Entry requirements, skills and interests (EM)

This page provides useful information about the entry requirements needed for this specialty up to and including foundation training [1]. It also includes information on the skills and interests you will need.

Entry requirements

Prior to applying to emergency medicine training you need to have completed a medical degree followed by the two-year Foundation Programme [2]. Successful applicants can choose one of the following two options:

- **run through** [3] training (RTT) which means that they 'run through' [3] their training from ST1-ST6
- core training, which lasts for three years, CT1-3, followed by specialty training in emergency medicine, ST4-ST6.

Detailed information on training routes is given on the training and development page.

If you have already made a decision to pursue a career in emergency medicine, try to get experience in the specialty or related areas such as intensive care [4] medicine or acute internal medicine.

To find information about getting into medical school, visit our applying to medicine pages [5].

To find information about the Foundation Programme, visit our applying for foundation training [6] page.

Skills and interests

The skills and interests you will need include:

- making decisions quickly and being able to tolerate risk
- staying calm in a pressured environment
- flexibility and being able to cope with a constantly varying workload
- resilience
- attending to detail
- operating equipment
- communicating well especially with anxious patients and their families
- working as part of a team and in a leadership role
- being self-motivated and self-reliant
- commitment to continuing to learn and to developing your knowledge of a wide range of medical conditions and disorders in patients of all ages
- an interest in developing and improving pre-hospital and in-hospital medical systems
- teaching and research

If you're applying for a role either directly in the NHS or in an organisation that provides NHS services you'll be asked to show how you think the NHS values apply in your everyday work. The same will be true if you're applying for a university course funded by the NHS.

Find out more about NHS values [7].

Source URL: https://www.healthcareers.nhs.uk/explore-roles/doctors/roles-doctors/emergency-medicine/entry-requirements-skills-and-interests

Links
[1] https://www.healthcareers.nhs.uk/glossary#Foundation_training
[3] https://www.healthcareers.nhs.uk/glossary#Run_through