



MDU



International medical graduates: thrive in the UK

Agenda

Thursday 14 November 2024 | 10am - 4pm
One Birdcage Walk, Westminster, London, SW1

Join the Medical Defence Union (MDU) and fellow international doctors for a full-day, in-person conference designed to help you navigate and thrive in the NHS.

About the conference

Who should attend

Internationally qualified doctors new to working in the UK.

What to expect

Starting a new job in the UK can be a challenging experience for international medical graduates (IMGs). It can take a while to acclimatise as some things are likely to be different to where you've worked before.

We'll aim to demystify the NHS culture and highlight key medico-legal risks, helping you avoid pitfalls and thrive in your new role.

- **Understand the NHS** and learn about the prevailing culture.
- **Gain medico-legal insights** and identify pitfalls in UK practice.
- **Deep dive into key medico-legal topics** such as consent, confidentiality, and communication skills.
- **Discover how reflective practice** can help minimise future complaints
- **Hear first-hand from international doctors** who have successfully transitioned into specialty practice and advanced within the NHS.

Why attend

Build professional networks and hear from medico-legal experts on minimising potential difficulties in UK medical practice.

- Network and connect with colleagues and experts.
- Exchange ideas and experiences.
- Enjoy refreshments and lunch.

About the MDU

The MDU is the UK's leading medical defence organisation, providing indemnity, legal representation and support for doctors, and helping international medical graduates navigate the UK's medico-legal, ethical, and regulatory framework.

We believe no doctor should be without the support of a defence organisation. Overseas doctors and other healthcare professionals have made a vital contribution to the NHS for more than 75 years, and the health service continues to depend on their skills and dedication to medicine.

The programme

Morning

- 09:00** **Arrival - registration and refreshments**
- 10:00** **Welcome**
- 10:15** **Unravelling the NHS: structure, principles, and core values**
Prof. Ashok Handa, professor of vascular surgery, Oxford University
- An overview of the National Health Service (NHS) from top to bottom. We'll start with its core principles and how it's organised, then dive into key values. Professor Handa will highlight what makes the NHS culture unique and compare it to healthcare systems around the world, and offer tips for international medical graduates starting their careers in the NHS.
- 10:45** **Potential pitfalls in UK practice**
Dr Sarah Jarvis, medico-legal adviser, the MDU
- In this session, Dr Jarvis will explore the common pitfalls that international colleagues might unwittingly encounter, like self-prescribing, treating friends and family, and handling integrity and professional boundaries. Dr Jarvis will also look at the importance of confidentiality and how your behaviour outside of work can have wider implications.
- 11:10** **Break/refreshments**

Breakout sessions

- 11:30 and 12:15** **A deep dive into key medico-legal and ethical topics** such as consent, confidentiality and communication skills led by MDU medico-legal experts.

Lunch

- 13:00** Lunch and refreshments will be provided

Afternoon

- 14:00** **Patient safety: understanding human factors to reduce error and enhance individual and team performance.**
Presenter TBC
- Errors are common in all aspects of life, including healthcare. Learning from mistakes is crucial to prevent future errors and improve patient safety. In this presentation, we'll discuss strategies to enhance personal and team performance, reduce errors and promote wellbeing in healthcare settings.
- 14:20** **When things go wrong and reflective practice**
Dr Oliver Lord, medico-legal adviser, the MDU
- In the diverse field of medicine, unexpected outcomes are inevitable. It's important to approach these situations with an open and constructive mindset, rather than defensiveness. Dr Lord will emphasise that recognising the need for improvement is crucial for problem-solving. Reflective practice is key, and MDU members can always rely on the MDU for support during these challenging moments.
- 14:40** **The challenges IMGs face with their wellbeing**
Dr Chaand Nagpaul, CBE, Doctors in Distress Trustee
- How challenges such as understanding new systems, language and cultural barriers, and experiencing racism can impact the mental wellbeing of international medical graduates, and solutions to address these issues.
- 15:00** **What it takes to succeed in specialty practice**
- Hear first-hand from international doctors who've successfully transitioned into UK practice, including the founders of Road to UK, Dr Ibreez Ajaz and Dr Ibrahim Ivan.
- 15:40** **Panel of speakers and Q&A**
- 16:00** **Close - and refreshments available until 17:00**