

Dean's introduction

No one goes into medicine with the goal of doing just enough to scrape by. As doctors we want to excel. This will always be founded on our clinical skills, but may then take many other forms including service development, academic achievement, research and teaching. At the same time we need to need to keep ourselves to the highest professional standards, keep our concern for patients' welfare central, and look after ourselves and our families too.

This is a time in your career where you have to learn rapidly, and continually demonstrate your abilities. On top of all this MMC has produced a huge upheaval in the training structure. Life is challenging!

The RSM Trainees group can help you to meet these challenges. There are meetings designed by Trainees for Trainees, but many of our Section and Society meetings will also be useful. There are over 50 prizes for Trainees within the RSM, there are OSCE training days and many other Trainees' events. The library is a fantastic resource, whether as an ideal place to study or for its online journals and databases. RSM Press publishes books that will help you to build knowledge and skill, and examdoctor.co.uk will give you the best help with the inevitable professional hurdles.

The RSM has identified Trainees as a priority for its future activities. We have been helping doctors to make the most of their careers for over 200 years – we would be happy to help you too. There is much for you to gain, and we hope that you will contribute to the development of your younger colleagues in your turn.

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