Training and development (metabolic medicine)

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

Before starting specialist training that includes metabolic [1] medicine, you need to complete either:

- core medical training [2] (CMT) – two years
- acute care common stem (ACCS) – three years

As an alternative to CMT or ACCS, you may also be accepted for specialty training in metabolic [1] medicine if you offer at least two years' experience in physicianly medical specialties as defined by the JRCPTB [3].

You then need to apply for specialty training in **chemical pathology** or **general internal medicine** at ST3 level. Metabolic [1] medicine training will occur in parallel with training in the parent specialty. Training is from ST3-8.

In combination with chemical pathology training for metabolic [1] medicine takes **five and a half years**. When combined with general internal medicine training takes **five years.**

After sub-specialty training in metabolic [1] medicine has been completed, trainees will have the sub-specialty of metabolic [1] medicine included in their entry in the GMC's specialist register alongside their certificate of completion of training [4] (CCT [5]) in their main specialty, which is either chemical pathology or general internal medicine. Alternatively, metabolic [1] medicine trainees might be awarded the Combined Programme Certificate of Eligibility for Specialist Registration (CESRCP) instead of the CCT [5].

- The approved postgraduate training programme for metabolic medicine is available from the GMC. [6]

Getting in tips

These tips will give you some ideas to add to your CV. Whether you're a medical student, foundation trainee or doing your core specialty training, there's information below to help you.

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Medical students

- join your university medical society
- attend conferences for medical students – this will give you an opportunity to network and meet your future colleagues
- get involved with the GMC [7] (General Medical Council), eg medical students can participate in visits to medical schools as part of the GMC's quality assurance [8] process
- consider joining the specialist society for your chosen specialty as a student member
- consider becoming a student member of the BMA (The British Medical Association [9] is the trade union and professional association for doctors and provides careers advice)
- join the British Inherited Metabolic Diseases Group [10]
- arrange a placement in metabolic [1] medicine or chemical pathology/general internal medicine if possible
- choose the topic of your supervised research project carefully to test out your thinking

Foundation trainees

- talk to your clinical and educational supervisors about your interest in metabolic [1] medicine
- use full placements to find out more or apply for taster experiences if you can't get a placement
- taking part in a clinical audit [11] is important for your development as a doctor and if possible, choose an audit project related to metabolic [1] medicine or general internal medicine/chemical pathology
- ensure your foundation e-portfolio has plenty of medical evidence and that this is kept properly up-to-date
- try to gain teaching and management experience
- look at competition ratios (ie the number of applicants to places) critically. Find out what is happening this year and spot any regional differences in competition ratios

View the careers resources on the Foundation Programme website [12].

Core and specialty trainees

- speak to consultants about what the role is like
- read as much information as you can on the websites of relevant professional bodies
- develop a genuine interest in metabolic [1] medicine

- be prepared to move to where the vacancies are
- 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

Links
[1] https://www.healthcareers.nhs.uk/glossary#Metabolic
[2] https://www.healthcareers.nhs.uk/glossary#Core_medical_training
[3] http://http://www.jrcptb.org.uk/
[4] https://www.healthcareers.nhs.uk/glossary#Certificate_of_completion_of_training
[5] https://www.healthcareers.nhs.uk/glossary#CCT
[6] http://www.gmc-uk.org/Metabolic_curriculum_170510_V0.13.pdf_32486122.pdf
[7] http://www.gmc-uk.org/
[8] https://www.healthcareers.nhs.uk/glossary#Quality_assurance
[9] http://bma.org.uk/
[10] http://www.bimdg.org.uk/
[11] https://www.healthcareers.nhs.uk/glossary#Clinical_audit
[12] http://www.foundationprogramme.nhs.uk/pages/medical-students/your-career-path/resources