



Application and interview process

Dawood Razzak & Antash Daryanani

By the end of this Session, you will be able to:

- 1) Gain a better understanding of what stands between you and your first day of work.
- 2) Explain the differences between different FY1 posts.
- 3) Know from where and how to effectively prepare for the IELTS exam.
- 4) Gain a better understanding of how the PLAB exam works.
- 5) Appreciate the advantages of taking part in a clinical attachments, how to secure one and make the most out of it.
- 6) Follow a framework when preparing for interviews..
- 7) Effectively negotiate for the best possible job offer.
- 8) Know how our current initiatives can help you with all the above.

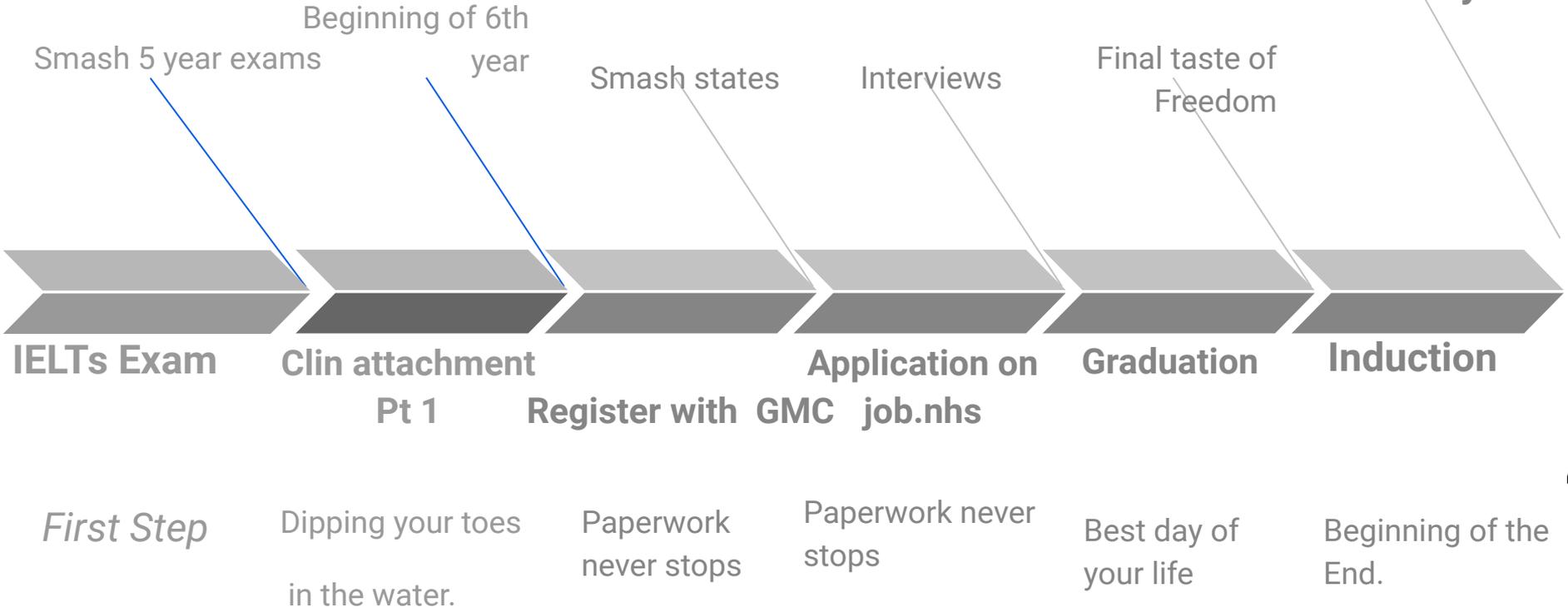
Between 5th year and your first day as a registered doctor, the following are tasks you must complete:

- Clinical attachments in the NHS
- Apply for trust grade post through nhs.jobs
- Registration with the GMC
- Register and pass the IELTS/OET Exam
- Oriel Application for Standalone F1
- Interview for your Trust Grade Jobs.
- Survive 5th year exams (obviously)
- Make the most of Prague
- Pass State Exams
- Graduate



Get ready for the step up!

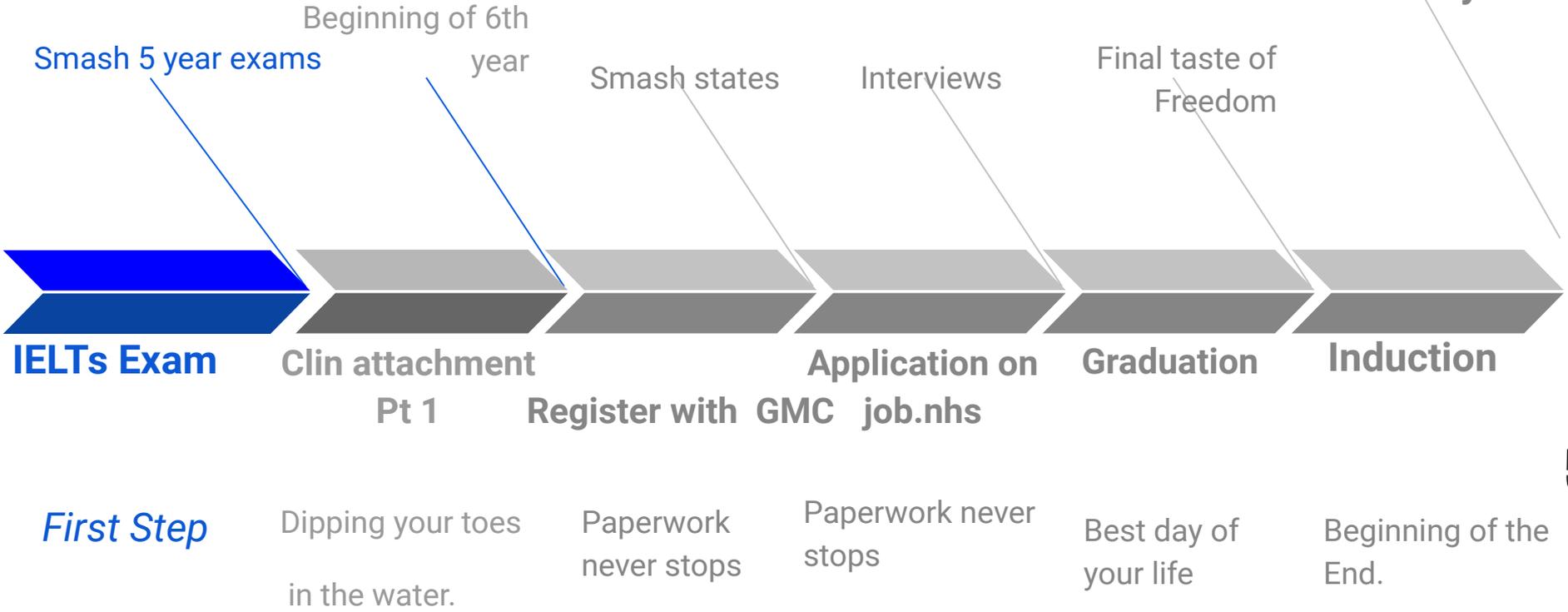
The Dreaded First Day



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Lets Get it Started, in here!

The Dreaded First Day



Key learning points from my IELTS exam

- No way around it unfortunately
- Preparation is key!
- Practise papers are your friend!
- The difficulty with the writing section is the word limit
- Speaking section can be abstract.
- Can be a sticking point when it comes to applications
- Pass mark for GMC: above 7 in all sections with an overall average 7.5
- Expires after 2 years

The basics of IELTS

Main differences include:

- IELTS has 2 variations
- OET has 12
- OET is more specific towards medical professions
- OET is scored by grades and points
- Writing and speaking are profession specific.

IELTS vs OET

- Ielts Lizz -

<https://www.youtube.com/user/ieltsliz>

- E2 ielts -

https://www.youtube.com/channel/UCglDIsg_Z9mE2oT9hsrbzFA

- E2 OET -

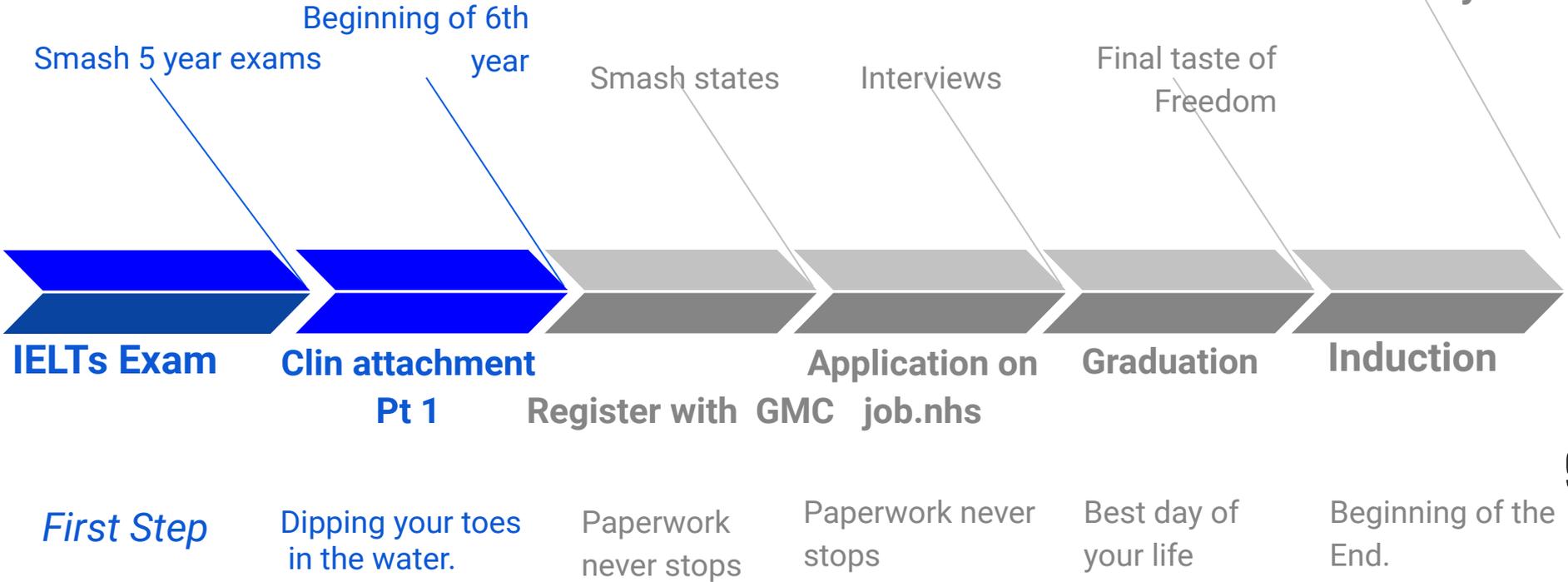
https://www.youtube.com/channel/UCN9T41BdSxRqeab4sg_ezzg

- Official OET -

https://www.youtube.com/channel/UC8gQK5jHSrVzDXeOFY5Lk_g

Useful resources

The Dreaded First Day

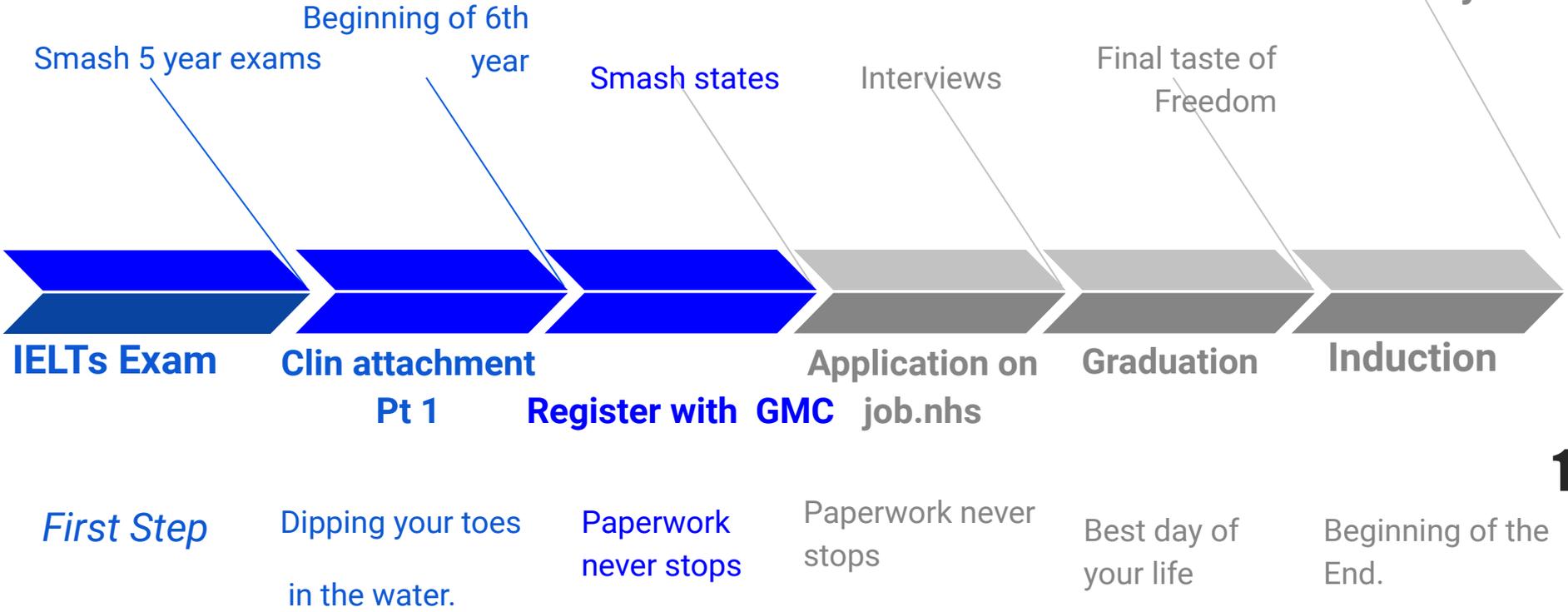


The summer of 5th year is ideal to build experience and compliment your CV with something valuable:

- Contacts count
- Specify what you would like out of it
- Securing one as a student can be hard
- Clarify indemnity
- Start early
- Target hospital with a history of IMG's
- Juniors vs. Consultant attachments
- Keep a log/diary of the experience
- Get involved in quality improvement projects

Basics of Securing a Clinical attachment: Part 1

The Dreaded First Day

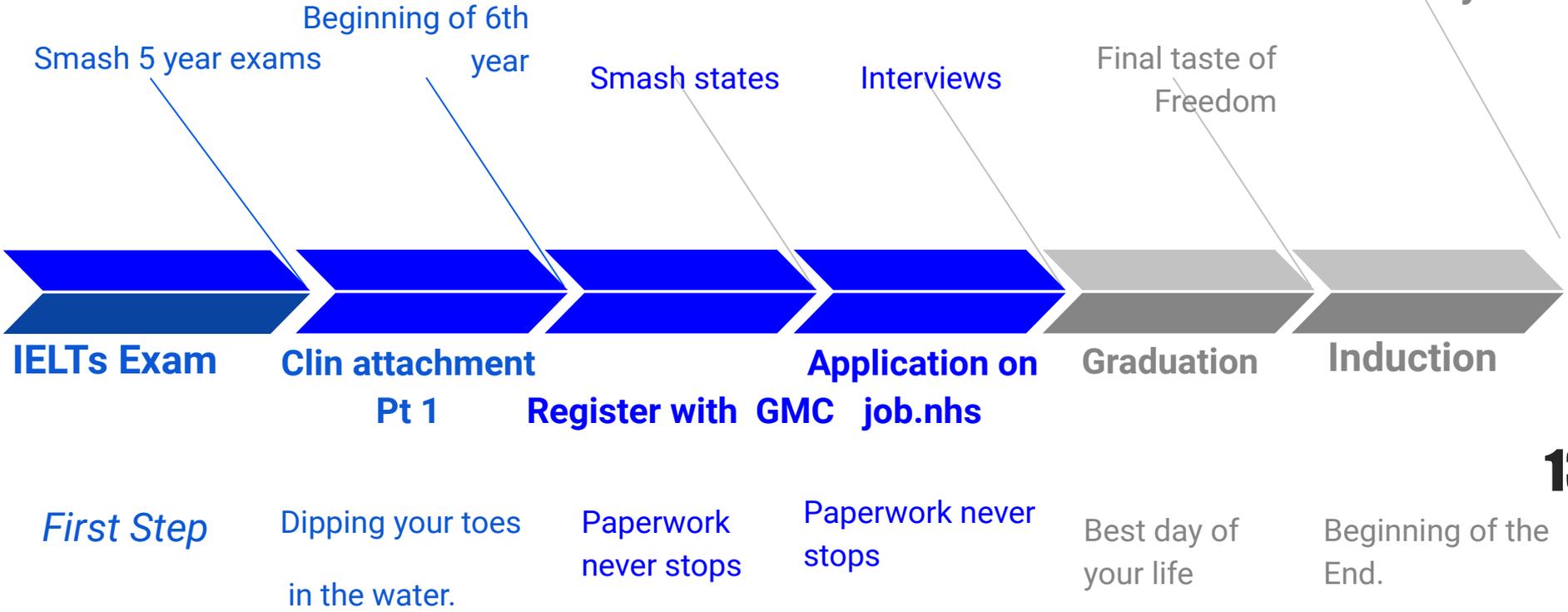


Entails:

- Online application (rate limiting step)
- Proof of documents - Send copies
- Face to face meeting at the GMC offices - bring originals
- Your number is granted on the day of the meeting
- Approx 6 weeks to gain registration
- Remember! You can still apply to most trust if your application is pending, you do not need to wait.
- Keep calling
- <https://www.gmc-uk.org/registration-and-licensing/join-the-register/registration-applications/application-guides/full-registration-for-international-medical-graduates-with-a-postgraduate-qualification>

Registration with the GMC

The Dreaded First Day



There are 2 routes to securing an F1 Job in the NHS

Oriel Route : NHS jobs Route:

- Recently reopened
 - Early Deadline
 - One interview for many trusts
 - Fixed position + role
 - Rankings apply
 - More is required to stand out
 - Guaranteed Training Post
- Apply directly to hospitals
 - Greater variance in job offers
 - More negotiation required and encouraged
 - Multiple interviews
 - More flexibility in terms of location
 - Can use one application many times
 - Excellent practise for speciality applications
 - Competition is a lot more varied



Application Time!



Search Jobs

Browse Jobs

Register

Log in

Keywords or
Job Reference

e.g. physiotherapist, nurse, SFP-MED-340

18,346
live jobs

Location or
Postcode

e.g. Sunderland, BS8 1RL

Search

[+ More search options](#)

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[Browse jobs](#)

[Browse employers](#)

Perform a job search, find jobs that match your skills, and apply for NHS jobs online.

[Register now](#) so you can receive Jobs by E-mail to view new posts to suit your job search every day.



Latest news

[Christmas/New Year Helpdesk Hours](#)

Please see below the NHS Jobs helpdesk service hours during the Christmas and Ne...

[Important changes to NHS Jobs application forms](#)

Advice for job seekers

[Making successful applications](#)

[Searching for the perfect job](#)

[Managing the interview](#)

[Be My Interviewer](#)

About NHS Jobs

Around 25,000 posts are advertised on this website every month. If you're looking to begin or develop your career in the NHS, this site should be your first port of call.

[Read more about what this site offers](#)

Supporting Information

In this section you need to demonstrate that you have read the published person specification and how you meet the essential and (where relevant) desirable criteria for this particular post, if this has not been fully covered in the previous sections. Please include your reasons for applying and take the opportunity to highlight your particular talents and strengths, (what you feel you can personally offer - what is unique to you - what sets you apart from your peers). Please DO NOT include personal details or duplicate information already provided elsewhere in your application.

Supporting information

B *I* U | Paragraph | ABC | ☰ ☰ | ↶ ↷

I have just back to the UK, after graduating abroad and am applying for my first job with the NHS, i am looking for something to ease me into the system of the NHS and get me to grips with how things work.

My final year of university was an internship year where i worked in a number of rotations (including infectious diseases, pediatrics, internal medicine, gynecology, etc), all of which ended with a 'state exam' testing me on the knowldge i had gained in each respective department. While this has allowed me to gain a full registration with the GMC and technically makes me eligible to apply for SHO positions, i would personally prefer starting from the ground up in the NHS and truly solidifying my skills as a junior doctor before moving up.

A position as a trust doctor would be very valuble. Looking through the personal specification, i really appreciate that this job would also provide ample chances to take part in audit work. Activites such as these always provide a good balance to work life aswell as giving one perspective as to why we have the guidelines we have in the NHS.

Approx. 923 words remaining

TRUST FY1- GENERAL SURGERY

General Surgery

[Add to favourites](#)

Mid Yorkshire Hospitals NHS Trust, Wakefield

MYDoc Doctor Foundation – Urology/General Surgery Mid Yorkshire Hospitals NHS Trust is pleased to announce the introduction of these new roles aimed at doctors who are passionate about their practice and their career outside traditional models. Our posts will combine education and career ...

Salary: £27,689 per annum

Posted: 18/11/2019

Job Type: Fixed term

Closing Date: 16/12/2019

Staff Group: Medical & Dental

Job Ref: 377-SURG1647MED

Different types of Jobs: know your title

- LAS
- LAT
- Clinical Fellow
- Trust Grade Doctor

What do they all mean?



BMJ Careers Fair

- Securing a clinical attachment is a lot easier with full registration.
- Can be an easy and painless gateway into getting an f1 job
- Shows initiative
- Can greatly improve confidence and diminish any pre-work jitters
- Very valuable in interviews, if you've used it effectively.

Clinical attachment part 2

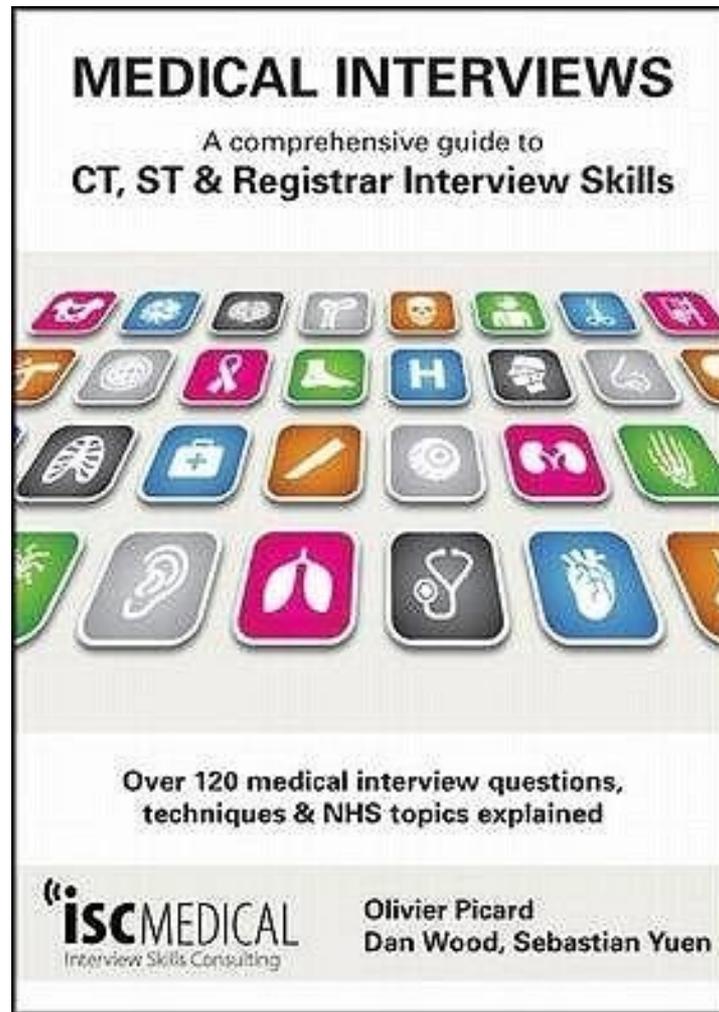
Interviews for an F1 job, whichever route you take will have the following structure:

- Introductions
- CV
- Why here
- Roles of an F1
- Clinical scenario X 2 - ABCDE Approach
- Ethical scenario - GMC Good Practise.
- Any questions?

Interview time!

- Active listening is key
- ABCDE all day, everyday.
- Ask engaging questions
 - Dress to impress
- Give yourself time to construct an answer
 - Help yourself to a glass of water.

Interview tips



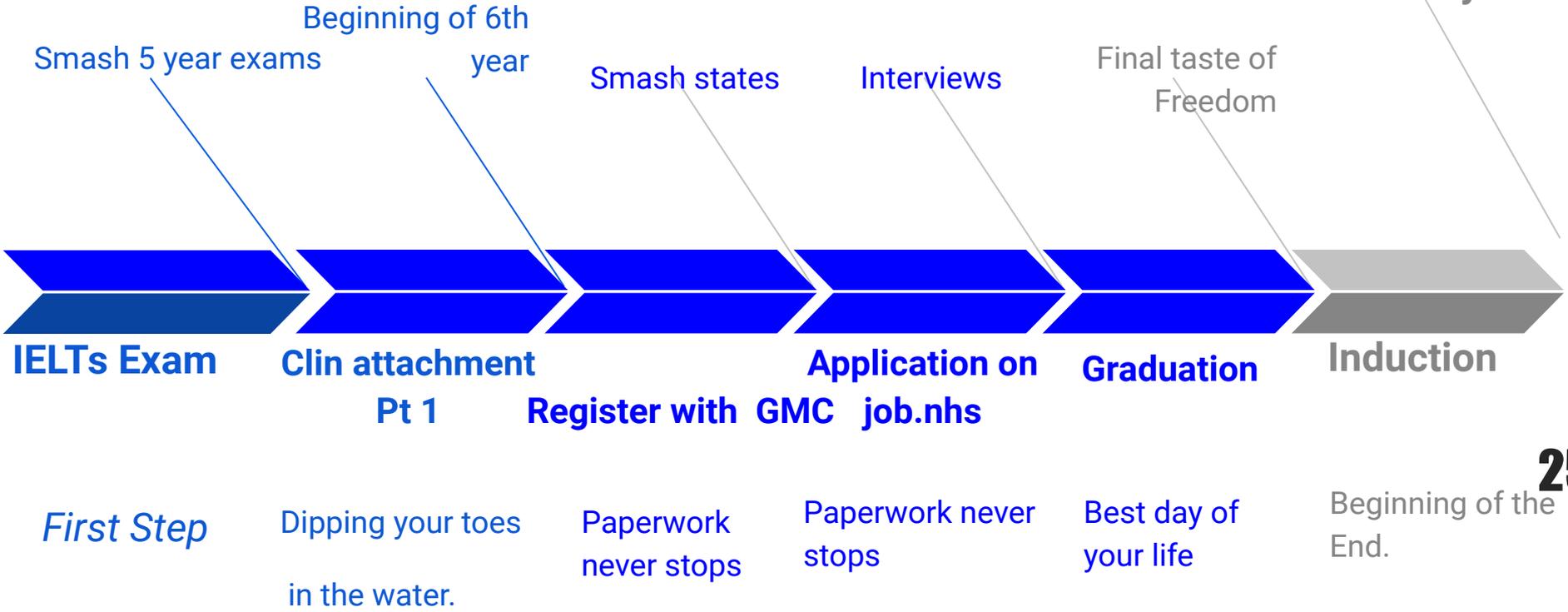
Buy now!

Do not leave the interview/accept a job before clarifying the following:

- Training opportunities
- Working hours
- Leave if you're accepting a 6 month placement
- Study budget
- Teaching attendance
- Eportfolio access
- Clinical and educational supervisors
- Remember! They need us more than we need them!

Negotiation is key

The Dreaded First Day



- Turn up
- Take it all in
- Understand and appreciate exactly what you've achieved
- Take time to enjoy Prague as a tourist

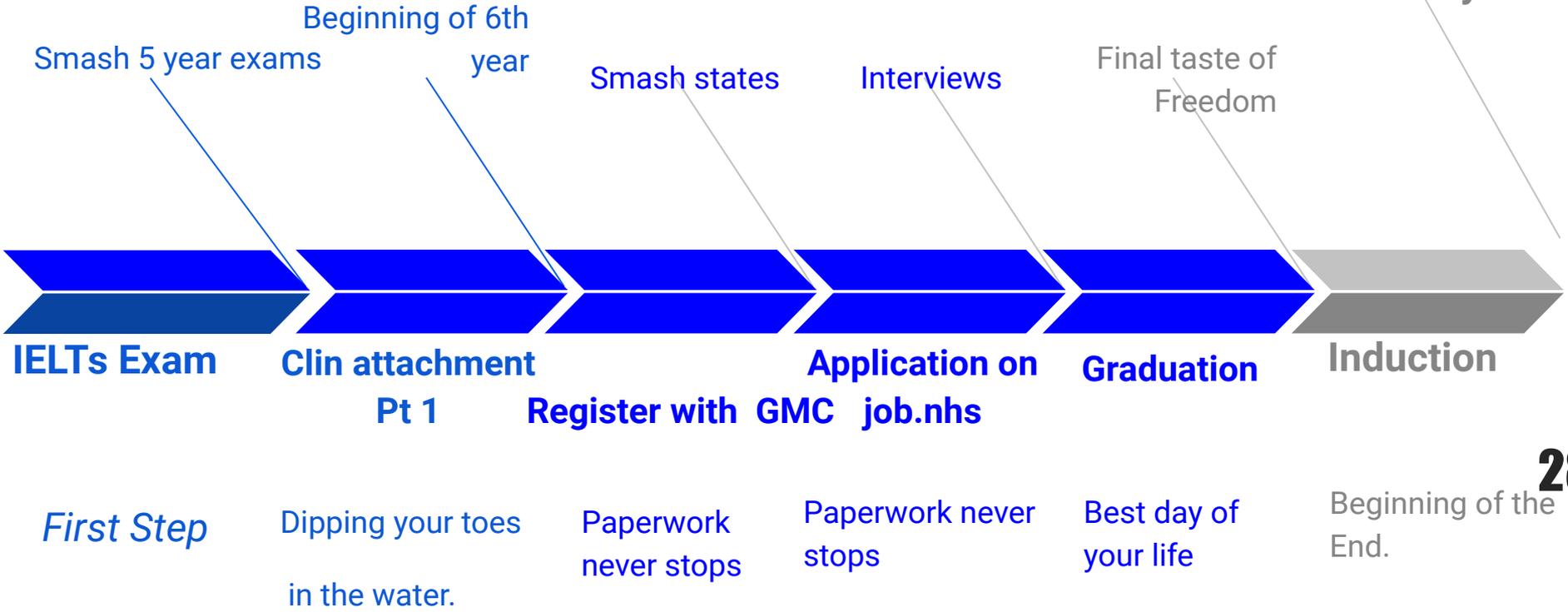
Graduation

PLAB exam:

- Exam for Non-Eu Doctors
- 2014: 2000 took the plab
- 2017: >7000
- Composed of 2 parts
- Part 1: MCQ's
- Part 2: 20 OCSE Style Stations
- Registration and booking done through the GMC website

**For those that require
sitting the PLAB**

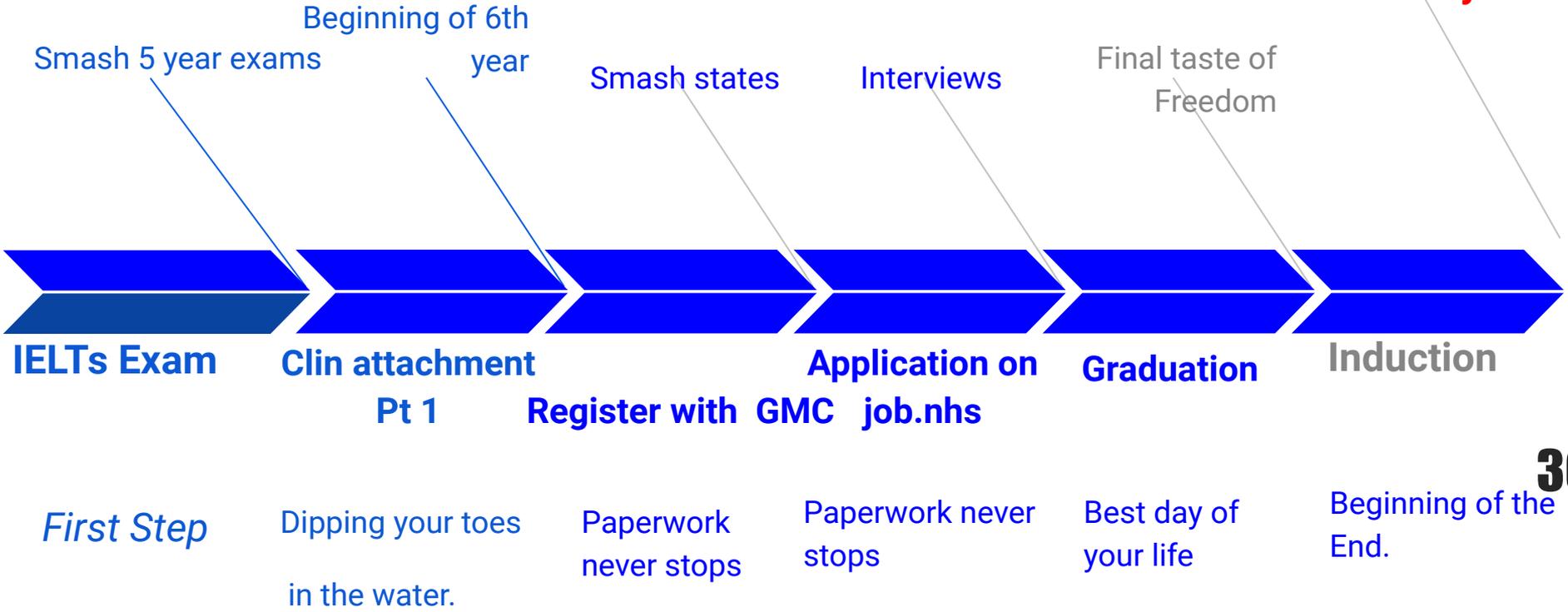
The Dreaded First Day



- Ignorance is bliss, you will never get this time back
- Use it to develop skills for the job as well as skills for yourself.
- This is easy to forget in the pursuit of a paycheck
- Like a depressing box of pringles, once you ‘pop’, you cannot stop.

Final few days of freedom

The Dreaded First Day



General layout of induction is as follows:

- Not much longer than a week
- Mix of IT training, seminars and shadowing
- Traditionally not enough for UK and non-UK graduates
- Departmental inductions tend to be more useful (if your department has one)
- Take as much as you can from the previous FY1 doctors
- Practise on IT systems rather than watching tutorials
- This is the time to familiarise yourself with proforma's, guidelines and prescribing
- Many trusts will be happy to provide more time if you're keen

Induction

- The longest night you will ever face
- Remember everyone is in the same boat
- Take advantage of the expectation that you are a new F1
 - Ask ask ask
 - Nurses are your friends
- Not only will it get better, it will also get a little but worse

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Black Wednesday, aka First shift: what to expect

- Finals revision webinars
- Courses
- Facebook Page- uk based conferences, prizes and updates
- Swindon Mentorship Programme 2020

**How we would like to help
further**

GWH Mentorship Scheme for International Medical Students-July 2019

- 8 Students selected through an application process(Czechia)
- 4 week mentorship developed in accordance with GMC Outcomes for graduates and our own experiences as IMG's
- Promote recruitment to GWH and ease the transition from medical student to FY1
- Junior Led (Particularly Foundation), Consultant supervision (Dr Jess Daniel)

Objectives

- Apply your wealth of theoretical knowledge to a problem based setting through seminars, simulation and ward based teaching
- Explore local and national guidelines and policies by which the NHS functions and experience them in action
- Introduction to the e-portfolio model of self-directive and reflective learning
- Gain perspective on how to tailor your final year to allow a smooth transition

“Laying the foundations”

- Medical Emergency Masterclasses
- Simulation Teaching Introduction
- Introduction to “The job”
- The MDT
- IT training
- Clinical Governance/QIP
- Welcome party at the King’s, Wood Street

“Application of knowledge in a clinical scenario”

- On Call Masterclasses (ATSP Re:)
- Simulation
- Shadowing
- CV building/Mock Interview with Mr Woods

“Seeing one, then doing one”

- Mandatory Practical Skills Training
- Communication Skills stations with Dr Yerberry
- Prescribing Workshops
- Beyond the Wards

“Tying it all up with best practice”

- GMC “Good Medical Practice” Workshop
- Debrief, sign-offs and certificates







