

Time for self-development in Internal Medicine Training stage 1

The curriculum for stage 1 of internal medicine training has been in operation since 2019 and within the requirements for progression as determined by the ARCP decision aid are certain areas of activity that are likely to be undertaken away from the clinical environment. These include involvement in Quality improvement (QI) projects, small group/informal simulation, meeting with supervisors, working on the ePortfolio, reflecting on clinical practice and preparing/delivering teaching. In addition to this there is an expectation that trainees will sit and pass all parts of the MRCP(UK) examination.

It is suggested that trainees in IMT should have professional self-development time (SDT) in their work schedule to facilitate progression within the training programme. The time allocated for this self-development time should average as one day per month in IMT1&2 and two days per month for IMT3s.

The use of the SDT should be discussed by trainees at regular meetings with their educational supervisor who should ensure that such activity is recorded in the ePortfolio and reflect the needs of the trainees PDP.

LTFT workers should be given SDT pro-rata to the percentage of whole time equivalent

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