Objectives

Share Our Experience
To
Make your experience
A Better one
I’m Indunil

I’m Lalith
We Landed
Accommodation

• Friend
• Relative
• House sharing/ rooms
Paperwork

• GMC
• Health check
• Address proof
• Bank account
• NI number
Kickoff

• We started at ST2 level
  – Orientation at hospital
  – Shadowing for few weeks

Make special notes on
Organization – Whom to call – induction app
Doing a discharge summary
Combination locks – Keep notes
LW/Postnatal/AnE/EGU/Clinics/Theatres
Yes, BUT...
• Within a week we were from almost consultant to ? Houseman
• Hesitant to ask for help
• Blood drawing
Surviving to excelling

• New group of challenges
  – Maintaining the standards of previous MTIs
  – Working with colleagues
  – Working with midwives
  – Cultural differences
  – Accreditation
AND THAT IS WHY WE LIFT ON THREE...
• Communication
  – Accent
  – Summarising
  – Developing trust and confidence with senior colleagues
Behavioural modification

General
• Planning – planning
• Be very polite
• Stay in queues
• Walk fast – talk slow

Specific
• No obvious hierarchy
• Litigation (MPS/MDU)
MRCOG PART 2
Different domains
Daily practice
Formal learning
Feedback

MRCOG PART 3
Other interests

• Leadership
• Advanced laparoscopy
• Robotics
• ATSM
  – Fetal medicine
  – Medical education
  – Urogynaecology
LEISURE

Travelling – UK and Europe
Netflix
Gym
Cooking/ BBQ
Driving – UK license
To take back

• Understanding the difference of systems
• More qualifications
• Organized
• Communication
• Documentation
• Learn to ask for help
Need Help

- clslalithcls@icloud.com
- Indu_doc@hotmail.com
Wish u all the very best!