

# The Royal College of Physicians (RCP), London, Medical Training Initiative: Overview and benefits for international doctors seeking short-term UK experience

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## Background and overview

In the UK, each Medical Royal College offers the Medical Training Initiative (MTI). The Royal College of Physicians of London (RCP) MTI is one of the longest-running schemes and is overseen by an experienced MTI team within the RCP Global Department. At any given time, approximately 150-180 doctors from across the globe are working in RCP MTI posts.

The RCP MTI provides short-term hands-on clinical learning opportunities (6-24 months) within NHS hospitals across the UK. The MTI is designed to support postgraduate specialty training and experience, and all physician specialties are considered. Doctors must have a primary medical qualification recognised by the GMC and at least 3 years of postgraduate experience, including at least 1 year in the specialty in which they intend to train in the UK. Full eligibility criteria can be found [here](#).

Doctors typically secure suitable MTI posts by applying online to platforms such as [NHS Jobs](#). Others may secure posts through contacts and partnerships held between individuals or organisations situated in the UK. Once a post is secured, the RCP MTI [application processes](#) commence, including visa sponsorship and acquisition of GMC registration.

## Benefits and reasons to choose the RCP MTI

There are numerous benefits reported by MTI doctors who come to the UK via this route including:

- An opportunity to work within the NHS; one of the world's leading healthcare systems.
- A chance to explore an area of clinical interest, such as the development of a procedural skill or learning from leading experts delivering subspecialty services.

- Development of non-clinical skills such as quality improvement, research, leadership, and management.
- A chance to network and build relationships with colleagues working internationally in your field of interest.
- Consistent support from the RCP during the application processes and during placements to support integration and professional development, for example, through our bespoke induction programme.
- Free RCP membership facilitates access to the RCP's vast international network as well as opportunities to attend courses, conferences, and events, and access to various eLearning materials.
- Free access to an online specialty portfolio platform to document learning, experience, and development to aid the structure and consolidation of the UK experience and how this will be translated upon return home.

Quote from a former MTI doctor:

*"I witnessed the practice of evidence-based medicine tailored to individual patients. I was able to see a variety of patients in Endocrinology and had opportunity to see rare disorders which I have not seen much during my local training. The knowledge, attitude and practice I gained from UK will help to serve patients better in my country when I am back. I am ever thankful to RCP MTI scheme for organizing this training, helping throughout training period and looking after during the stay in the UK."*

In addition to the above-listed benefits, RCP Global has a close working relationship with the East, Central, and Southern African College of Physicians (ECSACOP).

## Short Communication

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This connection and understanding of the postgraduate programme of training, provides an additional link and network, which could further enhance individual MTI experience as well as associated partnership activities across the region.

### **What to expect during a post**

Doctors are encouraged to consider their personal learning objectives when applying for the MTI, and to work closely with their employing NHS hospital and the RCP MTI team, who help to facilitate suitable posts to enable the acquisition of these objectives.

During placements, the MTI team is available to respond to any personal or professional queries to aid a positive UK experience. Doctors are assigned a UK-based supervisor to support professional development throughout the post, and the provision of a free online portfolio helps doctors to structure and document their learning. We additionally recommend that doctors be offered a supernumerary period to help with orientation and integration into their roles when they start their MTI posts. The weekly schedule of an MTI post varies hugely depending on the setting and type of post secured; this can usually be understood more via the job description when applying for a post and during the interview process,

and clarified further upon commencement of the post in conjunction with the allocated MTI supervisor. If there are any home-country-specific curriculum or reporting requirements, we recommend that these be made clear to the employing NHS hospital during the application and onboarding process. Where feasible, it can also be helpful to have a home country supervisor or mentor to support the learning experience.

Throughout the process, the RCP provides support to NHS supervisors of MTI doctors. The RCP reinforces the importance of focusing on the personal objectives a doctor hopes to achieve during their post, and how these will be translated back into practice upon return home. At the end of the MTI post, an RCP-endorsed completion certificate is issued.

### **Want to learn more?**

A wealth of information about the MTI can be found on our [website](#).

For doctors keen to learn more about the MTI and tips on how to apply, we would like to invite you to our regular MTI Mondays webinars.

For any additional queries, please contact the team via email: [MTI@rcp.ac.uk](mailto:MTI@rcp.ac.uk)