



# The Royal College of Emergency Medicine

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To all Emergency Medicine Trainees

15 March 2020

Dear Colleagues

It is likely that the next few weeks and months are going to be physically, mentally and emotionally challenging for all professionals working in the NHS and in particular those of us in Emergency Medicine. It is important that we all take measures to look after ourselves and protect ourselves with the PPE advised. We ask that you take rest, food and drink breaks to maintain your own health. If you have any illness that puts you in a high-risk category, then please discuss with your line manager and they should do their best to minimise your risk. It is important if you have any symptoms whereby you need to isolate, that you do this and do not work. Trainees should be reassured that an isolation period of 1 to 2 weeks would not affect their CCT. We should all be vigilant and ensure we take steps to point out to those colleagues who are unwell to stop working.

The very nature of emergency medicine means we are on the front line and a group who have high expectations of ourselves. We are all used to working ourselves to the limit on a regular basis in an unpredictable environment. Over the next few months we may receive unprecedented demand.

It is vital that we support one another, be kind and take steps to support those colleagues who may be showing the impact of exhaustion and those who may be asked to work outside of their normal field of practise alongside us. We will require close working with our managers and our colleagues throughout the hospital who will also be pivotal to the response.

All of us may be called upon to take on additional clinical work at short notice. Therefore, it is important that we ensure all trainees feel confident to work within their own capabilities and are not expected to undertake procedures outside of their own practice without adequate supervision.

We are requesting that Heads of School ensure that in the event regional training is cancelled, trainees are offered alternative resources to access. Trainees should monitor the status of regional / local training on a regular basis.

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We recognise the impact of the cancellation of the FRCM Final SAQ and Critical Appraisal on March 19th and forthcoming examinations will have on those trainees who have been working hard towards these. We are investigating dates and resources for a revised sitting. We are working with the GMC, Education bodies and the Academy of Medical Royal Colleges to issue further advice regarding the completion of CCT.

We are requesting the Heads of School take a flexible approach at ARCP and ensure trainees are supported, to minimise any disadvantage to them. Further information will follow and we urge all trainees to continue to monitor their emails closely. If you have any specific concern, please contact your TPD/ Head of School or contact the college directly.

In the meantime, we are confident that all of us in emergency medicine can work together to deal with the challenges which will arise in the forthcoming months.

Best wishes



Dr Maya Naravi  
Chair Training Standards Committee



Dr Jason Long  
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