

19th March 2016

Dear Colleagues

We understand the considerable pressure junior doctors are under at the moment and it is important that we **maintain our own welfare** as well as that of our patients.

The stresses of working in an under-resourced and under-staffed NHS affect our lives daily. Junior doctors are at the front line of medicine and the current political climate makes an already demanding job even more difficult.

We have written to the Prime Minister to vehemently oppose the imposition of a contract that is untested and has not been fully negotiated. The government's continued refusal to enter into negotiations with the British Medical Association dismays us and the resultant escalation of industrial action only adds to the high levels of stress, anxiety and uncertainty being experienced by the trainee workforce.

Junior doctors need support, be it studying for exams, preparing for job applications, interviews, presentations or just the daily challenge of professional life: looking after our patients in an over-stretched healthcare system. Consultants, SAS doctors and trainees alike must be mindful of the effects these pressures can have on individuals and **be vigilant for those amongst us who are struggling.**

**Don't forget there are support networks available if you feel overwhelmed, in particular when the very personal decision as to the ethics of industrial action are at the fore:**

1. Talk to somebody: fellow trainees, family and friends
2. Meet with your clinical/educational supervisor, College/Faculty Tutor or mentor
3. Use one of the available support and welfare schemes
  - a. The NHS Practitioner Health Programme<sup>1</sup>
  - b. BMA Doctors' Wellbeing<sup>2</sup>
  - c. Resources at GMC "*Your Health Matters*"<sup>3</sup>
4. Your GP or Occupational Health department

As representatives of trainees from all members of the Academy of Medical Royal Colleges, we will continue to represent you with the aim of ensuring the delivery of high-quality postgraduate medical training for the long-term delivery of exceptional healthcare to our patients. **We support the call for the government to abandon plans to impose a contract on junior doctors and return to negotiations for the sake of the welfare of both trainees and patients alike.**

Yours faithfully



**Dr Jon Bailey**

ATDG Chair

President, Emergency Medicine Trainees' Association



**Mr Mustafa Rashid**

Vice-Chair of the ATDG

President, British Orthopaedic Trainees Association



**Dr JP Lomas**

Trainee Committee & Council,

The Royal College of Anaesthetists

---

<sup>1</sup> <http://www.php.nhs.uk/>

<sup>2</sup> <http://www.bma.org.uk/support-at-work/doctors-well-being>

<sup>3</sup> <http://www.gmc-uk.org/concerns/11551.asp>

**Dr Laura Armitage**

Chair of the Associates in Training Committee,  
Royal College of General Practitioners

**Mr Oliver Bowes**

Royal College of Ophthalmologists

**Dr Chloe Fairbairns**

Trainee Committee, The Royal College of  
Anaesthetists

**Dr Jonathan Frost**

Trainee Executive Lead, Royal College of  
Obstetricians and Gynaecologists

**Dr Judith Harrison**

Immediate Past Vice Chair, ATDG  
Creating Supportive Environments Working Group  
Lead, Academy of Medical Royal Colleges

**Dr David James**

Trainee Committee, Royal College of Paediatrics  
and Child Health

**Dr Ian Kerslake**

Faculty of Intensive Care Medicine

**Dr Michael Kosmin**

Chair of the Oncology Registrars' Forum, Royal  
College of Radiologists

**Dr David Little**

Chair of the Junior Radiologists' Forum, Royal  
College of Radiologists

**Dr Victoria Mason**

Deputy Trainee Representative, Faculty of  
Occupational Medicine

**Dr Sam Mills**

National Foundation Programme Representative

**Dr Carol Postlethwaite**

Chair of the Trainees Committee, Royal College of  
Physicians London

**Dr Matt Prior**

Chair of Trainees' Committee, Royal College of  
Obstetricians and Gynaecologists

**Dr Paul Stewart**

Emergency Medicine Trainees' Association

**Dr Katherine Walesby**

Chair of the Trainees and Members' Committee,  
Royal College of Physicians Edinburgh

**Dr Emily Walmsley**

Vice chair of the Public Health Specialty  
Registrar's Committee

**Mr Adam Williams**

President of the Association of Surgeons in  
Training

**Dr Alice Wort**

Chair of the Trainee Advisory Committee, The  
Royal College of Pathologists