

# Spotlight on the RCP Medicine podcast: celebrating 100 episodes

**How much do we learn from having time for engaging discussions with colleagues? How often do we engage with issues where we just need a little bit more expert knowledge? The RCP Medicine podcast is a platform that brings listeners into the heart of contemporary medical discussions.**

As 2025 draws to a close, we're excited to share that our 100th podcast episode will be published in January 2026. This milestone is more than a number – it reflects a journey that began in 2019 and has grown beyond expectations. We're proud to be among the top 5% of medical podcasts worldwide, with over 850,000 downloads to date. We're aiming to hit the 1,000,000-download mark in 2026. To celebrate, we're offering a behind-the-scenes look at how the podcast comes together, featuring insights from some of the incredible physicians who have shaped and contributed to recent episodes.

Hosted by experts in the field, this podcast mirrors those invaluable conversations we have with colleagues over coffee, or the snippets we catch as we walk past a lively discussion. This unique format allows listeners to feel like they are part of the ongoing dialogue around pressing issues in medicine – learning, reflecting and applying this to their ongoing practice.

The strength of the RCP Medicine podcast lies in its ability to engage listeners in meaningful conversations on a wide range of topics relevant to physicians. Each episode delves into real-life contemporary topics, explores new evidence and addresses specific issues faced by physicians in the modern healthcare environment.

Whether you're looking to stay updated on the latest medical advancements or seeking insights into everyday clinical challenges, the RCP Medicine podcast offers a rich and engaging listening experience.

## Dr Rohan Mehra – former RCP clinical fellow

'Hosting the RCP Medicine podcast was in equal parts nerve-racking and exhilarating – and, hands down, one of the most rewarding things I've done in my career.

'Having the chance to chat with some truly brilliant minds (and wow, have we had incredible guests!) about topics that they're genuinely passionate about is a real privilege.

'What makes the podcast special is its knack for spotlighting issues that are shaping the future of healthcare – but too often stay in the shadows. Our health inequalities series is a prime example, tackling everything from racial inequities in health with Professor Habib Naqvi, chief executive of the NHS Race and Health Observatory, to the commercial forces influencing health with Dr Chris van Tulleken. These are vital conversations that deserve to be heard. Yes, I was slightly terrified the first time we hit record. But with our editor-in-chief / genius-in-residence Michael Weston at the helm, it was smoother than expected (honestly, he makes it easy to sound smart).

'On a personal note, it's been an unexpected goldmine for growth – a creative outlet, a learning opportunity and a chance to dive deep into conversations that I actually care about. The fact that these chats are then heard by thousands? Humbling. And let's be honest – thank goodness the guests always know what they're talking about, and Michael has edited out my numerous "umms" or pauses!'

## Dr Vasiliki Thanopoulou – former RCP clinical education fellow

'Stepping into the role of podcast host was exciting and nerve-racking. My prior experience was limited, and I had only engaged with listening to a few highly specialised podcasts for my specialty. I prepped for the role by binge-listening to RCP Medicine episodes, reviewing conversational styles while ensuring that our original podcasts were still clinically relevant.

'The process surprised me. Conversations flowed naturally, especially with guests I already knew – it felt like lively chats about topics that we both cared about. Huge credit to Michael, our learning technologist, whose relaxed vibe and editing skills turned raw recordings into real gems.

'In a world that's always rushing, podcasts are a quiet superpower. They're like sneaky learning tools: listen while commuting, running, cooking or folding laundry.. 'My episodes focused on topics aligned with my personal passion and the RCP's goals or collaborations like the British Society for Rheumatology (BSR), which made the work feel meaningful. The real win? Seeing listeners engage and catching the spark in my guests' eyes when they shared their ideas and their smile at the end of the

recording. At the end of the day, sharing knowledge and expertise doesn't have to be stiff, it can be as natural as a good conversation!

### Dr Ben Chadwick, RCP deputy registrar

'Being asked to contribute to the RCP Medicine podcast was both an honour and mildly terrifying. It was not something that I'd done before, so the whole idea was more than a little daunting. It was a great opportunity to think about topics that could be covered, and also to encourage a resident doctor from my specialty to get involved.

'I was lucky to find one of the acute internal medicine registrars in my trust who was willing to take part. We sat down together and thought about three topics that we felt were important to cover, and sketched out a rough idea of the content.

'The team at the RCP were great at explaining how the process would work and arranged a date for us to come up to the RCP to record the three podcasts in one recording session. My co-host, Dr Racheal Cheek, thankfully had done a lot of work to think about some structure for our discussion, and we talked through how we would go about it on the train up to London.g how people work differently and deal with similar problems or challenges in slightly different ways, which you can learn from.

'When we arrived at the RCP, we were met by one of the producers of the podcasts, who had booked a room for the recordings. He was great at settling our nerves and getting us started. Once we'd started, we rapidly settled into a clinical conversation about the topics we'd thought about in advance. It was easy to forget that we were being recorded and that what we were saying would be published!

'In all, it took about 2.5 hours to record the three podcasts. Once we'd recorded, the producers asked us to re-record some sections where we'd talked over each other or the conversation hadn't recorded well.

'Once the recording was complete, the team set about editing the material that we'd recorded, and making it suitable for broadcast. We had a final opportunity to listen to ourselves in the finished version before they went live on RCP Player. All in all, it was a very enjoyable process and I hope that what we produced was helpful and informative.'

**This feature was produced for the December 2025 edition of *Commentary* magazine. You can read a [web-based version](#), which includes images.**

