

# Rheumatology Training Opportunities in UK





# Outline

WHY?

WHAT are the training opportunities?

WHAT are the benefits of UK training?

HOW do we go about the process?

# Background

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Rheumatology training in India -  
Limited opportunities

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30 places for 1.3 billion population

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DM (22), DNB (8) - MCI recognised

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Highly competitive

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Gradually increasing - Fellowships and  
certificate courses

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Increasing demand for Rheumatology  
services

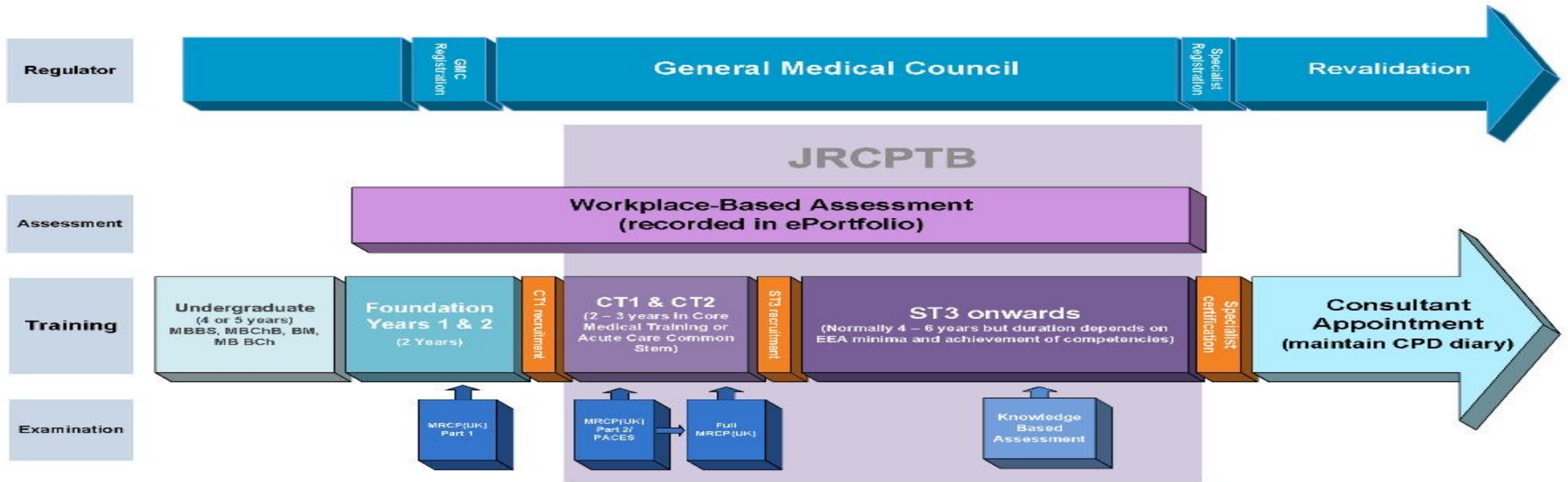


# Background

- Rheumatologists 0.7 - 3.5 /100,000 population - varies depending on the burden of musculoskeletal disease & case mix
- UK < 1.0/100,000 - aspiration 1 Rheumatologist /86,000 population
- UK National audit of RA standard of care better if more Rheumatologists/100,000 population
- India < 1 Rheumatologist /million (0.1 /100,000)



# Training Pathway



**UK Medical Training Timeline**



# UK - Rheumatology

- District General Hospitals (DGH) have Rheumatology Departments with at least 2 Rheumatologists, Nurse Specialist, Physio & Occupational therapist
- Predominantly Outpatient or Day cases
- Research- University hospitals & sub-regional centres
- Nationally funded Health Service - free at the point of care
- Universal coverage



# UK - Rheumatology

- BSR & National Institute of Health & Clinical Excellence - Guidelines on Disease management, high cost drugs - technology appraisal
- Major role of allied health professionals in patient management
- Multidisciplinary team (MDT) approach
- Disease specific clinics - Early RA, CTD, PsA, spondyloarthritis
- Paediatric Rheumatology
- Osteoporosis



# UK Rheumatology training Scenario

- Integrated Rheumatology & Internal Medicine - 5 year Training Programmes - 320 trainees (Less than full time - 20%)
- 918 consultants (30% LTFT) - 65 million population
- Flexible training -Gaps in training places
- Out of Programme for Research
- Out of Programme Career Break (maternity leave)
- Plenty of Training Opportunities with clinical material and educational supervision



# UK Rheumatology training

- Structured training programme
- Curriculum of capabilities/competences in practice
- E-Portfolio for documenting training
- Workplace-based assessments -
  - mini CEX - Clinical examination,
  - CBD - case based discussion
  - DOPS -Directly Observed Procedural Skills
  - MSF -Multisource feedback



# UK Rheumatology training

- Accredited Educational and Clinical supervisors
- Time for your personal development
- Log book for procedures
- Simulation training - Human factor training
- Role play, ethical scenarios
- Mortality & Morbidity audit
- Quality assurance
- Peer Review



# UK training

Long term training  
opportunities

Short term training  
opportunities



# Long-term training opportunities

- Medical training initiative (MTI) Programme
- Royal College of Physicians, London
- Opportunity to get experience for 6 months to 2 years
- GMC registration- RCP offers sponsorship
- Access to e-portfolio - evidence of training can be recorded
- Opportunity to complete Masters level programme in Clinical medicine
- Opportunity to participate in various RCP training programme



# MTI - International fellow

- Induction - to NHS practice 4-6 weeks observer
- study leave budget for CPD to attend various meetings
- Regular training day for the trainees once a month
- Departmental educational meetings
- 3-4 Outpatient clinics/week
- 6 new patients or 12 Follow up patients in each clinic
- Time to discuss patients with the consultant



# MTI - International fellow

- Rota for inpatient referrals
- Rheumatology day cases - infusions, procedures
- Research time - to work on a project
- Involvement in Clinical Trials - Good Clinical Practice training, Assessment, Consent



# Other training opportunities

- BSR conference - Spring & Autumn
- BSR led training courses- e.g. Myositis Masterclass  
Core Course, Advanced Course, MSKUS course
- Regional meetings
- Educational meetings organised by various disease organizations  
(National Osteoporosis Society)
- Regional training days - once a month



# MTI eligibility criteria

- MBBS recognised by the GMC (General Medical Council)
- PG qualification - MRCP(UK) part 1, MD or equivalent
- at least 3 years of full-time PG training (1 year's internship and at least 1 year in the specialty)
- in clinical practice for 3 out of the last 5 years including the last 12 months prior to GMC registration
- no gaps in employment especially in the last 12 months - remain in clinical practice during the application process
- the skills, competencies and understanding of medicine - equivalent to a UK trainee finishing Core Medical Training



# IELTS - Academic

- International English Language Testing System (IELTS) examination
- Listening, Reading, Writing, Speaking
- minimum overall score of 7.5
- minimum scores of 7.0 in all categories
- obtained in one sitting
- valid for 2 years
- Monthly slots available at centres all over India
- British Council or IDP
- [ieltsidpindia.com](http://ieltsidpindia.com)
- <https://www.britishcouncil.in/exam/ielts>
-



# OET

- Occupational English Test
- OET is another option for English Proficiency



# Other Requirements - CGS

- certificate of good standing (CGS) from the State Medical Council (where you have practised in the last 5 years) and MCI
- Confirms the following:
- You are authorised to practise medicine in the relevant country
- You have not at any stage been disqualified, suspended or prohibited from practising medicine
- The regulatory authority is not aware of any matters that raise doubts about your good standing
- The CGS must be no more than 3 months old when you submit it and when you register at the GMC



# Requirements for MTI

- All relevant certificates in English mentioning full name (important for GMC registration)
- No objection letter from your current institute confirming that you will be employed back.
- Two referees who endorse your training
- RCP contacts them independently before giving you the certificate of sponsorship



# Requirements for MTI

- Approximately around £2000 are needed for the whole process
- Duration for process about 3-6 months once you have the IELTS score
- Visa Fees is extra and will take another 3-4 weeks
- Pay - Registrar scale commensurate with experience £3000/month after tax - more than adequate to support living costs of a family



# MMed Programme

- Edge Hill University
- Structured Programme
- Research opportunities
- Weekend teaching on Research module, Critical appraisal, Clinical topics
- Need to complete a project
- 2 year with an additional year for Research
- Work permit
- Cost £12,500/ year for 2 years (less expensive than some DM programmes)
- Pay at Reg scale commensurate with experience £3000/month





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# MMed Medicine

Overview

Course In Depth

Modules

En

Careers and Employability

Finance

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Rela

## Overview

Course Length: 2-3 Years Part-Time

Start Dates: September 2018

DOWNLOAD COURSE LEAFLET

First Name

Last Name



## Overview

Course Length: 2-3 Years Part-Time

Start Dates: September 2018

Department: Faculty of Health and Social Care

Location: Edge Hill University  
Wrightington Hospital

- Study a postgraduate programme for experienced, qualified doctors who are registered with the General Medical Council and eligible to work full-time in the UK or who have successfully applied for an International Training Fellowship;
- Advance your clinical practice in your specialist area of medicine;
- Develop a sound understanding of research and an evidenced-based approach to your clinical practice.

The MMed enables experienced, qualified doctors to develop an evidence-based approach to health care practice and to obtain a postgraduate qualification whilst enhancing clinical expertise in a specific discipline of medicine.

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Careers and Employability

Finance

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Related Courses

## Modules

Expand All

**HEA4065 Clinical Research Part 1: Critical Appraisal (30 credits)**

**HEA4066 Clinical Research Part 2: Developing a Research Proposal (30 credits)**

**HEA4067 Evidence Based Clinical Practice (20 credits)**

**HEA4081 Dissertation for Health and Social Care Professionals (60 credits)**

**HEA4194 Biomedical Sciences (20 credits)**

You will study the following additional module on the generic MMed Medicine pathway. We will discuss the options for the subspeciality that will form the focus of this module with you at interview.

**HEA4034 Negotiated Learning Shell (20 credits)**

You will study the following additional module on the Cardiology pathway:

**HEA4188 Evidence Based Practice in Cardiology (20 credits)**

You will study the following additional module on the Elderly Medicine pathway:



# Paediatric Rheumatology -UK

- Not enough Paediatric Rheumatologists!
- Only in the last 15-20 years Paediatric Rheumatology has expanded out of London & Birmingham.
- Paediatric trainees at the end of specialist training take up dedicated Paediatric Rheumatology Grid posts - 2 years
- Paediatrician with special interest in Paediatric Rheumatology - 1 year training



# Institutional Links

- Bristol Children's Hospital - Prof A V Ramanan & PGI Chandigarh - DM Paediatric Rheumatology Programme
- Paediatric musculoskeletal matters (PMM) - an online evidence based information resource for paediatric musculoskeletal medicine
- Pmmonline.org - Newcastle University



# Travelling Fellowships

- APLAR - 6 months \$2000/month
- Indo-UK Rheumatology Travelling Fellowship £1250/ 6 weeks
- IRA- BSR - UK Exchange Fellowship (Rs 1,00,000)/ 2-4 weeks
- Application & Interview



# Other Routes to train in UK

- Eligible for GMC Registration - MRCP (UK) or PLAB
- National Recruitment for Higher Specialist Training in Rheumatology - 5 year dual programme with Internal Medicine - Round 2 in Sept
- Rotate through 3-5 different training centres in a region
- Work permit - Limited opportunity



# Research Fellowships

- Academic trainees
- MD (Research)/PhD
- Basic science with some clinical exposure
  
- Work Permit



# Benefits of UK training

- Additional opportunity - at least 10 MTI and 2 M Med seats yearly
- Broadens the horizon
- Share best practice
- Mutually beneficial
- Travel
- Cultural exchange



# Useful links

- MMed Rheumatology - Edge Hill University (Course Director - Dr Gladstone Chelliah) [www.edgehill.ac.uk](http://www.edgehill.ac.uk)
- MTI - RCP London <https://www.rcplondon.ac.uk/education-practice/advice/medical-training-initiative>
- AoMRC - Academy of medical Royal colleges [www.aomrc.org.uk/medical-training-initiative/](http://www.aomrc.org.uk/medical-training-initiative/)
- JRCPTB <https://www.jrcptb.org.uk/>
- GMC - <https://www.gmc-uk.org/>
- UK Home Office - visa



# Conclusion

- UK has many training opportunities for budding Indian Rheumatologists
- Plan ahead to succeed
- Seek information about the process
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