



April 2020

Dear Colleague,

As you take the next step in your career in medicine, the Royal College of Physicians of Edinburgh would like to give you our thanks and wish you all the very best of luck. We would also like to let you know that **we are proud of you** and **we are here to help you at every step of your journey**.

We appreciate that, given the current circumstances, your introduction to your first role may not be as you had planned. But we know that you have all the attributes that make a competent doctor - commitment, teamwork, flexibility and compassion – that will help you over the coming months and beyond.

Over the next few months, your journey into the role will be harder than many of those that have gone before you. You will experience greater workloads and you may see patients with higher needs than normal. However, **you will also see greater team working, closer working relationships between specialties, a camaraderie and sense of shared purpose** as we see this pandemic through. We will prevail and when we do, you will have been a vital part of this.

You need to be kind to yourself, your peers will become a huge support to you but treat yourself with the same empathy that you show your patients. Remember to ask for help.

Free Membership

The Royal College of Physicians of Edinburgh is here to support you in many ways, and **we are proud to stand beside you**. As an FY1 doctor we are delighted to offer you **free membership** to the College for the next two years – please apply online at: rcpe.ac.uk/membership

At this challenging time, we are doing much to support the wellbeing and clinical skills of our Members and Fellows as well as the wider profession:

- We have **created a COVID-19 information hub** which can be accessed from our website - rcpe.ac.uk. This includes the latest information, resources and advice to support you in fighting COVID-19.
- The College **is live streaming updates** on COVID-19 every Thursday evening from 6.30pm. These share local, national and international perspectives and responses to the pandemic. Join the updates live and ask the experts - follow the link on our website.
- After each event, **the talks are shared on our Education Portal** and are available to watch at a convenient time - you can find the link through the COVID-19 Hub on our website.
- College FY1 Members also have access to **all resources on our learning platform**, we encourage you to become a Member to enable you to take advantage of this wealth of information.
- Our **Trainee and Members' Committee** provides further support for trainees, ensuring the views of trainees are well represented within the College and externally. You can join in the conversation on Twitter [@RCPEdinTrainees](https://twitter.com/RCPEdinTrainees)
- A recent addition to our activity, is a **new podcast series from our Trainees and Members' Committee**. Our 'COVID-19 Conversations' feature interviews with healthcare professionals on the frontline. This is accessed across your usual podcast platforms and on our website.

- Working with the University of Edinburgh, we have also launched a new range of free online resources. *COVID-19 Critical Care: Understanding and Application* will help equip clinical staff with the tools to combat COVID-19 and save lives. The resource hub can be found at: <https://www.futurelearn.com/courses/covid-19-critical-care-education-resource>.

We wish you all the best and please keep in touch and let us know how we can support you during your new challenge: trainees@rcpe.ac.uk.

Regards,



Professor Andrew Elder
President, RCPE



Dr Adelina McLeod
Chair, Trainees and Members' Committee

