

International Medical Graduate Support Fellowship

This One-year Fellowship was aimed at developing projects and courses to support International medical graduates. The induction session was very useful, meeting our mentors and Programme Directors and other Fellows. It was informative, sharing useful contacts and emails. The outline of the programme and the expectations-attending meetings. We discussed personal reflections and the project at the end of the Fellowship.

I met with my mentor monthly. This meeting was virtual via MS teams. It helped cover any questions that came up and served as an informal session to check progress during the Fellowship. Monthly meeting-Some areas covered: Use of drop box to share information which had previous Fellowship projects.

As part of the Fellowship, I attended the VT ST2 small group sessions and helped facilitate this. I had the opportunity to discuss the experiences of IMG trainees. The sessions were also focussed on the training needs so sometimes, AKT questions were practised during the afternoons.

I also explored an Enhanced Clinical Supervisor role during the Fellowship. I completed the 2 day course required and since had a GP trainee attached to my practice who is an IMG who also happened to have done this Fellowship!

In April, I did the RCGP Allyship course. This course trains in bystander intervention in racism and racial discrimination. The 5Ds – Document, Direct, Delay and Distract was useful to learn. Also learning about the different terms eg microaggression.

The Facilitation course-part of Tomorrow Teachers, was useful and informative. This helped with the ST2 sessions.

The Strengths and Values session also comes to mind. Recognising your strengths and weaknesses. The tools/websites that are available. You could then find coaching courses to help with a weakness.

The IMG induction for new GP trainees, this was virtual. I talked about my experience as an IMG.

Meeting with IMG colleagues to work on our project- the GP trainer survey which focussed on support there for GP trainers supporting IMG trainees.





We had an opportunity to present the GP trainer survey project as an abstract at the Levelling up Conference end of last year. The Levelling up conference provided a window into other specialities across England, looking at the work being done to level the field supporting IMGs.

Challenges

Trying to stay relevant and present. Learning to use IT skills needed for project work, this was challenging. Finding time in your week to fit in meeting colleagues during a Group project and giving thought and time to making use of the funding needed for further improvement during and after the Fellowship.

What next.. Our project looking at GP Trainers of IMG trainees and how to support them, has asked some questions that hopefully will be explored.

I am keen to remain focussed on supporting and promoting the experience of IMG trainees.

We hope to attend further conferences and show the work we have done.

Thank you.

Dr Mary Udo

HEE International Medical Graduate Support Fellow 2022