Rotation
The frequency, need and location of training rotations must be reviewed to minimise disruption and improve continuity of care.

Exams
The number and value of exams and assessments must be reviewed and balanced with the personal and financial cost.

Flexibility
Those seeking to re-enter training or alternative working patterns must be supported to do so.

Organisational support
Employers must support doctors in training to maintain a healthy work-life balance including time for self-development.

Recuperation
Appropriate break areas with 24-hour access are essential to sustain the wellbeing of doctors in training.

Management
Human Resources and onboarding processes must be streamlined to support periods of transition.