

The Arthur Eakins Award: Research Guidelines

The Arthur Eakins Award is an RCPI Trainee Award to recognise the importance of workplace health and wellbeing and encourage Trainees to actively get involved in improving and promoting health and wellbeing, including their own health and wellbeing. It is awarded to a Trainee for a research project or quality improvement initiative which improves and promotes workplace Health and Wellbeing. These can range from projects which focus on general workplace wellbeing, e.g. within an organisation, hospital, or department, or focused on a specific group, e.g. projects with a focus on trainee/doctor wellbeing.

Eligible Applicants

You can apply for The Arthur Eakins Award if you are registered on a Basic Specialist Training Programme (BST), Higher Specialist Training Programme (HST), International Residency Training Programme (IRT) or the International Clinical Fellowship Programme (ICF) with the Royal College of Physicians of Ireland (RCPI) at the time of abstract submission.

Submission Guidelines

Applicants are required to submit an abstract that describes their research project or Quality Improvement initiative on Trainee health and wellbeing.

Your abstract must include a measurement of how this initiative improved trainee health and well-being.

Submissions will be assessed for plagiarism and use of AI generated content by reviewers.

The abstract must not exceed 400 words in length. This word count includes numbers. Each submission must include the following headings:

- Title
- Introduction - background and purpose, including evidence basis for initiative.
- Methods - e.g., study design, study population, statistical tests
- Results - including key statistical data as relevant.
- Discussion and conclusions – including impact on workplace health and wellbeing, critical analysis of project for impact on organisation and cultural factors of wellbeing, feasibility of project going forward and scalability to roll out in other areas.

Patient confidentiality must always be observed.

Scoring System

A total of 100 marks are available:

Introduction

- ☐ Concise background and clear purpose (15)
- ☐ Clear evidence basis for intervention (10)
- ☐ Methods - Clear summary of methods (15)
- ☐ Results - Key findings, including statistical data where relevant (15)

Discussion/conclusions

- ☐ Outline of impact on **workplace** wellbeing (15)
- ☐ Outline of specific impact on **trainee** wellbeing (5)

- ☐ Focus on organisational wellness factors rather than individual wellness factors (15)
- ☐ Critical analysis of project strengths / weaknesses, and scalability of project (10)

Further Information

Ensure that no identifiable information is provided within the submission text (e.g. name, RCPI ID number etc.) This information will be requested separately.

The material submitted may be used as an educational and training tool for RCPI trainees and will be available to Members and Fellows of RCPI.

By submitting a research study for competition, trainees are providing consent for the RCPI to use the material as an education training tool.

Applicants, if chosen, must be available to present their research at the Annual National Education Day for Doctors in Training, which takes place on Friday, 22 May 2026.

A number of abstracts will be selected for poster presentation on the day. Further information on poster requirements and formatting will be provided for successful applicants.

Closing Date

All submissions must be received by **12 midnight Sunday, 30 November 2025.**