

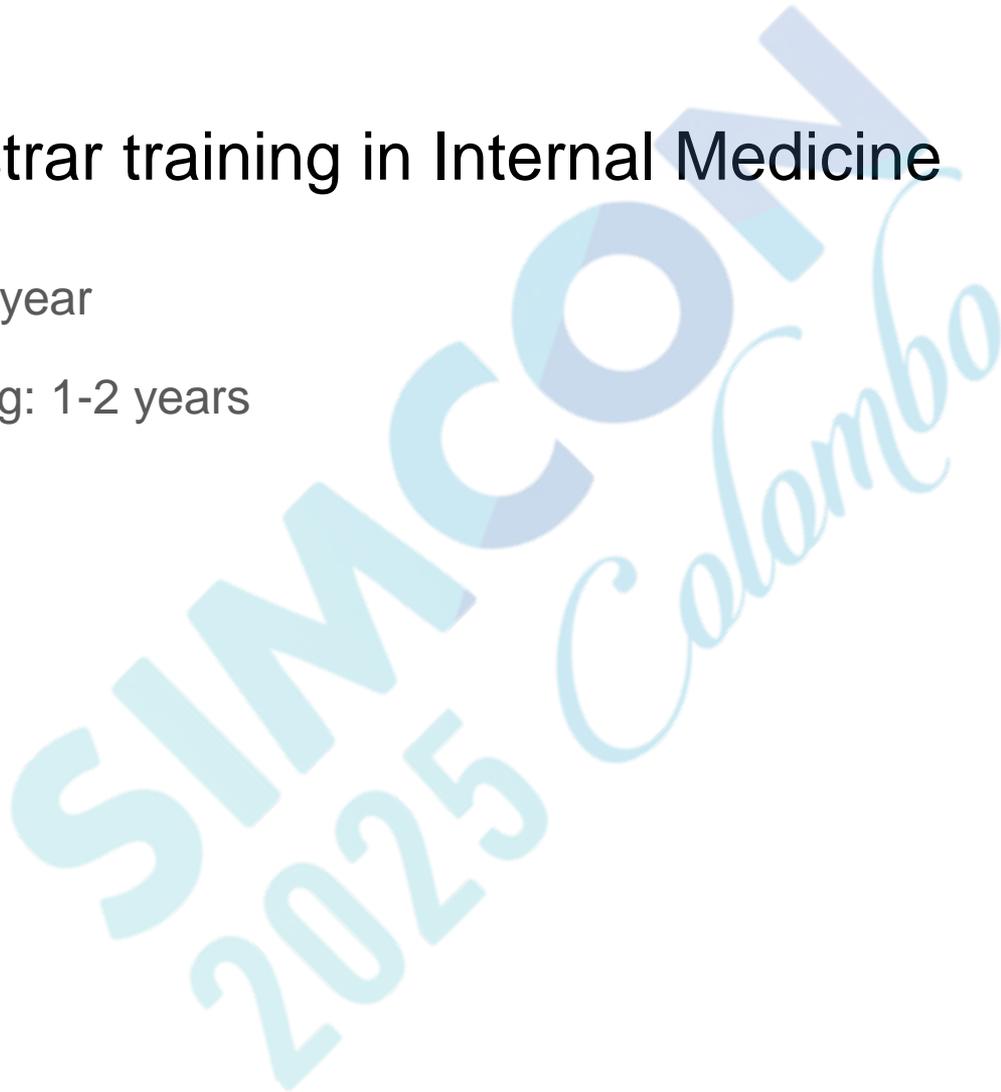
# Successful Overseas Training in the United Kingdom

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# Senior registrar training in Internal Medicine

Local training: 1 year

Overseas training: 1-2 years



## Overseas training

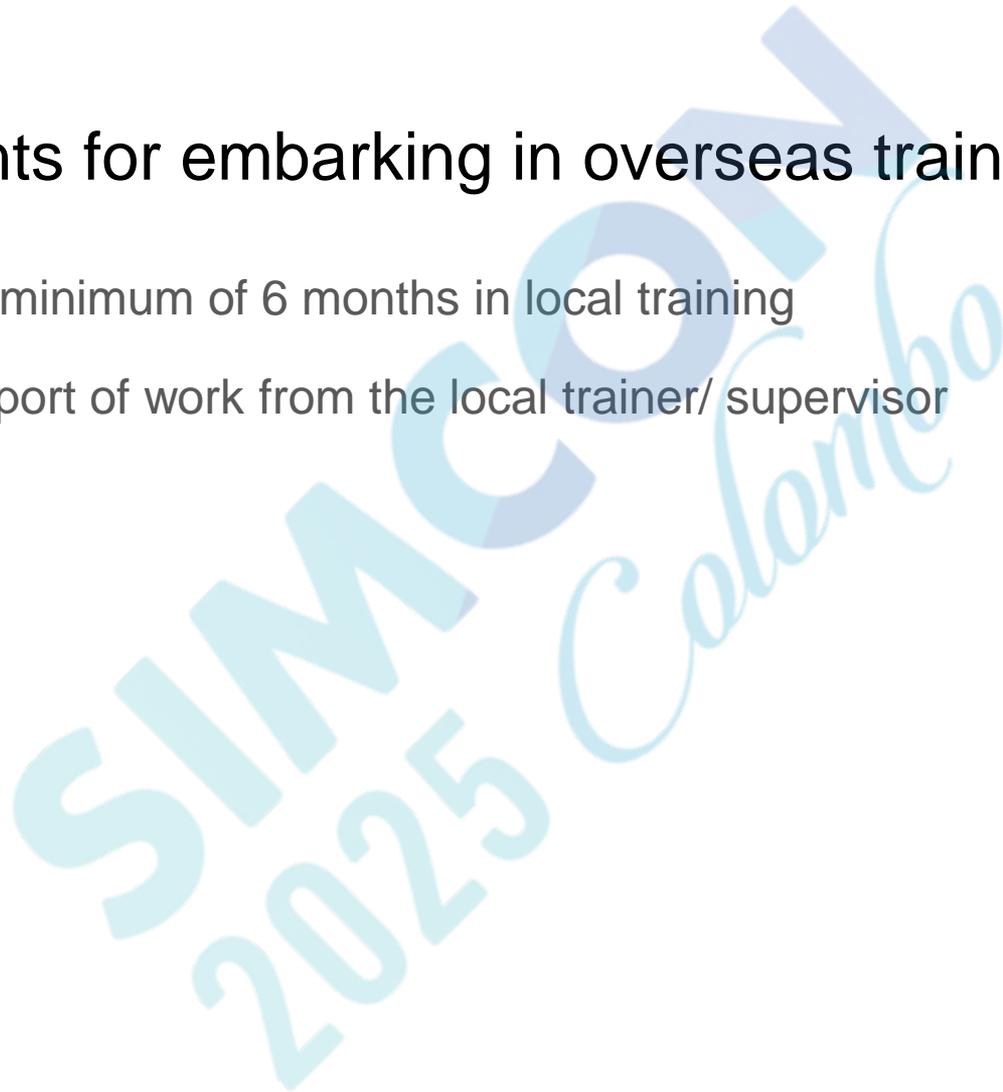
“Following successful completion of MD examination, PG trainees are required to complete a mandatory period of training, overseas in a recognized institution/unit to be eligible for Board Certification. The minimum period of overseas training is stipulated in the relevant prospectus.”

1 year mandatory, upto 2 years for Internal Medicine

# Requirements for embarking in overseas training

Completion of a minimum of 6 months in local training

A satisfactory report of work from the local trainer/ supervisor



# How to find overseas training opportunities in the United Kingdom

1. Medical Training Initiative (MTI) pathway

<https://mti.aomrc.org.uk/mti-forms/>

1. Direct applications on recruitment sites

<https://www.trac.jobs/>

<https://www.jobs.nhs.uk/candidate>

1. Via recommendation by seniors/ colleagues currently working/ worked abroad

# GMC registration

Doctor of Medicine (MD) in General Medicine awarded after January 2017 is an acceptable postgraduate qualification for GMC registration.

The qualification should be awarded within **3 years** preceding your GMC application; otherwise, you'll need to show evidence of recent medical experience.

# GMC registration

<https://www.gmc-uk.org/>

## Your eligibility

Your progress

85% complete



Q Which of these can you provide evidence of?

Pass in the PLAB test

Sponsorship with a GMC approved sponsor

**An acceptable postgraduate qualification**

Eligibility for entry to the Specialist or GP Register via the Recognised Specialist Qualification pathway

Eligibility for entry to the Specialist or GP Registers via the Portfolio Pathway

Eligibility for entry to the specialist and GP Registers with your Relevant European qualification

Acceptable overseas registration exam

1. Summary
2. Evidence of your primary medical qualification
3. Your postgraduate qualification
4. Demonstrating your knowledge of English
5. Your passport
6. Your certificate of good standing
7. Your activities for the last five years
8. Declaring your fitness to practise
9. Will there be restrictions on where I can work?
10. Translating documents that aren't in English
11. How do I send my documents?
12. How much does it cost to apply?
13. How long will it take to process my application?
14. Completing an identity check
15. I am ready to apply

# Requirements for GMC registration

1. Primary and postgraduate medical qualifications independently verified by ECFMG via EPIC

<https://www.ecfm.org/psv/>



**ECFMG**<sup>TM</sup>  
A Division of Intealth

Educational Commission for Foreign  
Medical Graduates

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**Electronic Portfolio of International Credentials (EPIC<sup>SM</sup>)**

## EPIC Overview

## 2. English language proficiency:

IELTS Academic: score of at least 7.0 in each testing area and an overall score of 7.5

OET Medicine version: grade 'B' in each testing area

## 3. Valid passport:

Photo ID page and signature page

## 4. Certificate of good standing:

From the medical regulatory authority in the country/countries where you've practised.

Each certificate is only valid for 3 months from the date it's signed.

5. Details of all your medical and non-medical experience across the last 5 years:

Clinical attachments/ unemployment/ maternity leave/ study leave/ vacation/ career breaks

6. Fitness to practice:

Answer 9 questions about your health and fitness to practise

7. Registration fee:

Annual fee for registration with a licence to practise: £463.00

8. Identity check

# CV for NHS employment

1. Personal details (minimal – no photo, DOB, marital status)
2. Professional profile (2–3 sentences)
3. GMC details
4. Employment history (reverse chronological)
5. Clinical skills & competencies
6. Education & qualifications - undergraduate and postgraduate
7. Courses (ALS, BLS, etc.)
8. Audits / QI projects
9. Teaching experience
10. Research & publications
11. Awards
12. Referees

# Job interview

Preparation

Interview panel

Structure of the interview



## After finding a job...

Approval of the Board of Study in Medicine for the overseas training appointment

The application for the approval must contain:

- the work profile of the overseas training unit

- the job description of the contract offered to the trainee by that unit

- the letter of job offer from the trust

Ministry approval for overseas leave

Immunisation certificate: FHB

Blood tests

Signing the bond

Visa application - VFS global

TB test, bank statements, other supporting evidence

# Working in the UK as a registrar

NHS Trust > Hospital > Department > Firm



# Accommodation

Hospital accommodation

<https://www.zoopla.co.uk/>

<https://www.rightmove.co.uk/>



## Understand the UK Grade Structure

In UK hospitals, grades differ slightly from Sri Lanka.

Approximate equivalent levels:

Sri Lanka	UK
HO/ Intern	FY1/ FY2
MO/ SHO	SHO (CMT1-CMT3)
Registrar/ Senior registrar	Middle grade (ST3-ST8)
Board certified consultant	NHS consultat

## Understand the NHS System Early

The NHS is structured differently from Sri Lanka.

You must become familiar with:

How hospitals are organised (wards, AAU, ED, DDU, clinics, hospital at home)

Roles: consultant, registrar, SHO, nurse in charge, bed manager, physiotherapist, pharmacist

Multidisciplinary team (MDT) culture

Clinical governance, risk reporting, handover systems

## Attend All Inductions

Your hospital will provide:

- IT and electronic patient record (EPR) training
- Resuscitation training
- Infection prevention and control training
- Fire safety
- Manual handling

They prepare you for real-life UK practice.

## Learn the Local IT Systems

Every trust uses electronic systems for:

Clerking

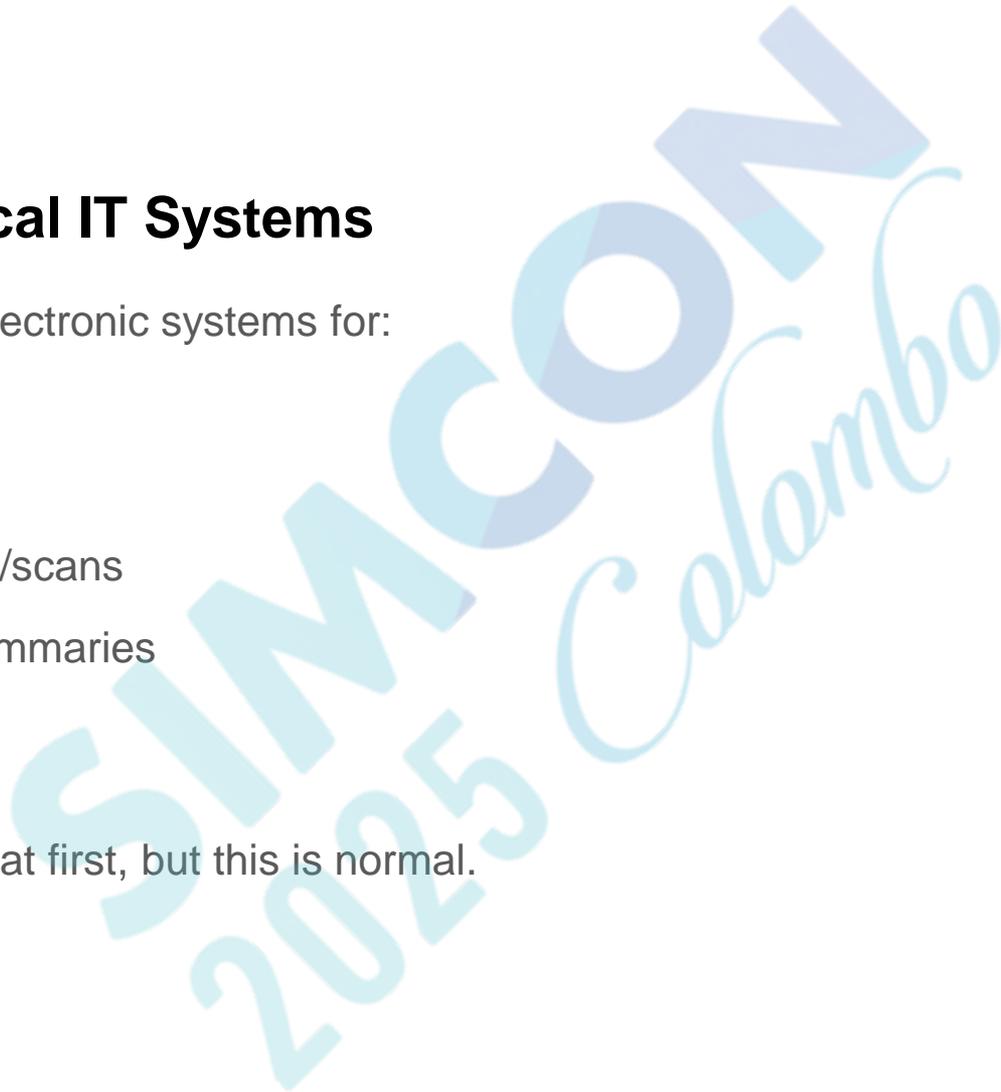
Prescriptions

Ordering labs/scans

Discharge summaries

Referrals

You will be slower at first, but this is normal.



## Communicate Clearly and Often

The NHS culture heavily values:

- Escalation early (don't wait too long to call senior help)

- Clear documentation

- Structured handover (SBAR- situation, background, assessment, recommendation/request)

- Team communication

If you are unsure, ask a senior early.

There is ZERO shame; consultants prefer this.

## **Understand Duty of Candour**

If a mistake happens (e.g., delayed antibiotics, wrong dose), the NHS expects:

Immediate disclosure

Apology

Documentation

Incident report (Datix)

## **Build Good Relationships and Improve Communication**

NHS runs on teamwork.

Be polite and respectful to the team: doctors, PA's, nurses, HCA's, physios, security, paramedics

Multi-ethnic, multi-cultural community

Different accents

Good teamwork will make your job easier and your reputation strong.

# Leisure and pleasure

Hiking, traveling, exploring

Musicals, plays, comedy shows

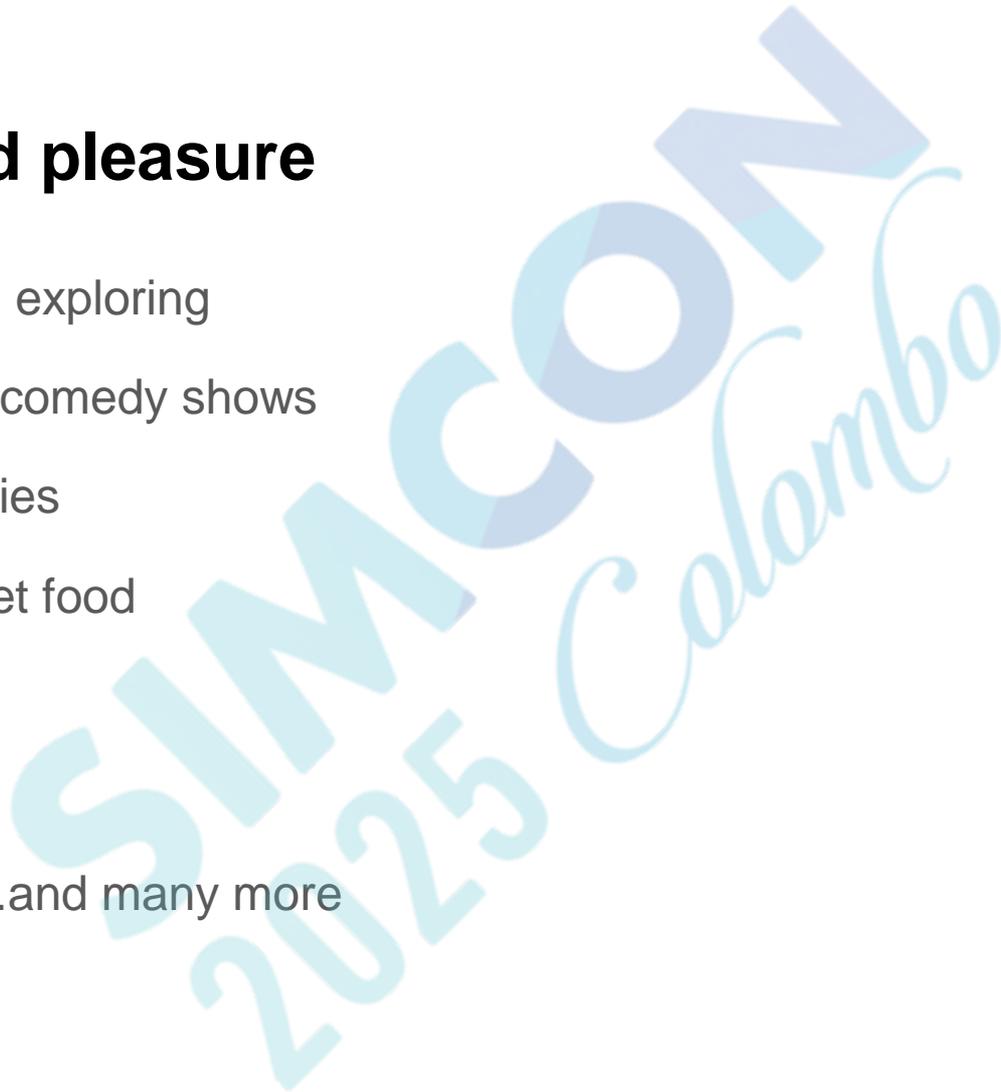
Museums, galleries

Fine dining, street food

Shopping

Cooking

..and many more



## Tips for the First Month

Ask to shadow for a few days before starting full duties

Understand the escalation policy (who to call when a patient deteriorates)

Learn the sepsis pathway (very important in UK practice)

Know how to access interpreter services

Familiarize yourself with common UK medications and dosing (e.g., apixaban, DOACs)

Attend at least one cardiac arrest call with the resus team to understand the system

Observe a senior handling a complaint or difficult family meeting

## **Last but not least**

There's a whole different world out there!

Enjoy the seasons and the culture.

Travel, gain experience.

Don't take the lovely people, sunshine, sandy beaches, blue seas of Sri Lanka for granted.



**Thank you!**

**SIMCON**  
2025 Colombo