

F3 Options 2022/2023

Doing an F3 (time out of training between F2 and ST1/CT1) has become increasingly popular in recent years. This is for a number of reasons:

- Some people are unsure of what specialty they wish to apply to so want to spend time exploring options.
- Others already know which specialty but wish to spend time strengthening their application.
- Some people want to explore medicine abroad, return to academia or even take a break from medicine entirely.

If you do wish to undertake an F3 start your planning early- especially if you want to go overseas! Because of the uncertainty surrounding COVID make sure you have a back up plan.

However, F3s aren't for everyone. Please be aware that more and more specialties are offering **part-time training** as well as **deferred entry**. A number of training programmes will be supportive of trainees applying for **OOPE (out of programme experience)** or undertaking additional roles (such as an NHS leadership fellowship or clinical teaching fellowship). This may offer you the benefits of being in a training programme with the flexibility & opportunities of an F3. If you decide to do an F3/4/5 you might be able to get appointed to ST3 without doing core training through the **alternative certificate of core competence** pathway.

Top Tips

- Speak to your colleagues (core trainees and registrars) for advice (many of them will have undertaken F3s)
- Speak to your consultants if you wish to remain in a certain specialty- it is advantageous for them to hire F3s into a fixed term trust grade post rather than rely on locums.
- Don't forget about appraisal/GMC designated body and indemnity.
- Think about sitting membership exams/professional diplomas (MRCP, MRCS, DRCOG etc) which might give you points on core training applications- look at the person specification for your speciality.

Locum/ Bank Work	<p>Whilst FY2 register with ESHT TWS (temporary work services). Ask the rota coordinator to keep you on mailing list for your specialties (e.g. A&E, paediatrics) once you have left.</p> <p>There are various locum agencies, ask colleagues for recommendations, consider registering for other trust banks if you are keen to work in certain locations.</p> <p>You might also consider use a locum app such as Messly.</p>	<p>esh-tr.bankstaff@nhs.net</p> <p>Locum agencies will charge you for mandatory training, annual appraisal & occ health whereas the Trust Banks will offer these for free</p> <p>Messly App https://www.messly.com/doctor/locum-shifts</p> <p>Medacs RM Medical Holt Doctors ID Medical (listing above does not= recommendation)</p>
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Clinical	<p>Identify trusts you would like to work at and specialties you would like to work in- ask your Foundation Supervisors or even contacts back at your medical school</p> <p>Jobs advertised as: Trust grade, Foundation Year 3, Junior Clinical Fellow, LAT/LAS ST1 doctor</p>	<p>NHS jobs https://www.jobs.nhs.uk/ BMJ jobs https://jobs.bmj.com/</p> <p>Indeed https://www.indeed.co.uk/</p> <p>Remember to ask what the trust can offer you- study budget/leave, courses, audits & research, mentor/supervisor, eportfolio</p>
Education	<p>Medical Education Fellow/ Clinical Teaching Fellow</p> <p>Anatomy Demonstrator</p> <p>Clinical skills tutor/lecturer</p> <p>Many of these academic jobs will fund a PgCert Med Ed</p> <p>Ad hoc clinical skills tutoring and OSCE examining</p>	<p>https://www.jobs.ac.uk/search/health-and-medical</p> <p>https://jobs.bmj.com/jobs/university-and-research/</p> <p>Individual medical school websites</p>
Postgraduate Student	<p>Identify discipline and institution for MSc/MA/MPH/MPhil</p> <p>Lots of options including but not limited to: Sports Medicine, Public Health, Global Health, Medical Ethics and Law, Surgery, Medical Education</p> <p>Think about funding.</p>	<p>Google is your friend!</p> <p>Many masters courses are available via distance learning &/or part-time. This may be a good option if you wish to keep you clinical skills up and earn at the same time.</p>
Overseas	<p>DTM&H at London or Liverpool Schools of Tropical Medicine</p> <p>DMCC Society of Apothecaries</p> <p>Research different placement organisations/ network- This is also possible once at LSTM/LSHTM as they hold networking events</p> <p>MSF require you to be at least ST2, have the DTM&H and 3 months experience in developing countries- So whilst you can't work for them in F3 you can boost your CV for later.</p> <p>Australia/New Zealand- start early! Consider looking directly at trusts versus recruitment agencies. Mostly ED but other specialties available.</p>	<p>https://www.lstmed.ac.uk/ https://www.lshtm.ac.uk/</p> <p>https://www.apothecaries.org/course-in-conflict-catastrophe-medicine/</p> <p>https://ahp.org.za/ https://www.sams-usa.net/volunteer/ https://raleighinternational.org/medics/</p> <p>https://www.msf.org.uk/job-profile/medical-doctor</p> <p>Recruitment agencies vs individual hospital boards – get recommendations from people who've been.</p>

	You'll need to sort job offer, visa, medical (vaccines/XR), indemnity	
Leadership	<p>There are now a number of established posts for gaining leadership experience including the national medical directors scheme.</p> <p>A number of these schemes and fellowship are only available to doctors in training i.e. you are seconded as part of an OOPE (out of programme experience).</p>	<p>https://www.fmlm.ac.uk/programme-services/individual-support/national-medical-directors-clinical-fellow-scheme</p> <p>https://www.england.nhs.uk/aac/what-we-do/how-can-the-aac-help-me/clinical-entrepreneur-training-programme/</p>
Alternate careers	Some of you may wish to explore options for working outside of traditional medicine. This includes careers such as management consultancy, pharmaceuticals, disability assessment, politics and health policy, medical technology, or even starting your own business.	https://medicfootprints.org/

F3 Options 2022 compiled by Dr Peter Tamony who undertook an F3 (and F4!) which involved locum bank work (ED & paediatrics), course/exams (DTM&H, DOccMed, PgCert Medical Education), and a teaching job (clinical lecturer at St George's). Peter applied for GP training with deferred entry and completed his ST1 year less than full time (60%) so he could combine clinical work with teaching.

Please contact the Medical Education Centre if you have any questions and they can forward the questions on to Dr Tamony.