

## Training and development (plastic surgery)

This page provides useful information on the training and development for this specialty and also has tips for people at all stages of their career including medical school.

### Core surgical training

Core surgical training lasts two years and provides training in a hospital in a range of surgical specialties. It is possible to take a training which is themed towards plastic surgery, but a more general training is also possible. During the first two years of your training you must take the examination to give you membership of the Royal College of Surgeons (MRCS) or equivalent. You will need at least six months' experience in plastic surgery posts.

Following successful completion of your core surgical training it is necessary to apply competitively for the next phase of your training (ST3).

### ST3 specialty plastic surgery training

Specialty plastic surgery training (ST3) takes six years, although this can vary according to individual circumstances. During this time you will be employed as a specialty registrar. At the end of this training you can then apply for consultant posts. However, before you can do this you must pass the Intercollegiate Specialty Examination (FRCS Plast). Once you have passed this you will receive a Certificate of Completion of Training [1] (CCT [2]) and you will be eligible to be on the GMC Specialist Register. Many plastic surgeons also undertake further training in cosmetic surgery should they wish to work within aesthetic surgery.

Completion of other training courses such as Advanced Trauma Life Support (ATLS), Basic Surgical Skills and Care of the Critically Ill Surgical Patient (CCrISP) will also greatly enhance your application for ST3 training.

Selection panels also look for evidence of academic and research achievements, such as degrees, prizes, awards, distinctions, publications and presentations. An understanding of research, audit and teaching is also important. Entry is highly competitive so you will need achievements that are relevant to plastic surgery. Completion of an elective [3] in plastic surgery will demonstrate your commitment to the selection panel.

- Find out more about plastic surgery training on the GMC website [4]

### The integrated academic training pathway

If you are interested in research the integrated academic pathway may be for you. This combination of academic and clinical activities includes a 2 year academic foundation programme with academic clinical fellowships, and the opportunity to take a PhD and an out of training research experience. Entry is highly

competitive.

- For further information contact the British Association of Plastic, Reconstructive and Aesthetic Surgeons [5].

## Getting in tips

It is important to develop your practical skills and interest in surgery as early as you can. This will also give you valuable experience to add to your CV.

- - Tips for medical students Expand / collapse
    - join your university surgical society
    - attend conferences on surgery for medical students – this will give you an opportunity to network and meet your future colleagues
    - undertake a special study module or project in surgery and choose an elective [3] in surgery
    - become an Affiliate of the Royal College of Surgeons [6] and the Royal College of Surgeons of Edinburgh [7]
    - become a junior member of the British Association of Plastic and Reconstructive and Aesthetic Surgeons (BAPRAS) [8]
    - attend courses for medical students run by the BAPRAS
- - Tips for foundation trainees Expand / collapse
    - make contact with surgeons in your hospital - offer to help in any way possible and find out if they are involved with any research that you could get involved with
    - attend courses such as those offered by the Royal College of Surgeons [6] and the Royal College of Surgeons of Edinburgh [7] – topics include surgical skills, interview skills for core surgical training and career-planning
    - choose an audit project related to surgery
    - ensure your e-portfolio has plenty of surgery evidence and that this is kept properly up-to-date
    - become a junior member of the British Association of Plastic and Reconstructive and Aesthetic Surgeons [8]
    - try to gain teaching and management experience
- - Tips for core and specialist trainees Expand / collapse
    - continue to develop your practical and academic expertise.
    - undertake a research project
    - try to get some of your work published and present at national and international meetings
    - join or start a Journal Club (a group who meet to critically evaluate academic research)
    - teach junior colleagues
    - take on any management opportunities you are offered
    - become a trainee member of the British Association of Plastic and Reconstructive and Aesthetic Surgeons [8]

The Oriel website [9] has detailed information on entry requirement, including the person specifications for ST3 training in plastic surgery.

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**Source URL:** <https://www.healthcareers.nhs.uk/explore-roles/doctors/roles-doctors/surgery/plastic-surgery/training-and-development>

### **Links**

[1] [https://www.healthcareers.nhs.uk/glossary#Certificate\\_of\\_completion\\_of\\_training](https://www.healthcareers.nhs.uk/glossary#Certificate_of_completion_of_training)

[2] <https://www.healthcareers.nhs.uk/glossary#CCT>

[3] <https://www.healthcareers.nhs.uk/glossary#Elective>

[4] [http://www.gmc-uk.org/education/plastic\\_surgery.asp](http://www.gmc-uk.org/education/plastic_surgery.asp)

[5] <http://baaps.org.uk/>

[6] <http://www.rcseng.ac.uk>

[7] <http://www.rcsed.ac.uk>

[8] <http://www.bapras.org.uk/>

[9] <http://www.oriel.nhs.uk>