

Season of change: a trainee's goals for the future of *Clinical Medicine*

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A few months into my first foundation year 1 (FY1) job, I attended a careers fair to help broaden my knowledge of available opportunities. In addition to countless pens, brochures, mini-notepads and sticky notes, I picked up my first issue of *Clinical Medicine*. At that point, I knew very little about the Royal College of Physicians, having not yet conclusively decided to pursue RCP membership. I do remember, however, being pleasantly surprised at the accessibility of some of the teaching materials. I was honoured, then, over a year later, to be invited to join the *Clinical Medicine* editorial board to represent the junior trainees.

The journal is currently in the midst of many improvements, to modernise itself, both for its readers (via better online access) and contributors (with an upcoming digital reviewing process). Behind these changes lies the board's directive for the journal to convey its information in relevant ways. In addition to this, new content is being evaluated, much of which is directly relevant to those doctors who have not yet become staff grades or consultants. My presence on the board (and that of my colleague, Na'eem Ahmed) reflects a commitment to all trainees – not only those who are already pursuing a medical specialty, but also those who simply wish to further their medical knowledge.

Choosing and planning a career seems to get only more complicated as time goes on. Between e-portfolio, revalidation, curriculum modifications and training bodies that seem to change regularly, it is often difficult for trainee doctors to antici-

pate future needs at each stage in their career. We aim to provide advice to help separate the 'must do' practices from the 'nice to have' additions and the 'don't bother'. My own working history has been anything but 'standard' – my first degree and career were in computer science and mathematics – and there are increasing numbers of people who take non-traditional routes through medicine. In addition to a focus on training and education, we aim to include careers advice and inspiration from those who have taken a 'road less travelled'. After all, we all need to be a little inspired sometimes.

Essentially, I see my job as a *Clinical Medicine* foundation year board member as a responsibility to not only give help in providing articles of particular interest to trainees, but also to bring a physical voice for my generation of doctors. For that reason, Na'eem and I would be very grateful to receive any feedback from you, our fellow trainees. Have you been inspired by something you've seen recently at work? Do you know a colleague with a particularly inspiring story? Are there any teaching topics you'd like to see? Send us an e-mail and let us know what you'd like to see in *Clinical Medicine*.

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