

GENERAL JCST GUIDELINES FOR BST/AST/SEAMLESS TRAINEES

1) Leave Guidelines

As a guide to ensure that trainees receive adequate training and are prepared for examinations in their 6-monthly posting, a trainee should not be away for more than 34 days (in totality) from training. For NS men, due to national service, they may be away for an additional 14 days from training.

The following are the breakdowns on the allowable LOA for respective period of postings in order for the posting(s) to be recognized, subject to fulfilment of the training requirements and satisfactory performance:

Period of Posting (months) (A)	Current Maximum Days of Absence (B)
1	5.5
2	11
3	17
4	23
6	34

The allowable leave of absence is to be considered in totality on all types of leave¹ taken. Another 14 days will be added for trainees who are away for In-camp training (ICT) due to NS liability.

In the event where excessive leave has been taken, the STCs/ SSTCs shall determine:

- if make-up training is required; and
- whether it is an essential posting that may render extension of traineeship, or
- can the make-up be carried out in future postings

Trainees are advised to discuss their training requirements with their supervisors before taking any extended leave. If extended leave needs to be taken, the trainees are required to seek approval from the Training Committee and JCST via JCST Secretariat.

LOA due to COVID-19 (subject to changes)

In view of the current revised MOH protocol on COVID-19 (as of 11 Apr 2022), the allowable LOA for trainees who are affected by COVID-19 illness or local exposure has been revised as per Column C in the table below:

Period of Posting (months) (A)	Current Maximum Days of Absence (B)	Proposed Maximum Days of Absence due to COVID+ illness and/or local Exposure (C)
1	5.5	10.5
2	11	16

¹ Annual Leave, Medical Leave, Study Leave, Training Leave, No-Pay-Leave, Maternity Leave, Paternity Leave and leave taken for In-camp training, conference, symposiums, seminars, workshops, taking examinations etc.,

3	17	22
4	23	28
6	34	39

6. Column C does not automatically grant a waiver of a remediation/repeat of posting for trainees. The Supervisor's/HOD's attestation on their fulfilment of the competency will need to be provided for trainees who falls under Column C. This attestation could be reflected in their supervisor's reports.

7. Trainees, who have exceeded the stipulated period of LOA under Column C due to COVID-19, are required to make up for training and their traineeship period will be extended accordingly.

2) Training Deliverables

All training units must provide all trainees, including trainees under the SAF and G-to-G arrangement, (irrespective of the specialties pursued) with the training deliverables, as follows:

(a) At least 16 hours of protected training time (PTT) per month.

The activities which can be counted as protected training time are simulation training, sub-specialty teaching, case-based teaching, journal watch, core lectures, tutorials, conferences, workshops and operative simulation and formative assessments.

(b) At least 1 day of study leave per month of training

Study leave can be used for studying exams, self-study, taking relevant exams, attending conferences or for extra training.

If you need more clarifications on the deliverables, please seek more details from your training institution.

3) Changes to Training Period

Specialty training should be continuous. If a training programme is interrupted for any reason whatsoever, the RAC/STC/JCST may, at its discretion, require the trainee to undergo a further period of training in addition to the minimum requirements of the programme or terminate the traineeship altogether.

All trainees are required to conform to the traineeship period and training plan as approved by RAC/STC and JCST. If the trainee wishes to change to part-time training or defer traineeship, approval is to be sought prospectively from JCST through RAC/STC.

Deferment of training will only be allowed up to a maximum of 1 year except in special circumstances.

4) Overseas Training

(Ref : JCST Cir114-14)

With effect from 1st January 2015, **ALL** overseas attachment / postings during AST or Senior Residency Training are not permitted with the exception of Radiation Oncology, Neurosurgery,

Forensic Pathology and Intensive Care Medicine. However, short overseas' attachment/courses which is self-funded during their elective posting period might be allowed on a case by case basis, if such educational exposure / experience could not be gained in Singapore. Prospective approval should be obtained from JCST at least 3 months before the commencement of overseas' attachment/courses.

Observership posting is not allowed to be recognised towards the training.

Radiation Oncology, Neurosurgery, Forensic Pathology and Intensive Care Medicine trainees/residents are required to seek prospective approval on their overseas postings at least 3 months before commencement of overseas postings.

5) Maximum Candidature

All trainees must complete training requirements, requisite examinations, and obtain their exit certification from JCST not more than 3 years beyond the standard length² of their training programme(except 2nd specialty or subspecialty training). This policy applies to all programmes, regardless of whether the programmes comprise of basic and advanced phases or are "seamless" programmes.

Residents/Trainees commencing second specialty³ or subspecialty⁴ training will be given an additional two years (instead of three years) beyond the standard duration of their training period to complete the respective training and obtain the exit certification.

Statutory leave due to SAF liabilities and entitled maternity leave (currently four months) will be excluded in the computation of the maximum allowable period, and the maximum allowable period would be extended accordingly to allow the trainees to make up the equivalent period of statutory leave.

All other leave including leave for research for trainees is counted into the three year allowable extension of traineeship.

6) Withdrawal of Traineeship

Upon appointment as trainee, should you decide to withdraw from traineeship, you are required to submit a withdrawal letter to JCST indicating your reasons for withdrawal. There is no automatic re-instatement of traineeship. The candidate has to re-apply in the next traineeship exercise.

7) Exit Certification

On successful passing of the exit exam, completion of all training requirements and the mandatory SMA's Medical Ethics, Professionalism and Health Law Course, trainees are required to submit the pass letter/ scroll to the JCST secretariat. Upon RAC/STC's review and recommendation and JCST certification for exit from specialist training, the doctor may apply to SAB and SMC for specialist accreditation and specialist register.

As @ 3 June 2022

² The standard length of training for each specialist training programme is determined by the Specialists Accreditation Board and is made known to all its programmes.

³ Second specialty training must be approved by the SAB. Examples are Internal Medicine(IM) and Advanced IM+ IM-related specialties(selected), General Surgery + Approved Surgical Specialties

⁴ Aviation Medicine, Intensive Care Medicine, Neonatology, Palliative Medicine, Sports Medicine and Paediatric Medicine Subspecialties (Paediatric Cardiology, Paediatric Haematology & Oncology, Paediatric Nephrology and Paediatric Gastroenterology and Paediatric Intensive Care)