

SPORTS AND EXERCISE MEDICINE – ST3

ENTRY CRITERIA	
Essential Criteria	When is this evaluated? ⁱ
<p>Qualifications:</p> <p>Applicants must have:</p> <ul style="list-style-type: none"> • MBBS or equivalent medical qualification <p>Physician applicants</p> <ul style="list-style-type: none"> • Either of the following: <ul style="list-style-type: none"> ➢ MRCP(UK) Part 1 at time of application and MRCP(UK) full diploma by the published deadlineⁱⁱ ➢ Eligibility for the specialist register in general internal medicine by time of applicationⁱⁱⁱ ➢ Completion of Irish Basic Specialty Training in medicine and the MRCPI full diploma by time of application <p>Emergency Medicine applicants</p> <ul style="list-style-type: none"> • Either <ul style="list-style-type: none"> ➢ Been awarded MRCEM <p>OR</p> <ul style="list-style-type: none"> ➢ Completed FRCEM Intermediate Certificate by the time of appointment <p>General Practice applicants</p> <ul style="list-style-type: none"> • Full MRCGP by intended start date 	<p>Application form</p> <p>Interview/selection centre^{iv}, pre-employment check</p>
<p>Eligibility:</p> <p>Applicants must:</p> <ul style="list-style-type: none"> • Be eligible for full registration with, and hold a current licence to practise^v from, the GMC at the advertised post start date^{vi} • Have evidence of achievement of foundation competences from a UKFPO-affiliated foundation programme or equivalent, by time of application in line with GMC standards/Good Medical Practice • Be eligible to work in the UK <p>Physician applicants</p> <ul style="list-style-type: none"> • Have evidence of achievement of core medical capabilities, for the round of application, via one of the following methods: <ul style="list-style-type: none"> ➢ Current employment in a programme which leads to successful completion of year 2 of Internal Medicine Stage 1 Training by the advertised post start date, via one of these approved routes: <ul style="list-style-type: none"> ○ UK Internal Medicine Stage 1 Training ○ UK ACCS (Internal Medicine) ○ UK Broad Based Training (medicine route) ○ JRCPTB internationally level 3 accredited equivalent Internal Medicine Stage 1 Training programme^{vii} ○ UK core medical training or ACCS (acute medicine) 	<p>Application form, interview/selection centre, pre-employment check</p>

<ul style="list-style-type: none"> ➤ Successful completion of one of the programmes listed above, evidenced by ARCP^{viii} ➤ Evidence of achievement of the capabilities required by completion of year 2 of the Internal Medicine Stage 1 curriculum at time of application. Acceptable evidence is only permitted via the Alternative Certificate to Enter Group 2 Higher Physician Specialty Training^{ix} <p>Emergency Medicine applicants</p> <ul style="list-style-type: none"> • Evidence of achievement of ST/CT1, ST/CT2 and ST/CT3 ACCS Emergency Medicine competences at core trainee level by time of appointment, supported by evidence from workplace-based assessments of clinical performance (DOPs, Mini-CEX, CBD, ACAT, ESLE) and Multi Source Feedback and ARCP or equivalent for each year completed <p>General Practice applicants</p> <ul style="list-style-type: none"> • Current employment in a general practice training programme at ST3 level and on track to successfully complete ST3 by the advertised post start date, or • Eligibility for the GP Register. This must be evidenced either by entry on the GMC GP Register, or documentation from the GMC confirming eligibility 	
<p><i>Fitness to practise:</i></p> <p>Is up to date and fit to practise safely</p>	<p>Application form, references</p>
<p><i>Language skills:</i></p> <p>Applicants must have demonstrable skills in written and spoken English, adequate to enable effective communication about medical topics with patients and colleagues, as assessed by the General Medical Council^x</p>	<p>Application form, interview/selection centre</p>
<p><i>Health:</i></p> <p>Applicants must meet professional health requirements (in line with GMC standards / Good Medical Practice)</p>	<p>Application form, pre-employment health screening</p>
<p><i>Career progression:</i></p> <p>Applicants must:</p> <ul style="list-style-type: none"> • Be able to provide complete details of their employment history • Have evidence that their career progression is consistent with their personal circumstances • Have evidence that their present level of achievement and performance is commensurate with the totality of their period of training • Applicants must have notified the Training Programme Directory of the specialty training programme they are currently training in if applying to continue training in the same specialty in another region^{xi}. • Not already hold, nor be eligible to hold, a CCT/CESR in the specialty they are applying for and/or must not currently be eligible for the specialist register for the specialty to which they are applying • Applicants must not have previously relinquished or been released / removed from a training programme in this specialty or associated core training programme, except if they have received an ARCP outcome 1 (outcome 6 for associated core training) or under exceptional circumstances^{xii} • For those wishing to be considered for Locum Appointment for Training posts (where available): no more than 24 months experience in LAT posts in the specialty by intended start date <p>Physician applicants</p> <ul style="list-style-type: none"> • Have sufficient experience^{xiii} working in medical specialties (not including foundation level experience) by the advertised post start date. This can be via either: <ul style="list-style-type: none"> ➤ Training completed in: <ul style="list-style-type: none"> ○ UK Core Medical Training or UK ACCS (Acute Medicine) 	<p>Application form Interview/selection centre</p>

<ul style="list-style-type: none"> ○ The first two years of UK Internal Medicine Stage 1 Training ○ The first three years of UK ACCS (Internal Medicine) ○ The first three years of UK Broad Based Training (medicine route) ○ A JRCPTB internationally level 3 accredited equivalent CMT programme or the first two years of an Internal Medicine Stage 1 Training programme or <p>➤ Have at least 24 months' experience in medical specialties (of which at least 12 months must include the care of acute medical in-patients). Experience in certain acute care common stem specialties can be counted towards the 24 months in some circumstances^{xiv}</p> <p>Emergency Medicine applicants</p> <ul style="list-style-type: none"> • Have evidence^{xv} of 36 months' training at ST/CT1, ST/CT2 and ST/CT3 level ^{xvi} in all of the ACCS specialties ^{xvi} this must include a minimum of <ul style="list-style-type: none"> • 12 months in Emergency Medicine • 3 consecutive months in Acute Medicine • 3 consecutive months in Anaesthesia • 3 consecutive months in Intensive Care Medicine • 3 consecutive months in Paediatric Emergency Medicine <p>NB Experience in the above posts must be stand alone i.e. not combined with another specialty</p> • For Posts not GMC approved for EM or ACCS training, the followin evidence^{xvii} is required for each speciality: <ul style="list-style-type: none"> • Letter on hospital headed paper confirming dates, grade and specialty AND <ul style="list-style-type: none"> • EITHER appraisal documentation confirming achievement of all ACCS and ST3 EM + PEM competences OR • Workplace based assessments demonstrating all ACCS and ST3 EM + PEM competences AND • Evidence of an education programme AND • A 360 degree assessment <p>General Practice applicants</p> <ul style="list-style-type: none"> • At least 36 months' experience in general practice (not including Foundation modules) 	
<p>Application completion:</p> <p>ALL sections of application form completed FULLY according to written guidelines</p>	<p>Application form</p>

SELECTION CRITERIA		
Essential Criteria	Desirable Criteria	When is this evaluated?
Qualifications		
<ul style="list-style-type: none"> • As above 	<ul style="list-style-type: none"> • Completion of the relevant membership examination by time of application • Intercalated BSc or equivalent 	<p>Application form, interview/selection centre</p>

PERSON SPECIFICATION 2022

	<ul style="list-style-type: none">• Higher degrees including MSc, PhD or MD (where the research thesis is not part of first medical degree)	
--	---	--

Career Progression		
<ul style="list-style-type: none"> Evidence that present achievement and performance is commensurate with totality of training 		Interview/selection centre
Clinical Experience		
<ul style="list-style-type: none"> Evidence of experience in a range of acute medical specialties, with experience of managing patients on unselected medical take during core training or equivalent or, for non-physician applicants, corresponding experience from core/early years training in the relevant specialty 	<ul style="list-style-type: none"> Experience at core level of managing patients with sports and exercise related conditions by the time of commencement of ST3 training Experience of working in a sport and exercise medicine team 	Application form Interview/selection centre References
Clinical skills – clinical knowledge & expertise		
<ul style="list-style-type: none"> Demonstrates awareness of the basics of managing sport and exercise related injuries Capability at core level in the management of medical emergencies, in patients and out patients or, for non-physician applicants, corresponding capability from core/early years training in the relevant specialty Appropriate knowledge base, and ability to apply sound clinical judgement to problems Proficiency in a range of medical procedures (as defined by the core curriculum) as an indication of manual dexterity and hand-eye coordination or, for non-physician applicants, corresponding capability from core/early years training in the relevant specialty Able to work without direct supervision where appropriate Able to prioritise clinical need Able to maximise safety and minimise risk 	<ul style="list-style-type: none"> Evidence of some capabilities in the specialty as defined by the relevant curricula Evidence of skills in the management of acute medical emergencies Evidence of skills in the management of patients not requiring hospital admission 	Application form Interview/selection centre References
Academic skills		
Research and quality improvement skills: <ul style="list-style-type: none"> Demonstrates understanding of research, including awareness of ethical issues Demonstrates understanding of the basic principles of clinical risk management, evidence-based practice, patient safety and clinical quality improvement initiatives Evidence of involvement in a quality improvement project, formal research project Demonstrates knowledge of evidence informed practice 	Research and quality improvement skills: <ul style="list-style-type: none"> Demonstrates an understanding of research methodology Evidence of relevant academic and research achievements, and involvement in a formal research project Evidence of relevant academic publications Evidence of involvement in a quality improvement project or other activity which: <ul style="list-style-type: none"> Uses recognised QI methodology Focuses on patient safety and clinical improvement 	Application form Interview/selection centre References

<ul style="list-style-type: none"> • Demonstrates an understanding of clinical governance <p>Teaching:</p> <ul style="list-style-type: none"> • Evidence of teaching experience and/or training in teaching 	<ul style="list-style-type: none"> ➤ Demonstrates an interest in and commitment to the specialty beyond the mandatory curriculum <ul style="list-style-type: none"> • Evidence of exceptional achievement in medicine <p>Teaching:</p> <ul style="list-style-type: none"> • Evidence of involvement in teaching students, postgraduates and other professionals and evidence of participation in a teaching course 	
--	---	--

Personal skills

<p>Communication Skills:</p> <ul style="list-style-type: none"> • Demonstrates clarity in written/spoken communication, and capacity to adapt language to the situation, as appropriate • Able to build rapport, listen, persuade and negotiate <p>Problem Solving and Decision Making:</p> <ul style="list-style-type: none"> • Capacity to use logical/lateral thinking to solve problems/make decisions, indicating an analytical/scientific approach <p>Empathy and Sensitivity:</p> <ul style="list-style-type: none"> • Capacity to take in others' perspectives and treat others with understanding; sees patients as people • Demonstrates respect for all <p>Managing Others and Team Involvement:</p> <ul style="list-style-type: none"> • Able to work in multi professional teams and supervise junior medical staff • Ability to show leadership, make decisions, organise and motivate other team members; for the benefit of patients • Capacity to work effectively with others <p>Organisation and Planning:</p> <ul style="list-style-type: none"> • Capacity to manage/prioritise time and information effectively • Capacity to prioritise own workload and organise ward rounds • Evidence of thoroughness (is well prepared, shows self-discipline/commitment, is punctual and meets deadlines) <p>Vigilance and Situational Awareness:</p> <ul style="list-style-type: none"> • Capacity to monitor developing situations and anticipate issues <p>Coping with Pressure and Managing Uncertainty:</p> <ul style="list-style-type: none"> • Capacity to operate under pressure • Demonstrates initiative and resilience to cope with changing circumstances 	<p>Management and Leadership Skills:</p> <ul style="list-style-type: none"> • Evidence of involvement in management commensurate with experience • Demonstrates an understanding of NHS management and resources • Evidence of effective multi-disciplinary team working and leadership, supported by multi-source feedback or other workplace-based assessments • Evidence of effective leadership in and outside medicine <p>Other:</p> <ul style="list-style-type: none"> • Evidence of achievement outside medicine • Evidence of altruistic behaviour e.g. voluntary work 	<p>Application form</p> <p>Interview/selection centre</p> <p>References</p>
--	--	---

PERSON SPECIFICATION 2022

<ul style="list-style-type: none"> Is able to deliver good clinical care in the face of uncertainty <p>Values:</p> <ul style="list-style-type: none"> Understands, respects and demonstrates the values of the NHS (e.g. everyone counts; improving lives; commitment to quality of care; respect and dignity; working together for patients; compassion) 		
<p>Probity – professional integrity</p>		
<ul style="list-style-type: none"> Demonstrates probity (displays honesty, integrity, aware of ethical dilemmas, respects confidentiality) Capacity to take responsibility for own actions 		<p>Application form Interview/selection centre References</p>
<p>Commitment to specialty – learning and personal development</p>		
<ul style="list-style-type: none"> Shows initiative/drive/enthusiasm (self-starter, motivated, shows curiosity, initiative) Demonstrable interest in, and understanding of, the specialty Commitment to personal and professional development Evidence of self-reflective practice 	<ul style="list-style-type: none"> Extracurricular activities / achievements relevant to the specialty Evidence of participation at meetings and activities relevant to the specialty Evidence of attendance at organised teaching and training programme(s) relevant to the specialty 	<p>Application form Interview/selection centre References</p>

ⁱ 'When is this evaluated' is indicative but may be carried out at any time throughout the selection process.

ⁱⁱ The published deadline¹ refers to a deadline date set in each recruitment round; this date will be specified clearly within the published advertisement for that recruitment round.

ⁱⁱⁱ Eligibility for the specialist register must have been approved by the GMC to be considered.

^{iv} 'Selection centre' refers to a process, not a place. It involves a number of selection activities which may be delivered as part of the application process.

^v The GMC introduced the licence to practise in 2009. Any doctor wishing to practise in the UK after this date must be both registered with and hold a licence to practise from the GMC at time of appointment.

^{vi} 'The advertised post start date' refers to the first date from which posts recruited in a round can commence. This will be specified clearly within the published advertisement for that recruitment round.

^{vii} Details of internationally accredited JRCPTB internal medicine training programmes can be found on the JRCPTB website: <https://www.jrcptb.org.uk/about-us/international-training/locations>

^{viii} Applicants who have an ARCP outcome with all capabilities signed off apart from the full MRCP (UK), will be eligible to apply on this basis, subject to the normal rules on completing the MRCP (UK). Additionally, anyone who has an ARCP outcome 10.1 will be eligible to apply on the competence criterion and will be required to complete outstanding competences in their higher specialty programme.

^{ix} The *Alternative Certificate to Enter Group 2 Higher Physician Specialty Training* is a document designed by the JRCPTB listing the necessary core capabilities required for progression to ST3, as defined in the internal medicine stage 1 curriculum: <https://www.jrcptb.org.uk/internal-medicine>. The certificate is available to download from the Physician Recruitment website: <http://www.st3recruitment.org.uk/recruitment-process/am-i-eligible/core-competences>. Applicants must ensure the version of the form they are using meets the requirements detailed on the website.

^x Applicants are advised to visit the GMC website which gives details of evidence accepted for registration.

^{xi} The Support for Application to another region form, signed by the Training Programme Director of their current Specialty Training Programme confirming satisfactory progress must be submitted to the recruitment office managing that application at time of application

^{xii} Exceptional circumstances may be defined as a demonstrated change in circumstances, which can be shown on the ability to train at that time and may include severe personal illness or family caring responsibility incompatible with continuing to train. Applicants will only be considered if they provide a 'support for reapplication to a specialty training programme' form signed by both the Training Programme Director/Head of School and the Postgraduate Dean in the region that the training took place. No other evidence will be accepted. Please note that this requirement does not apply to trainees who exited Core Medical Training with an ARCP outcome 3 or 4 where they were only missing the full MRCP(UK) diploma

^{xiii} Any time periods specified in this person specification refer to full time equivalent

PERSON SPECIFICATION 2022

^{xiv} For information on how experience in acute care common stem specialties will be counted, please visit the Physician Recruitment website: <http://www.st3recruitment.org.uk/recruitment-process/am-i-eligible/experience>

^{xv} Evidence of competences gained in posts not GMC-approved for EM or ACCS training should be at either Level 1 or Level 2 as described in the RCEM level of evidence form

^{xvi} ACCS - Emergency Medicine, Acute Medicine, Anaesthetics, Intensive Care Medicine, and CT3 –Paediatrics/Paediatric EM and CT3 Musculoskeletal or CT3 EM