



**ROYAL  
COLLEGE OF  
PHYSICIANS  
OF IRELAND**

# **BASIC SPECIALIST TRAINING IN GENERAL INTERNAL MEDICINE**

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**SOUTH HUB**



**REACH YOUR FULL  
POTENTIAL WITH THE  
ROYAL COLLEGE OF  
PHYSICIANS OF IRELAND**



Training doctors to become world-class specialists is at the heart of what we do in the Royal College of Physicians of Ireland.

We are committed to helping you reach your full potential.



## PLANNING A CAREER IN GENERAL INTERNAL MEDICINE?

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General Internal Medicine deals with the prevention, diagnosis and treatment of adult diseases. Doctors specialising in General Internal Medicine need expert knowledge of a wide range of common acute disorders due to the type of patients they encounter, and often have to manage seriously ill patients with undifferentiated or multi-system disease processes.

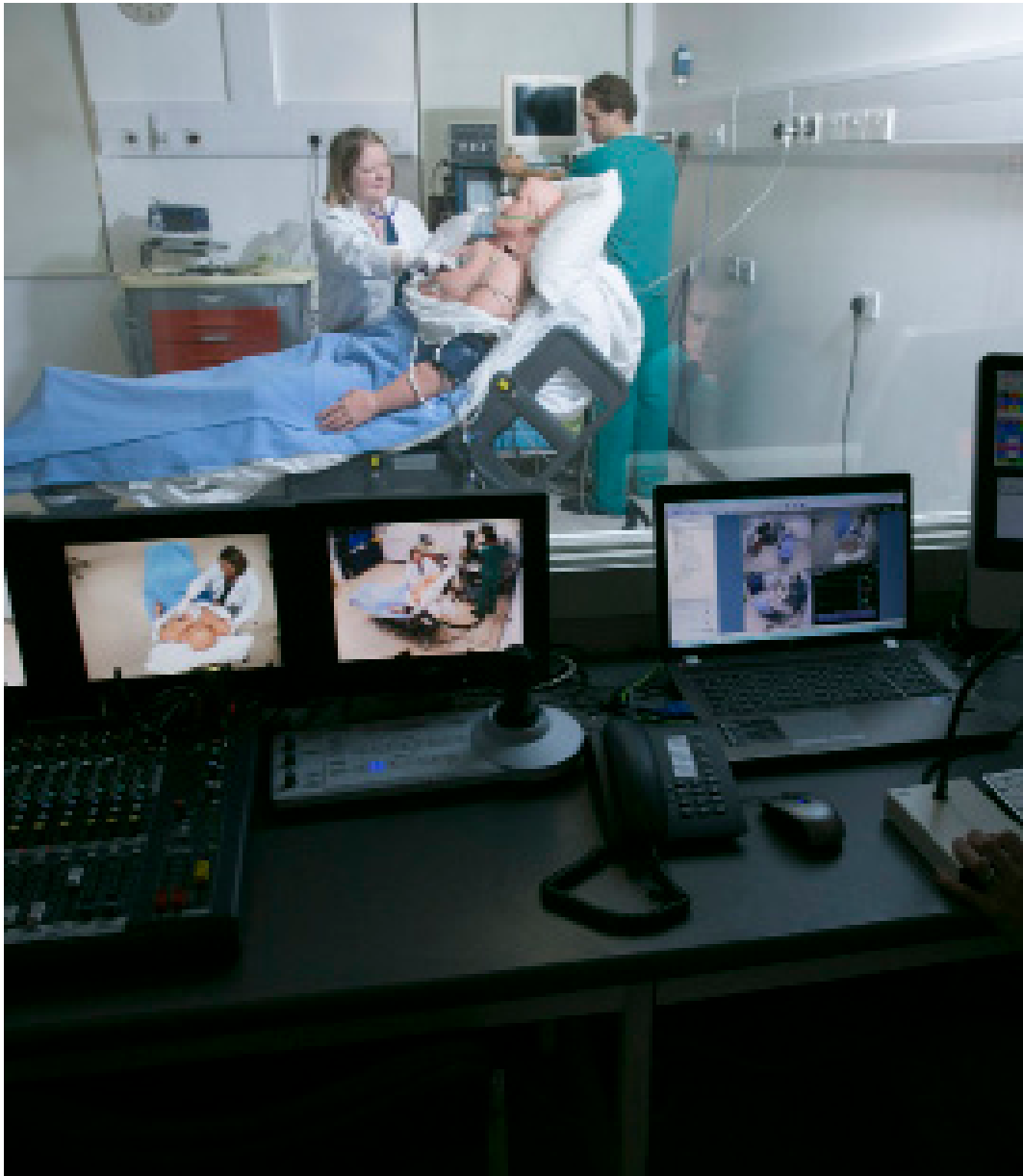
The vast majority of physicians have a subspecialty interest in diseases affecting particular organs or organ systems.

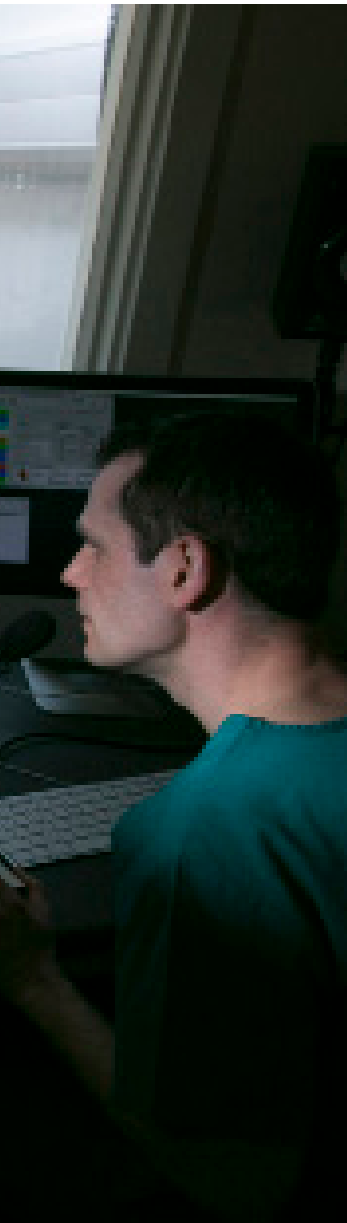
### The subspecialties in General Internal Medicine are:

- Acute Medicine
- Cardiology
- Clinical Pharmacology and Therapeutics
- Dermatology
- Endocrinology and Diabetes Mellitus
- Gastroenterology
- Genitourinary Medicine
- Geriatric Medicine
- Infectious Diseases
- Medical Oncology
- Nephrology
- Neurology
- Palliative Medicine
- Rehabilitation Medicine
- Respiratory Medicine
- Rheumatology









## **BASIC SPECIALIST TRAINING - THE FIRST STEP TOWARDS SPECIALISATION**

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Basic Specialist Training (BST) in General Internal Medicine is a two-year programme of supervised clinical training in Senior House Officer (SHO) posts. BST prepares you for Higher Specialist Training, which is the final stage of training. Completion of the intern year is an essential entry requirement.

In addition to supervised clinical training in the hospital, you are required to pass the Membership of the Royal College of Physicians of Ireland (MRCPI) examination in General Medicine. You will also be required to attend a number of mandatory courses that assist your professional development, and that will allow you to acquire the non-clinical skills and knowledge needed to provide excellent patient care as you progress throughout your career.

## **COMPLETE YOUR BASIC SPECIALIST TRAINING IN CORK**

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In Ireland, Basic Specialist Training in General Internal Medicine is delivered via nine training Hubs:

- South
- Galway
- Mater Misericordiae
- Midwest
- Mayo - Sligo
- St James's - Tallaght
- Beaumont - Connolly
- St Vincent's University Hospital
- South East

The South Hub makes excellent use of the shared academic campus of Cork University Hospital and Mercy University Hospital.

Cork University Hospital is the largest university teaching hospital in Ireland, with 17,000 medical admissions and all medical specialties under one roof. The Mercy University Hospital has a broad spread of medical specialties; trainees on these sites have access to shared training opportunities and many services work across both sites, including Cardiology, Neurology and Geriatric Medicine.

As with all BST Hubs, a minimum of six months must be spent outside the main metropolitan area. Trainees on the South Hub rotate to at least one of the following hospitals:

- Marymount Hospice (located in Cork City)
- Mallow General Hospital
- Bantry General Hospital
- University Hospital Kerry
- South Tipperary General Hospital in Clonmel
- University Hospital Waterford

Most sites have moved to a shift based pattern of 13-hour shifts, including periodic blocks of nights. All hospitals on the South Hub are 48 hour compliant.





## WHAT TO EXPECT

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You will know in advance what posts you will be working in over the two years of BST. You will rotate to a different SHO post every three months. You will spend at least 12 months in posts involving acute unselected medical 'take' (general medical on-call) and you will rotate through at least three out of the following five core specialties:

- Cardiology
- Respiratory Medicine
- Geriatric Medicine
- Endocrinology
- Gastroenterology

A minimum of six months will be spent outside your main metropolitan area and you will spend time in a Level 4 (large tertiary) hospital and a Level 3 (general) or Level 2 hospital (local hospital with selected/GP-referred medical patients.)

## EXCELLENT MRCPI SUCCESS RATES

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Trainees in the South Hub enjoy a high MRCPI pass rate, with a 90% success rate at the Part II Clinical exam thanks to an intensive one-month preparation period. The highest scoring MRCPI candidate at Part I and Part II exams in 2014 was Cork-based Trainee Dr Dearbhla Kelly and in 2016 it was Dr Antoinette O'Connor.

## BURSARIES AND LOCAL SUPPORT

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Trainees on the South Hub have access to a wide range of local supports and resources.

Mentorship is provided locally and each hospital provides a dedicated training lead. You will be encouraged to participate in the planning and delivery of local teaching and training.

The first RCPI office to open outside Dublin is now based in UCC's School of Medicine. This office provides local support for trainees and trainers. Other supports for second year trainees include a suite of bursaries in a variety of specialties including a rotation in the Clinical Research Facility Cork.

## **INFORMATION ON TRAVEL, TAXATION, ACCOMMODATION AND THE CORK AREA**

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While a large county, Cork is known for its great public transport system and large road network. Dublin is a mere two and half hour drive away and Cork has very good train and bus services linking all the major cities and towns.

Two of the peripheral hospitals are within an easy commute of Cork City. Mallow is approximately a forty minute drive and Bantry is an hours' drive. Accommodation and the general cost of living are very reasonable when compared to Dublin, and assistance can be given locally with accommodation.

The South West is of course famous for its food, scenery and the Wild Atlantic Way. Cork has consistently appeared in the Lonely Planet Top 10 cities, and you will be spoilt for choice with beautiful small towns and villages and beaches. Cork offers a wide range of sporting activities and many picturesque walking and cycling trails, all within easy reach of the city. There is a strong programme of festivals throughout the year which allows Cork to call itself Ireland's Cultural Capital.



Professor Mary Horgan, President of the Royal College of Physicians of Ireland, with Dr Pat Barry, Regional Programme Director for BST South Hub and Dr Antoinette O'Connor, MRCPI candidate with the highest MRCPI mark in 2016

## HOW TO CONTACT US AND USEFUL WEBSITES

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For further information about the South Hub please contact us directly at:

### **Dr Patrick Barry**

Email: [patrick.barry@hse.ie](mailto:patrick.barry@hse.ie)

Telephone: (021) 4920 348 (secretary)

### **Dr Norma Harnedy**

Email: [norma.harnedy@hse.ie](mailto:norma.harnedy@hse.ie)

Telephone: (021) 4922 396 (secretary)

Please mark emails BST Enquiry

Or alternatively please contact our Cork office on (021) 490 1589. Please note this office is open on a part time basis.

### **Links to other websites that might be of interest**

[www.emed.ie](http://www.emed.ie) – CUH based resource develop by Emergency Medicine

[www.cuh.ie](http://www.cuh.ie) – directory of services identifying medical specialities.

## HOW TO APPLY TO BST

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Entry to BST is competitive. National recruitment to BST in General Internal Medicine is coordinated each year by RCPI. The application process for BST opens in October each year. The closing date for applications is in November. An online application form for BST programmes commencing in July is made available on our website [www.rcpi.ie](http://www.rcpi.ie) in the preceding December. All applicants who meet the entry criteria are scheduled for interview. Interviews are usually held in January/February.

### **Entry requirements for Basic Specialist Training**

- Completed internship
- Eligible for inclusion on the Trainee Specialist Division of the Medical Council's register at the time you apply
- Proof of competency in the English language in line with HSE specifications (or proof of exemption)



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