

# POST-MBBS CAREER OPTIONS

## IDEAS & DISCUSSION

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# Introduction

## Timeline

- Jan, 2017: Passed Final year exams
- Feb, 2018: Finished Internship
- 2018: Was preparing for Indian Army; NEET preparation until September.
- Nov 2018: IELTS failed once by 0.5 marks in one domain. IELTS 2nd attempt passed in 2-3 weeks again.
- March, 2019 : PLAB-1 in Chennai.
- September, 2019: PLAB-2 in Manchester, UK.
- Nov, 2019: Got GMC registration
- Dec, 2019: Observership/Clinical attachment in Queen Elizabeth Hospital Kings Lynn, NHS trust, UK.
- Jan, 2020: Secured a job as SHO (FY-2) in the same hospital. Job delayed due to Covid.
- August, 2021: Joined as GPST-1 in Worcestershire Acute Hospitals, NHS Trust.

# TRAINING ABROAD

	USMLE	PLAB
	It is a pathway towards licensure and residency in USA.	PLAB enables you to get GMC registration and so that you can practice in the UK.
<b>Number of steps</b>	Three: Step 1 Step 2 ( CK ) and (CS) Step 3	Two: PLAB1 PLAB 2
<b>IELTS/OET</b>	Not necessary	Required
	More preparation time	Less preparation time
<b>Attempt</b>	Single attempt	Multiple attempt
<b>Scores</b>	Do matter	Don't matter
<b>Exam duration</b>	Step 1: 8 hours Step 2: 9 hours Step3: 8 hours	PLAB 1: 180 minutes PLAB 2: 200 minutes
<b>Course</b>	Step 1: consists of basic science subjects Step2 (CK): clinical science subjects Step2( CS):OSCI	PLAB 1: Clinical science PLAB 2: OSCI
<b>Exam fee</b>	Costs more	Costs less

# Why training in the UK ?

## Advantages

vs

## Disadvantages

Better training

Lifestyle

Better pay



Weather

Better work-life balance,  
respect from colleagues,  
work ethics

Job shortages, locum opportunities drying up,  
pay scale stagnant, GMC discriminatory

THE  
**NHS**  
JOURNEY



# PAYSCALE

## Junior doctors on the 2016 contract

### Foundation doctors and special registrars (including GP trainees)

Grade	Nodal point	Value £
FY1	1	32,398
FY2	2	37,303
CT1-CT2	3	43,923
CT3	4	55,329
ST1-2	3	43,923
ST3-5	4	55,329
ST6-8	5	63,152

# LEVELS OF NON-TRAINING JOBS IN THE NHS

Understanding the hierarchy of the doctors

### • Internship w/ or w/o a few years of experience •

If you are an IMG with FULL GMC registration and license to practice - then starting a non-training FY1 is NOT advisable.

If you are an IMG with FULL GMC registration and license to practice - then starting in non-training FY2/CT1/ST1 level is very advisable.

**Foundation Year 1 level**

This is the junior-most doctor level in the team. The UK/EEA graduate FY1s are in the UKFPO training and they have provisional GMC registration.

**Foundation Year 2 level**

Another level of foundation training where UK/EEA graduates hold FULL GMC registration.

**The non-training grade job titles at this level**

Trust Doctor  
Senior House Officer  
Junior Clinical Fellow  
LAS (Locum Appt. for Service)

**CT1/ST1 level**

At this level, the trainee doctors are in a streamlined training program and their career progresses towards being eligible to apply for Specialty training.

### • With MRCP/MRCS completed, and >3 years of experience •

With this experience, you are eligible to apply for this level, but it is highly advised to start in the junior grade first to get the required knowledge to act as a registrar in the NHS.

**ST 3+ level**

This is the level for registrars of the specific speciality you will be working in. The responsibility is high and you are responsible for more patients than junior doctors.

**The Non-training grade Job Titles at this level**

Trust Grade Registrar  
Specialty Doctor  
Senior Clinical Fellow  
Specialist Registrar  
LAS (Locum Appt. for Service)

Apart from the clinical duty, a major aspect of the job is also to teach junior doctors in the team and delegate jobs appropriately.

A proper knowledge about how the overall system in the NHS works is imperative to work at this level.

### • What to achieve while in a non-training job? •

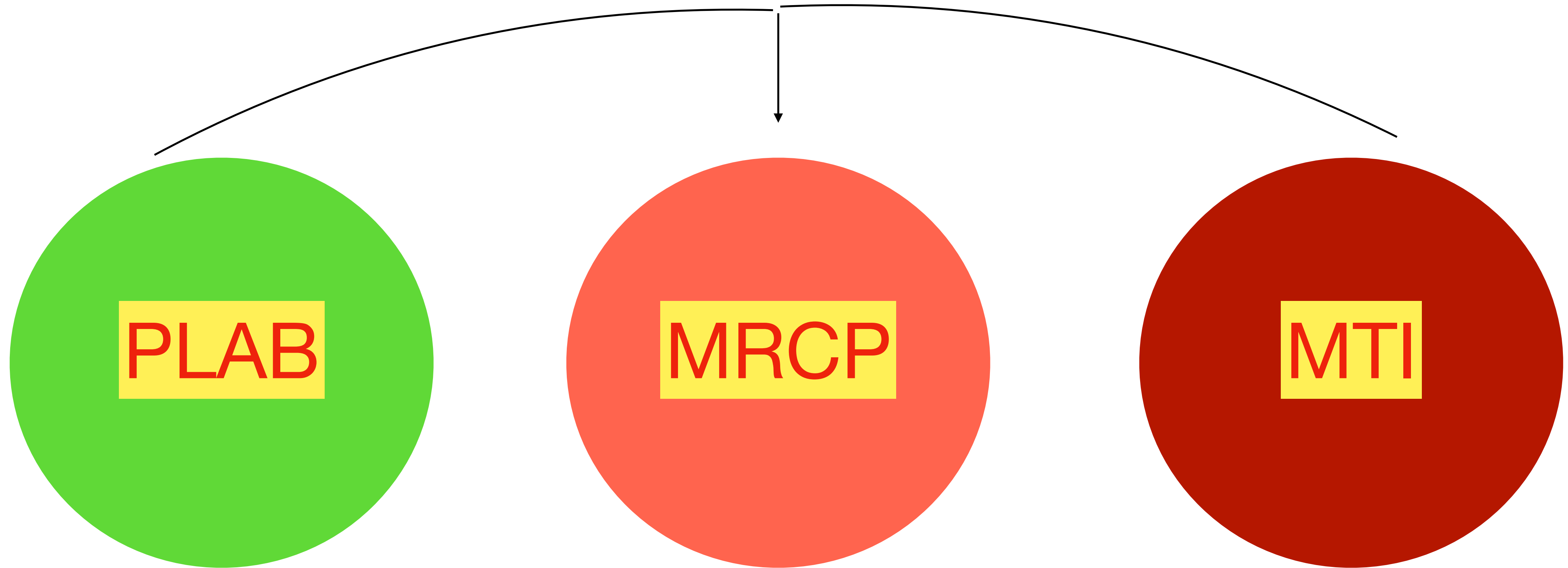
It is necessary to have a clear idea about what is available to you before accepting a non-training job. Examples: provision of study budget, teaching opportunities and e-portfolio to help you in your future training application.

- Earn enough to live comfortably (and pay for future exams, etc)
- Gain NHS experience
- Get the required competencies for your future training job
- Obtain portfolio elements to score higher points in training application

# Expense

- Accommodation: Room- 500-700GBP (with bills included); Flat/House- 800-1200GBP (Bills- 300GBP)
- Food and groceries: 300-500GBP.
- Miscellaneous: 200GBP. (Fuel/bus, exam fee, membership fee etc)
- Single person:  
Expense- Around 1000-1500GBP depending on lifestyle.  
Saving- 1300-2000GBP.

# ROUTES





# STEPS

1. IELTS/OET
2. PLAB-1
3. VISA
4. PLAB-2
5. Clinical attachment if possible
6. GMC registration
7. Apply for jobs. Start as FY-2/ST-1.

# ENGLISH COMPETENCE

IELTS	OET
<ul style="list-style-type: none"><li>A minimum of 7 in each domain (listening, reading, writing, speaking) and a score of 7.5 overall.</li></ul>	<ul style="list-style-type: none"><li>Grade B Overall</li></ul>
Fee: 17,000INR	35000INR

## **What do you need before you can take PLAB?**

Before you can take the PLAB test, you'll need to set up a GMC Online account and show us that your medical qualification and knowledge of English are acceptable. Once you've done that, you can book your place on part 1 of the PLAB test.

### **PLAB part 1**

PLAB 1 is a written exam made up of 180 multiple choice questions which you must answer within three hours. Each starts with a short scenario followed by a question. You need to choose the right answer out of the five possible answers given. You can sit part 1 in a number of countries, as well as in the UK. Have a look at the available locations and dates when you log in to GMC Online. You can take it in Chennai/Bangalore/Hyderabad.

# PLAB-1

- Test: 180 questions (mostly clinical). Passing score: Around 125-130 marks.
- Exam fee: 255GBP.
- Preparation materials: Plabable- twice, Passmedicine (2nd line); For notes- Plabkeys.
- Academies- Swamy's, Samson (not required usually).
- Preparation time: 3-4 months if not working;  
If working- 5-6 months.
- *You can take PLAB 1 while you are doing your internship/house job.*

# Upcoming PLAB 1 test and closing dates

Exam date	Overseas closing date	UK closing date
2 November 2023	21 September 2023	19 October 2023
15 February 2024	4 January 2024	1 February 2024
23 May 2024	11 April 2024	9 May 2024
8 August 2024 (open from 18 November 2023)	27 June 2024	25 July 2024
7 November 2024 (open from 18 November 2023)	26 September 2024	24 October 2024

# Next step

## VISA

- Standard visitor visa (Professional) for 6 months

AVOID MENTIONING ACADEMY NAMES ON VISA.

ADVISABLE TO AVOID BOOKING FLIGHTS PRIOR TO VISA.

SHOW STRONG TIES BACKHOME (Eg. Assets, elderly parents, Disabled sibling etc)

## COURSE

- Book a course (Swamy's, Aspire, Samson, Common stations +/- Arora Audiobook) - costs around 600GBP.

## COMPANION

- *Get friends/peers (2-3) who are as passionate as you are, if not more.*

# PLAB-2

PLAB 2 is an objective structured clinical exam. It's made up of 18 scenarios, each lasting eight minutes and aims to reflect real life settings including a mock consultation or an acute ward. Part 2 tests run throughout the year at our clinical assessment center.

Passing criteria: 11/18 stations.

Preparation time: 1.5-2 months.

Domains tested: Communication, basic clinical skills (history taking, diagnosing and management) [Communication and understanding the UK healthcare system > Clinical knowledge].

Exam fee: 934GBP.

# Clinical attachment

- Mail consultants/registrar who work in the UK. Higher chance of getting accepted if you know them personally.
- Not worthy enough to pay for it.
- Helps with acquiring a job in the same hospital or at times in other hospitals as well.



# Things that might be helpful NOW

## Before starting

- Research, Audits
- Leadership roles (academic)
- Continuous work experience, avoiding clinical gaps beyond a year or so unless there is any medical/academic reasons.
- Learn to cook.

# JOB APPLICATION

- Learn to write a good CV. Learn to flaunt like you are the 'Father of Medicine'.
- Apply for jobs on NHS jobs website.
- Might take about 6-12 months.
- Voila!!! 🎉

# Different training opportunities

- After a few months of FY-2, you would be able to get CREST form signed. You could then apply to training jobs which usually opens in November each year for most training jobs, twice as a year for GP training.
- Most trainings (IMT, ACCS, Radiology, OG, Surgery, T&O) will shortlist you for interviews based on your CV, portfolio score. Emergency medicine, IMT, GP training are less competitive than surgical specialties. You could take a look at the competition ratio attached in the next slide.
- W.r.t core training in surgical specialties (OG, Surgery, T&O)  
“Applicants must have 18 months’ or less experience in surgery (not including Foundation modules) by the time of the intended start date.” (The experience can be at any level in any country). To be put plainly – If you have MORE than 18 months of clinical experience in the surgical field, you’re OVERQUALIFIED to apply for core surgical training.

## Competition Ratio

Training Programme	2019 Posts	2019 Accepts	2019 Fill Rate	2018 Posts	2018 Accepts	2018 Fill Rate
Cardiothoracic Surgery	10	10	100.00%	9	9	100.00%
Child & Adolescent Psychiatry	14	14	100.00%	12	10	83.33%
Community Sexual & Reproductive Health	4	4	100.00%	9	8	88.89%
Histopathology	75	75	100.00%	83	39	46.99%
Neurosurgery	20	20	100.00%	29	29	100.00%
Ophthalmology	76	76	100.00%	72	72	100.00%
Oral and Maxillo Facial Surgery	6	6	100.00%	7	7	100.00%
Public Health Medicine	75	75	100.00%	72	72	100.00%
Core Surgical Training	516	515	99.81%	510	508	99.61%
Clinical Radiology	236	235	99.58%	234	234	100.00%
Anaesthetics	449	447	99.55%	463	462	99.78%
Obstetrics and Gynaecology	227	202	88.99%	235	190	80.85%
ACCS Emergency Medicine	323	279	86.38%	325	249	76.62%
Core Psychiatry Training	382	329	86.13%	431	306	71.00%
General Practice	3250	2598	79.94%	3250	2533	77.94%
Internal Medicine Training	1333	1033	77.49%	1358	1096	80.71%
Paediatrics	407	284	69.78%	395	311	78.73%
<b>Total</b>	<b>7403</b>	<b>6202</b>	<b>83.78%</b>	<b>7494</b>	<b>6135</b>	<b>81.87%</b>

# For reference

- <https://roadtouk.com/>
  - <http://omarsguidelines.blogspot.com/>
  - Youtube videos
- 
- Please feel free to contact me if you've any questions which are not answered on the above blogs/Youtube videos.

**Any questions?** 🤔



Thank you