

# ‘The Core’ – the ultimate online resource for core medical trainees (CMTs)

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## Aims

Our aim, as two medical trainees, was to improve trainee experience, enhance clinic experience, education and provide advice by creating an online resource for core medical trainees (CMTs) in our deanery.

## Methods

After securing a grant of £3,500 from the deanery’s ‘Trainees Transforming Training’ initiative, we were able to start developing an online platform for CMTs in our deanery. We established the trainees’ needs using an online survey and also results of the trainee satisfaction survey. We then collaborated with the head of the School of Medicine and a medical student with a keen interest in information technology to construct a website within an 18-month period.

An online booking system was incorporated to facilitate exposure to specialist clinics and enable successful completion of the Annual Review of Competence Progression (ARCP), as well as allowing CMTs to explore specialties outside that which they are rotating through. Key dates for both ARCP and Royal College of Physicians conferences were (and are continually) uploaded by administration staff in the deanery.

With the support of a current PACES examiner, advice regarding membership exams was made available on the site, as well as advertisement of local teaching sessions, and a ‘find a PACES buddy’ system was incorporated. Associate college tutors and chief registrars were charged with updating events and teaching sessions in their hospital and facilitated communication between trainees and the college tutors. Posts, for example ‘ECG of the week’, and online podcasts have been added by senior trainees with an interest in teaching. A quality improvement and research area has also been developed.

## Results

90/155 (58%) have signed up to the website to date. Initial feedback has been overwhelmingly positive, with 95% of trainees reporting using the website ‘at least weekly’ and 100% of trainees reported that it improves their CMT experience.

The trainees have commented that facilitation of multi-hospital quality improvement projects is a favourable feature. The deanery has made an offer to further fund the project to ensure sustainability.

## Conclusions

The website remains in its early stages, but has attracted a very positive response from trainees. In a deanery where recruitment remains a concern, any new initiative that can improve trainee experience should be encouraged to further engage and unite the physicians of the future. ■

## Conflict of interest statement

We have no conflicts of interest to declare.

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