

## **Resources for International Medical Graduate GP trainees.**

This page has links to useful information and resources we hope international medical graduate (IMG) GP trainees may find helpful whilst training in the UK.

We also provide an induction course for IMG GP Trainees at the start of training.

In addition to this we run a 'Culture in practice' learning set across all patches. These are virtual group sessions run monthly and provide trainees with a safe environment to have open discussion about cultural differences and how this might impact their work and training in general practice. Everybody is welcome to join the sessions and it gives trainees a valuable opportunity to share their own experiences with their peers and learn from them. Please ask your programme directors for more information and look out for invites if you would like to participate in these monthly sessions.

### **Useful links:**

**RCGP website** - [Royal College of General Practitioners \(rcgp.org.uk\)](http://rcgp.org.uk)

**Fourteen fish** - for learning resources and access to your e-portfolio.  
<https://www.fourteenfish.com/audience/gptrainee>

**NICE guidance** - has all the latest evidenced-based clinical guidance for health and care in England.  
<https://www.nice.org.uk/guidance>

**BNF (British National Formulary)** - drug formulary with guidance on prescribing medications.  
<https://bnf.nice.org.uk/>

**BMJ Learning** - offers online courses and learning resources on a range of health care topics.  
<https://new-learning.bmj.com/>

**GP notebook** - an online database of medical guidelines aimed at general practitioners.  
<https://gpnotebook.com/en-gb/>

**Patient.co.uk** - information on a variety of health conditions for both patients and health care professionals. <https://patient.info/>

**Bradford VTS** - free medical resources for GP trainees <https://www.bradfordvts.co.uk/>

**GMC guidance on Good medical practice** - [Good medical practice-english \(gmc-uk.org\)](http://www.gmc-uk.org)

**Wessex Palliative Care Handbook**

<https://www.hee.nhs.uk/sites/default/files/documents/Wessex%20palliative%20care%20handbook.pdf>

## **Advice for International Medical Graduates:**

*RCGP guide for overseas doctors living and working in the UK as a GP*

<https://www.rcgp.org.uk/training-exams/discover-general-practice/overseas-doctors-guide.aspx>

*Health Education England (HEE) GP recruitment page with resources for IMGs*

<https://gprecruitment.hee.nhs.uk/recruitment/guidance-for-applicants/resources-for-imgs>

*HEE Wessex induction for IMG doctors (via this link you will also find the 'Wessex Handbook for IMG doctors' and lots of other helpful resources).*

<https://wessex.hee.nhs.uk/trainee-information/trainee-journey/international-medical-graduates/>

*Bournemouth university advice on 'Living in the UK' for international graduates*

[Living in the UK | Bournemouth University](#)

*It's worth joining the BMA , they have various resources to support IMGs from practical advice such as setting up a bank account to communication with others*

<https://www.bma.org.uk/advice-and-support/international-doctors/how-the-bma-can-help-you/bma-services-for-international-doctors>

*BMA advice and support for IMG doctors on life and work in the UK*

<https://www.bma.org.uk/advice-and-support/international-doctors/life-and-work-in-the-uk/being-an-international-junior-doctor-in-the-nhs>

*UK CISA (UK Council for International Student Affairs) - Information and resources for international students in the UK*

<https://ukcisa.org.uk/>

*YouTube Vlog - "Day In The Life Of A Doctor, GP (General Practitioner)"*

<https://www.youtube.com/watch?v=0GTj7C1yba0>

## **Visa and immigration information:**

*Information on Skilled work visas (replaced Tier 2 work visa) <https://www.gov.uk/skilled-worker-visa>*

## **Consultations and communication skills:**

*Spend a penny booklet (will need to upload link to file)*

*There are also communication skills courses available for IMG GP trainees please ask your programme directors for more information.*

## **E- portfolio:**

*Bradford VTS information on writing log entries and the e-portfolio requirements*

<https://www.bradfordvts.co.uk/mrcgp/eportfolio/>

*RCGP website advice on writing Log entries*

<https://www.rcgp.org.uk/trainingexams/training/workplacebased-assessment-wpba/assessments/learning-log.aspx>

*Information about the ARCP can be found here*

<https://wessex.hee.nhs.uk/academic-training/academic-arcp-information/>

## **Exams:**

*RCGP AKT and RCA Exam Prep Courses are run throughout the year in Wessex look out for e-mails advertising this. You can also find information on courses run on their website.*

*Exam upskilling courses are available in Wessex please ask your programme directors for more information.*

*RCGP e-learning GP self-test questions*

<https://elearning.rcgp.org.uk/course/index.php?categoryid=56>

*RCGP e- learning Essential knowledge updates*

<https://elearning.rcgp.org.uk/course/index.php?categoryid=2>

*Bradford VTS RCA resource list*

<https://www.bradfordvts.co.uk/mrcgp/rca/>

*Pennine VTS videos (useful videos and examples of different types of consultations you may come across in general practice) [https://www.pennine-gp-training.co.uk/CSA\\_case\\_videos.htm](https://www.pennine-gp-training.co.uk/CSA_case_videos.htm)*

*Matthew Smith YouTube videos (YouTube videos with example GP consultations to help prepare for exams) <https://www.youtube.com/user/mattandhazelsmith/videos>*

*PSW exam support - there is a useful package of exam support called the 'Exam game plan' available if you look at the self-help video and resources on the website*

<https://wessex.hee.nhs.uk/wellbeing-and-support/exam-support/>

## **Books:**

***Watching the English: The Hidden Rules of English Behaviour Paperback***, by Kate Fox

***Oxford Handbook of General Practice (Oxford Medical Handbooks)***

***Medical Statistics Made Easy, (any edition)***, by Michael Harris and Gordon Taylor

**A paper copy of the latest BNF** (it is useful to have the actual book as the first few pages of BNF have useful information about prescribing).

***CSA Cases Workbook for the MRCGP*** Third edition, by Ellen Welch, Irina Zacharcenkova, Jennifer Lyall

***CSA Scenarios for the MRCGP***, 4th edition: frameworks for clinical consultations, by Thomas Das

***CSA Revision Notes for the MRCGP***, fourth edition, by Jennifer Stannett, Sarah Osmond

## **Further support:**

PSW - Wessex Professional Support and Wellbeing Unit, they offer individual support sessions for trainees, addressing adjusting to a different cultural, ethical, and professional environment, exam support and help with diagnosis of learning difficulties such as dyslexia

<https://wessex.hee.nhs.uk/wellbeing-and-support/psw/>

Professional support can also be accessed via the doctor's support network

<https://www.dsn.org.uk/professional-support>

The charity, Mind has lots of advice and resources for mental health and wellbeing:

<https://www.mind.org.uk/information-support/tips-for-everyday-living/wellbeing/wellbeing/>

NHS also provides tips and support for health and wellbeing

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

Information on how to register with a local GP

[How to register with a GP surgery - NHS \(www.nhs.uk\)](https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/)

Information regarding study leave

<https://wessex.hee.nhs.uk/trainee-information/trainee-journey/study-leave>

Wessex provide enhanced learning opportunities for GP trainees

<https://wessex.hee.nhs.uk/general-practice/gp-training/>

Learning events/courses in Wessex can also be found on the RCGP website

<https://www.rcgp.org.uk/courses-and-events/events-search-results.aspx?f=wessex%20faculty>