**Interview 9 - Amit and Diane discuss the different types of support available**

This clip contains an interview with Amit, an international medical graduate (IMG) from India. He discusses the differing types of support available for trainees within the East Midlands.

**Suggested Learning or Discussion Points for Educators and Trainees**

* Joint consultations or video work: which do you prefer? What are the advantages/disadvantages of these two educational tools?
* Amit mentions using the Wessex Deanery Case Cards. Do you know of any other useful training resources?
* The East Midlands Training Support Service – do you know what types of service they provide?
* The challenges of maintaining a healthy work/life balance. Are you aware of the GMC guidance on this subject? (Available at: <http://www.gmc-uk.org/concerns/11544.asp> )

**Additional suggestions for trainers:**

* The Deanery CSA course, run in Loughborough on Saturdays: Amit said it was useful to receive feedback and encouragement from CSA examiners. Trainees are given a DVD of this feedback – have you ever gone through this with your trainee? Have you ever considered attending this course as an observer?

**Resources**

* Useful research and Tips for trainers Supporting IMGs on Yorkshire and Humber Deanery website: <http://www.yorksandhumberdeanery.nhs.uk/general_practice/trainees/IMGs.aspx>
* Tips for trainers on Bradford VTS website:

<http://www.bradfordvts.co.uk/helping-international-medical-graduates/>

* The East Midlands Training Support Service – including useful resources such as a ‘Doctor’s Resource List’

<https://www.eastmidlandsdeanery.nhs.uk/page.php?id=899>