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What is Paediatrics?

- Varied
  - Not just mini adults
  - 0-16 years - 400g to >70kg
  - Acute illness vs chronic lifelong conditions
  - They come with parents and families to deal with!
Paediatrics

Why Paediatrics?

- Very supportive speciality
- An excuse to play and know about Peppa Pig
- Most children get better quickly
- Fast pace (Average inpatient stay = 23hours)
- Wide range of specialties but able to be a generalist if preferred.

Smells better than adult wards!
Job Satisfaction

• Get high proportion of patients completely better quickly

• Children are fun – they tell it as it is!

• Paediatricians are approachable people who have a work life balance
Challenges

• Patients may weigh 400g to >70kg - i.e. your biggest patients could weigh 140x as much as your smallest!

• Facing challenging and difficult situations
Specific to Paediatrics

• Need to know about development
• Birth history
• Schooling
• Immunisations
• Safeguarding
Children and Illness

- Busy acute specialty with heavy on calls
- Consultant of the week system
- True 7 day service
- Children get sick very quickly – but also get better quickly
- A virus gives an adult a cold but a small baby may have bronchiolitis and require ventilation.
- Many new challenges – inborn errors of metabolism and illnesses you will never have met before……always something new to learn.
Challenges

- Examining a screaming 2 year old
- Differentiating the viral illness from meningitis.
- Dealing with a 23 week pre term infant
- Practical procedures (in screaming children with anxious parents).
- Explanations in difficult situation
Paediatric Consultant: Typical Day

A day in the life…

- Correspondence, emails and review of results
- Answering patient queries
- Writing reports
- Outpatient clinics – either general or special interest
- Clinical and educational supervision
- Teaching trainees, medical students and medical staff
- Attending meetings
- Audit and clinical governance
- Consultant of the week – all 10 sessions are for acute care on the wards/PAU
Advantages

- Variety of cases
- Subspecialty choice including hospital or community
- Team working environment
  - Assessment unit
  - Wards
  - Neonatal unit
- Rewarding and Fulfilling
  - Children get better quickly – you make a difference
  - Helping and explaining things to anxious parents
- Specialty with highest number of less than fulltime trainees.
- Part time consultant posts.
- Never boring…
Disadvantages

- Stressful resuscitation scenes
- Dealing with deaths especially cot deaths and RTAs
- Children with life limiting conditions
- Long days/ Nights/ Weekends
- High intensity specialty
- Resident consultant posts
- Have to like all age of child from pre-term through to adolescents
Personal Qualities for a Paediatric Career

• **Excellent communication skills** – flexible and age appropriate communication with child and families who are likely anxious. Acute speciality requires good team communication and handover.

• **Good interpersonal skills** – essential to work in teams with peers, senior doctors, junior colleagues, nursing staff, allied health care professionals, administrative staff etc.

• **Leadership** – required at all levels. Confidence to direct the team, decisive, calm under pressure and knowing when to call a senior colleague for help.
Personal Qualities for a Paediatric Career

• **Resilience** – ability to cope mentally with stressful situations
• **Practical skills** – drips, lumbar punctures, long lines, neonatal procedures
• **Life long learner** – keeping up to date as new conditions, investigations and treatment emerge
• In line with all specialities, Paediatric trainees need to be reliable, self-motivated, punctual, flexible and good team players

2017 Person Specifications
Paediatric Training Pathway

Fixed term training appointments / Career posts recruited at trust level / Academic Training

Level 1 Training (Specialty Training ST1-3: 24-36 months)
General paediatrics based in acute settings to include:
- Emergency duties
- Inpatients/Outpatients
- Neonates

Level 2 Training (Specialty Training ST4-5: 12-24 months)
- General Paediatrics (12 months)
- Neonatology (6 months)
- Community Paediatrics (6 months)

Level 3 Training (Specialty Training ST6-8: 24-36 months)
- General Paediatrics (24-36 months with possibility to spend 12 months in a sub-specialty)
  OR
- Sub-specialty training (24-36 months depending on programme)

Paediatric Consultant
- Community Paediatrics
- General Paediatrics (may have specialist interest)
- Sub-Specialty Paediatrics

MRCPCH Examinations (post grad medical qualification in paediatrics)
MUST BE COMPLETED BY THE END OF ST3

Paediatric Sub-Specialities*
- Child Mental Health
- Clinical Pharmacology and Therapeutics
- Community Child Health
- Diabetes and Endocrinology
- Emergency Medicine
- Gastroenterology, Hepatology and Nutrition (PGHAN)
- Immunology, Infectious Disease (IID) and Allergy
- Inherited Metabolic Medicine
- Intensive Care
- Neonatal Medicine
- Nephrology
- Neurodisability
- Neurology
- Oncology
- Palliative Medicine
- Respiratory Medicine
- Rheumatology
Paediatric Training

Level One Training – ST1-3

• Minimum of 2 years
• This is based in acute settings and includes
  o Emergency duties
  o Inpatient and outpatient experience
  o Neonates
• Must have MRCPCH to progress to ST4
Paediatric Training
Level Two Training – ST4-5

• Usually 2 years but a minimum of 1 year
• Includes 12 month post in general Paediatrics
• 6 month posts each in community and neonates
Paediatric Training

Level Three Training – ST6-8

• Usually 3 years but a minimum of 2 years
• General Paediatrics (24-36 months with possibility of 12 months in a sub-specialty)
  OR
• Sub-specialty training (24-36 months depending on the programme)
Opportunities for Subspecialisation

- Neonatology
- Emergency Medicine
- Child Mental Health
- Gastroenterology and Hepatology
- Diabetes and endocrine
- Nephrology
- Neurology
- Oncology
- Respiratory
- Immunology, infectious disease and Allergy
- Palliative medicine
- PICU
- Metabolic medicine
- Rheumatology
- Neurodisability
- Neurodisability
Specialty Interest Modules (SPIN)

- Allergy
- Cardiology
- Dermatology
- Diabetes
- Epilepsy
- Gastroenterology
- High Dependency Care
- Infectious disease and immunology
- Nephrology
- Neurodisability
- Oncology
- Palliative Medicine
- Respiratory
- Rheumatology
- Young peoples health

Safeguarding SPIN due shortly

Usually spend 12 months completing SPIN modules in ST6-8 training

You are then a “general paediatrician with a special interest”
Other Requirements During Training

- Work place based assessments (supervised learning events)
- E Portfolio
- Life support courses; PLS, APLS
- Audit
- Presentations
- Publications
- Safeguarding courses
- Teaching
- Managerial experience
- Annual review of competence progression (ARCP)
Recruitment

• The Royal College of Paediatrics and Child Health (RCPCH) is the responsible organisation for coordinating ST1-4 recruitment into the specialty. [Link](#).

• Recruitment is via the [online application form](#) on the Oriel portal.

• ST1-2 applications open each November, closing early December. Interviews are in January. For the first time in 2017, 6 interview centres around the UK instead of each Deanery conducting interviews separately. National scoring system and ranking of all posts
Recruitment

• ST3-4 applications open in February with interviews in April/May. These are held in the RCGP, Euston.

• All shortlisted applicants are invited to interview.

• Successful candidates commence on the training programme in September in the West Midlands.
# Competition Ratios

## 2016 – CT1/ST1 Competition Ratios

<table>
<thead>
<tr>
<th>Specialty</th>
<th>Applications Received</th>
<th>Posts Available</th>
<th>Competition Ratio (Applicants per post)</th>
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<tbody>
<tr>
<td>ACCS Emergency Medicine</td>
<td>760</td>
<td>344</td>
<td>2.21</td>
</tr>
<tr>
<td>Anaesthetics (including ACCS Anaesthetics)</td>
<td>1263</td>
<td>603</td>
<td>2.09</td>
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<tr>
<td>Cardiothoracic Surgery</td>
<td>61</td>
<td>8</td>
<td>10.17</td>
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<tr>
<td>Clinical Radiology</td>
<td>1074</td>
<td>251</td>
<td>4.28</td>
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<tr>
<td>Community Sexual and Reproductive Health</td>
<td>121</td>
<td>7</td>
<td>17.29</td>
</tr>
<tr>
<td>Core Medical Training (including ACCS Acute Medicine)</td>
<td>2516</td>
<td>1640</td>
<td>1.53</td>
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<tr>
<td>Core Psychiatry Training</td>
<td>745</td>
<td>497</td>
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<tr>
<td>Core Surgical Training</td>
<td>1622</td>
<td>642</td>
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<tr>
<td>General Practice</td>
<td>4863</td>
<td>3802</td>
<td>1.28</td>
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<tr>
<td>Histopathology</td>
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<td>83</td>
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<tr>
<td>Neurosurgery</td>
<td>169</td>
<td>26</td>
<td>6.50</td>
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<tr>
<td>Obstetrics and Gynaecology</td>
<td>551</td>
<td>272</td>
<td>2.03</td>
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<tr>
<td>Ophthalmology</td>
<td>436</td>
<td>90</td>
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<tr>
<td>Oral and Maxillo Facial Surgery</td>
<td>19</td>
<td>3</td>
<td>6.33</td>
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<tr>
<td>Paediatrics</td>
<td>708</td>
<td>430</td>
<td>1.65</td>
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<tr>
<td>Public Health Medicine</td>
<td>738</td>
<td>70</td>
<td>10.54</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>15855</strong></td>
<td><strong>8766</strong></td>
<td><strong>1.81</strong></td>
</tr>
</tbody>
</table>
Why the West Midlands?

• One of the largest regions in the country
• Diverse area resulting in wide range of pathology.
• Mix of smaller DGHs, large teaching hospitals and tertiary units ensures broad training and excellent opportunities.
• 3 Medical schools
  o Birmingham University – Birmingham Women’s hospital and Birmingham Children’s hospital
  o Warwick University – University hospitals of Coventry and Warwickshire
  o Keele University – University hospital of the North Midlands
Why the West Midlands?

• Trainee representation on the School Board to continuously develop training opportunities
• Protected teaching programme tailored to each year of training including simulation training
• Opportunities to train in all Paediatric subspecialties within the region
• Transport links to the rest of the country and internationally
• Mix of stunning countryside and modern city life
Demonstrate your Commitment to Specialty

- Working with children
  - Community work (non-medical)
  - Medical student special study module/ Elective
  - Foundation year rotations
  - Foundation taster days
- Belonging to Paediatric medical student societies
- Audit – related to children
- Research / publications/presentations
- Teaching
- Regional and national conferences
- Affiliate member of RCPCH
- Foundation Doctors
Where to go for more information…

• Royal College of Paediatrics and Child Health
• NHS health careers
• Health Education England, West Midlands