

Training and development (respiratory 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.

You will need to complete core training after your two-year foundation programme. Core training has a choice of two pathways:

- [core medical training](#) ^[1] – CMT, which is a two-year programme
- acute care common stem – ACCS (acute medicine), which is a three-year programme

Applicants for specialty training at ST3 should also hold the full [MRCP](#) ^[2] (UK). Not all applicants who meet the required standard to continue will necessarily be offered a post due to the level of competition.

Trainees can enter specialty training in [respiratory](#) ^[3] medicine at ST3 level after completing core training (or an equivalent pathway). ST3 training takes a minimum of four years.

Most trainees decide to train in both GIM and [respiratory](#) ^[3] medicine. To do so, they must compete for a place on a dual [CCT](#) ^[4] programme and spend a minimum of five years in ST3 specialty training.

- The approved postgraduate training programme for respiratory medicine is available from the GM ^[5]

Getting tips

If you follow these tips, they will give you valuable experience 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

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- Join your university medical society
- attend conferences for medical students – many are free – this will give you an opportunity to network and meet your future colleagues
- get involved with the GMC (General Medical Council), eg medical students can participate in visits to medical schools as part of the GMC's [quality assurance](#) [6] process
- consider joining the specialist society for your chosen specialty as a student member, eg the British Thoracic Society [7]
- consider becoming a student member of the BMA [8] (the British Medical Association is the trade union and professional association for doctors and provides careers advice)
- make your specialty decisions in good time so that you can test it out before committing yourself, eg by using hospital visits and clinical placements arranged as part of your course to ask questions and observe people at work
- choose the topic of your supervised research project carefully to test out your career thinking

Foundation trainees

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- remember your first priority is to demonstrate that you have developed the personal, learning, clinical, practical and management skills needed by all doctors
- think laterally when applying for rotations – vacancies may not be available in [respiratory](#) [3] medicine so apply for a rotation in a related field
- talk to your clinical and educational supervisors about particular areas of interest to explore
- use full placements to experience specialties that you might be interested in or apply for taster experiences if you can't get a placement
- talk with your peers about their career ideas and experiences – you may be able to help each other
- listen to information and advice from more experienced doctors but make your own decisions
- taking part in a [clinical audit](#) [9] is important for your development as a doctor but you may be able to choose an audit project related to a specialty that interests you
- 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 [10]
- write case reports or make presentations (in acute medicine, for instance) with a

- focus on rehabilitation medicine
- enter essay prizes and competitions

Core and specialty trainees

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- ensure a good grounding in acute general medicine
- join the British Thoracic Society [7] and get help with navigating your way through specialty training
- speak to consultants about what the role is like
- read as much information as you can on the websites of relevant professional bodies
- question your own perceptions and possible negative stereotypes of the specialty, eg that [respiratory](#) [3] conditions are self-inflicted and there's a lot of sputum!
- impress interviewers by showing that your interest in the specialty is intrinsically motivated, ie you are drawn to the work and not just attracted by admiration of someone you have shadowed (You will also be happier in your career in that specialty many years later!)
- be prepared to move to where the vacancies are
- study for the examinations for the membership of your chosen royal college
- continue to develop your practical and academic expertise
- undertake a research project
- try to do at least one [respiratory](#) [3] audit and ideally an abstract or poster (submitted to the British Thoracic Society, the European [Respiratory](#) [3] Society, or the American Thoracic Society) while you are still a trainee
- 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

Source URL: <https://www.healthcareers.nhs.uk/explore-roles/doctors/roles-doctors/medicine/respiratory-medicine/training-and-development>

Links

- [1] https://www.healthcareers.nhs.uk/glossary#Core_medical_training
- [2] <https://www.healthcareers.nhs.uk/glossary#MRCP>
- [3] <https://www.healthcareers.nhs.uk/glossary#Respiratory>
- [4] <https://www.healthcareers.nhs.uk/glossary#CCT>
- [5] http://www.gmc-uk.org/2010__AUC__Respiratory_medicine_curriculum_AUC.pdf_56437215.pdf
- [6] https://www.healthcareers.nhs.uk/glossary#Quality_assurance
- [7] <http://www.brit-thoracic.org.uk>
- [8] <http://bma.org.uk/>
- [9] https://www.healthcareers.nhs.uk/glossary#Clinical_audit
- [10] <http://www.foundationprogramme.nhs.uk/pages/medical-students/your-career-path/resources>