Your voice does matter and we are here to represent you.

Freezing of fees
The Federation of Royal Colleges of Physicians of the UK announced that for 2017 fees for all parts of the MRCP(UK) diploma and JRCPTB enrolment will continue at their current level. This freeze in fees for the fourth year is most welcome. We are pleased that the Federation recognises the many pressures that exist on trainees as they embark on and continue to progress through their career.
Careers and Communication

Careers Symposium
Our annual Medical Careers Symposium took place in November, where we welcomed over 100 medical students, foundation doctors and ST1/2 doctors from throughout the UK. The event provided an insight into postgraduate medical careers and what it means to be a physician. We had representatives from 20 medical specialties to answer questions and offer advice and guidance.

Careers Evening Medical Update
In July, our ‘Someone call the FY1 – Surviving life as a new doctor’ was attended by 500 delegates and we also held our lively Twitter chat on ‘Top Tips for FY1s’ to support trainees as they prepared for the August handover.

Follow us on Twitter!
We were delighted to launch our Twitter account last year – @RCPEdinTrainees – where you can keep up with the latest news and developments. We also held a Twitter chat to seek views on life as a trainee from all those with an interest in training. We look forward to continuing the discussion in 2017.

Education
Evening Medical Update programme
Our popular free Evening Medical Update (EMU) programme, linked to the top areas of presentation within the GIM curriculum, continued in 2016. We held ten EMUs throughout the year on: the shocked patient; anaphylaxis; abdominal pain; palliative and end of life care; back pain; cough; rash; the swollen limb; weakness and paralysis; and poisoning.

We were delighted to welcome over 8000 attendees to our EMUs, either in person or via webstream at 127 sites in 13 countries around the world.

Medical Trainees’ Conference
Following on from our successful Updates in General Internal Medicine Symposium, the Committee will be hosting a new annual Medical Trainees’ Conference. The first will take place in Newcastle on 3 February 2017 and will rotate between Edinburgh and other locations around the UK in subsequent years. The conferences will provide the latest updates in general internal medicine from across the specialties. They will also feature panel discussions and a unique opportunity to network and question those who directly influence medical training. The conferences are free to Collegiate members of this College. Find out more here – events.rcpe.ac.uk

We welcomed 150+ new MRCP(UK) members to the College at our Diploma ceremonies.

Committee meetings held
20

Committee Members

College meetings attended
29

External meetings attended
50+

Trainees and Members we represent
4100+

EMU
Evening Medical Updates

EMUs held
10

People attended EMUs online and in person
8000+

Delegates at Top Tips for FY1s EMU
500+

Sym
Medical Careers Symposium

Specialties represented at Medical Careers symposium
20

We welcomed 150+ new MRCP(UK) members to the College at our Diploma ceremonies.
Are you interested in being involved in our Committee?

All members of the Trainees & Members’ Committee must be Collegiate, Associate, Foundation or Student members of the Royal College of Physicians of Edinburgh. We have a mentoring scheme within the Committee so you will be supported in learning about our committee and our local and UK-wide roles.

We are looking for enthusiastic medical students, foundation doctors, CMT trainees, SAS doctors and ST Doctors in medical specialties who want to improve training, education and careers to get involved with this work. You will be able to foster an interest in the particular area of your choosing, whether that be medical politics, training, education, promoting a career as a physician, social media and communications, or MRCP-related issues.

We have elections once a year with nominations in the summer (usually July). We announce this via our newsletters and on our website. You can be nominated by another member of the Edinburgh College. All nominees are subsequently asked to put forward a statement for the election.

From 2016 onwards we have increased our representation of elected positions to be fully representative of the whole of the UK. Our committee consists of nine elected members in Scotland, six elected members in England and Wales, one elected member in Northern Ireland, two elected associate members from across the UK, one elected SAS doctor, two foundation trainee observers and two medical student observers.

Other support from the College for trainees

The College organised a number of events relevant to trainees in 2016:

Medical Research Symposium for Doctors and Students in Training
The College, in association with NHS Education for Scotland, held a Medical Research Symposium in October for undergraduates and postgraduates interested in developing a research career. This will be run again in 2017.

PACES preparation courses
The College has increased our support for MRCP (UK) (PACES) training with preparation courses taking place throughout the year.

New Critical Appraisal & Research Course
This two-day course ran in March aimed at early-years medical trainees, particularly CMT2 and ST3, providing knowledge on how research works – from study conception, through funding, conduct, analysis and dissemination of the results.

Online resources
The College website contains a range of resources to support you throughout your career. Find out more here – rcpe.ac.uk/TMC

Symposia throughout the year
The College delivers an extensive programme of educational events, courses and online resources. Our symposia programme covers general medicine, the medical specialties, public health, and current and professional issues. Find out more here – events.rcpe.ac.uk

Join the College today
If you’re not already a member, join us and take advantage of our Education Portal and get involved in the work of the Committee. Find out more here – rcpe.ac.uk/membership

How do I contact the Committee?

If you would like to get involved or find out more about our work, please visit our website or contact Anne Fairbairn who will put you in touch with a committee member.

Please feel free to make comments or suggestions via Facebook, Twitter, or email. If there are local issues you’d like us to get involved with, please contact your local representative – details can be accessed via the Fellows and Members’ secure area of the website.

T: +44 (0)131 247 3649 | E: trainees@rcpe.ac.uk | W: rcpe.ac.uk/TMC

We are a very proactive and friendly committee and take our trainees and members’ comments seriously. The Trainees & Members’ Committee looks forward to hearing from you.

Dr Katherine Walesby – Chair of the Trainees & Members’ Committee