



# The Academy Resident Doctors' Committee

## 2024 engagement overview

The Academy Resident Doctors' Committee [ARDC] [formerly, the Academy Trainee Doctors' Committee] works to influence national policy making to deliver and improve the experiences and lives of resident doctors.

In 2024, the ARDC:

- Held three formal ARDC meetings.
- Published four papers, briefings and statements.
- Hosted 10 round tables and meetings with senior decision makers.

### Meeting with key national leaders

Over the last year we have held 11 dedicated roundtables with senior leaders with:

- Department of Health and Social Care
- NHS England
- General Medical Council
- NHS Employers
- Chief Medical Officer for England.

During these meetings we have advocated the four country views of resident doctors from across all specialities on issues, including:

- Recruitment issues, including:
  - Workforce planning
  - Bottlenecks

- Competition rations
- MSRA outcomes
- Exams:
  - Cost burden
  - Volume
  - Resits
  - Reasonable adjustments
- Medical Associate Professionals roles
- How to improve the retention of resident doctors, including:
  - Issues with rotational training
  - Flexible working
  - Working conditions
  - Burnout
  - Organisational and employer support and management
  - Other general training issues
- Professional standards and ethical guidance
- Equality, diversity, and inclusion
- Discrimination in the workplace
- Sustainability of the health and care service
- Future career opportunities for doctors in training
- Generalist vs specialism training.

## Engagement with the Academy

In addition to the external engagement, the ARDC provides the resident doctor voice across the Academy. This includes provide a voice at:

- Academy Council (four per year)
- Academy Foundation Programme Committee (three per year)
- Academy Workforce Committee (three per year)
- Academy Assessment Committee (three per year)
- Joint Academy Training Forum (three per year)
- Academy Professional Development Committee (three per year)
- Academy Specialty and Associate Specialist (SAS) Doctors' Committee (two per year).

## Publishing incisive papers, briefings and reports on issues that matter to resident doctors

- October 2024 – The ARDC published a paper on [recruitment and recognition in medical education](#).
- October 2024 – The ARDC published on a further paper on [Self-development Time](#). This builds on [previous work by the then ATDG](#) on this topic which was published in September 2023.
- October 2024 – The ARDC published a paper on the [use of technology in training](#).
- February 2024 – The then [ATDC's REFORM document](#) set out 'Six simple ways to retain doctors in training in the health service'.

## Measuring and monitoring our impact

- Many of the principles and the issues identified in the ARDC/ATDC's REFORM papers is reflected in Amanda Pritchard – ['This is a three-legged stool – recruit, retain AND reform'](#).
- The themes and points in NHS England's [Improving the working lives of doctors in training](#).

## Sharing and presenting papers and speaking at external events

In addition to hosting engagement with external stakeholders, the ARDC also provides a resident doctor voice, externally, at the following:

- General Medical Council hosted roundtables [circa three per year].
- NHS England hosted roundtables [circa four per year].
- NHS England's National Study Leave Group [four per year].
- NHS England's National Study Leave Trainee Doctor Sub-Group [two per year].
- Medical and dental recruitment and selection board and recruitment group [eight per year].
- Centre for Perioperative Care Board meetings [three per year].
- Conference of Postgraduate Medical Deans [three per year].
- MDRS and General Medical Council Equality, Diversity and Inclusivity Working Group [four per year].
- GMC Symposium [one per year].

## Academy Resident Doctors' Committee membership

**Chair:** Dr Waqas Akhtar

**Vice Chairs:** Dr Zeeshan Arif, Dr Alan Abraham, Dr Lara Manley

The ARDC has two resident doctor representatives from the following organisations:

Association of Surgeons in Training  
British Orthopaedic Trainees Association  
Faculty of Dental Surgery  
Faculty of Intensive Care Medicine  
Faculty of Medical Leadership and Management  
Faculty of Occupational Medicine  
Faculty of Pharmaceutical Medicine  
Faculty of Public Health  
Faculty of Sexual and Reproductive Healthcare  
Faculty of Sports and Exercise Medicine  
Royal College of Anaesthetists  
Royal College of Emergency Medicine  
Royal College of General Practitioners  
Royal College of Obstetricians & Gynaecologists  
Royal College of Ophthalmologists  
Royal College of Paediatrics & Child Health  
Royal College of Pathologists  
Royal College of Physicians & Surgeons in Glasgow  
Royal College of Physicians of Edinburgh  
Royal College of Physicians of London  
Royal College of Psychiatrists  
Royal College of Radiology [Clinical Oncology]  
Royal College of Radiology [Clinical Radiology]  
Royal College of Surgeons of Edinburgh  
UK Foundation Programme Fellows [co-opted]  
BMA Resident Doctor Committee Executive [co-opted]  
Academy of Medical Royal Colleges, Scotland [co-opted]  
Academy of Medical Royal Colleges, Wales [co-opted]