

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.

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

The guidelines shall apply to postings with effect from November 2008.

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.

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.
- (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.

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) Part-Time Training

Although basic and seamless specialist training should be undertaken full-time, part-time training is an acceptable option, subject to the approval of the RAC/STC/JCST and provided that the position is equivalent to at least half of a full-time position. The duration of training will be increased to provide the same overall training time as for full-time basic trainees. However, all part-time training must meet the same standards as for full-time training. The total period for part-time training is 3 years. This part-time

training can be counted towards a maximum of 1.5 year full-time equivalent training. The 1.5 year full-time equivalent training is to be defined by the STC and approved by JCST. Any changes to the part-time training programme is to be submitted to RAC/STC and JCST for approval before actual implementation.

Guidelines on Part-time training :

- A part-time trainee should engage in a minimum of 0.5 FTE in training.
- The duration of the part-time training should not exceed 3 years.
- The entire traineeship should not be done on a part-time basis as the trainee would still need to meet the basic requirements.
- Trainees on part-time training should fulfill the same or more requirements than trainees on full-time training, e.g. number of calls.
- The traineeship should be completed within the stipulated time period as specified by the RAC/STC.

5) 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.

6) 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 length¹ 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 specialty² or subspecialty³ 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.

¹ 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.

² 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

³ 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)

7) 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.

8) 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 @ 21 May 2019