

# Call the medical registrar: how to put together a conference

**Transitioning from a resident doctor to a medical registrar role can be an exciting but intimidating step.**

The RCP's [Call the medical registrar \(CTMR\) conference](#) is designed to help anyone taking this step; with content that is aimed to equip resident doctors with the clinical and professional knowledge to thrive as medical registrars, or serve as a clinical refresher for any doctors at any stage of their career.

In previous years, the conference has been held digitally, but this year, the RCP has added an in-person broadcast of the online conference in both London and Liverpool.

The programme has been developed in collaboration with the RCP deputy registrar, RCP Resident Doctor Committee and representatives from across the UK regions at different training and career grades. While many sessions are designed to increase clinical confidence when handling acute medical emergencies, others focus on helping develop leadership skills and confidence.

Dr Muha Hassan, an IMT3 doctor at the West Midlands Deanery and RCP associate college tutor, and Dr Mariyam Adam, a renal registrar working in the Mersey deanery and Resident Doctor Committee member, share their experience of putting together the programme.

## Dr Muha Hussan

I was first involved in CTMR in 2025 after being nominated by my clinical supervisor and college tutor to join the organising committee. Having attended in 2024 as an IMT1, I found the conference invaluable in supporting my transition to medical registrar through demystifying the role. I was therefore delighted to be invited and to continue contributing to the programme this year.

Developing the programme is a highly collaborative process. As the committee, we reviewed topics covered in previous years alongside participant feedback to identify areas of greatest educational value. We wanted to ensure the programme reflected both clinical and non-clinical realities of being a medical registrar; where clinical expertise, leadership, communication and operational decision making are all equally important components of the role.

One of the greatest strengths of CTMR is its breadth; the conference brings together expertise from across

a wide range of medical specialties and focuses on common clinical scenarios encountered in everyday practice. Alongside clinical content, it includes sessions on leadership, dealing with uncertainty, decision making under pressure and navigating challenging conversations.

A particularly rewarding aspect of developing the programme has been working alongside colleagues from different regions and stages of training. It is important that IMT doctors are represented within the committee, as we can provide valuable insight into the areas that feel most challenging. Our perspectives also help ensure the programme remains relevant and responsive to the needs of future medical registrars.

Finally, CTMR offers not only clinical learning but also reassurance; it provides an opportunity gain confidence in managing the responsibilities that come with becoming a medical registrar. I hope CTMR 2026 continues to support doctors in developing the confidence needed to thrive in the role of a medical registrar.

## Dr Mariyam Adam

I first came across CTMR as an attendee prior to starting my ST3 post and it was one of the most useful conferences that I have attended, increasing my confidence for my upcoming role. I was delighted when, in 2022, I had the opportunity of being on the organising committee of CTMR as part of my RDC role. I have also contributed practically by chairing and delivering sessions.

We spend a considerable amount of time discussing the topics and structure of the programme and we use the previous years, attendee feedback in curating the programme. Most sessions and topics are decided by the resident doctor representatives – however, we have immense help from the RCP team who have a wealth of expertise and great suggested speakers. The RCP team especially encourages diversity of speakers in terms of regional representation, sex and ethnicity. We also focus on inviting senior registrars and new consultants, so that the content covered is relevant to the incoming cohort of medical registrars.

This conference remains one of a kind in the way it is targeted at the resident at the junction of becoming a medical registrar. Most others cater for different grades or acts as part of exam preparation. The focus of CTMR is reflected each year in its delivery; it remains a conference with practical knowledge and tips for the new

medical registrar.

We try to balance the medical updates with the personal and leadership skills required to become a medical registrar, and cover the breadth of topics that every resident physician will find useful in their early career years.

In the first CTMR I was involved in, the plenary talk, 'Are doctors superheroes?' was delivered by Dr Sarb Clare. She was a brilliant speaker and her message to future medical registrars was fantastic. It still resonates with me and is a useful reminder to all of us that we are not superheroes and we shouldn't stretch ourselves to be one.

It has been a privilege to be part of this amazing work and I hope it continues for many years to come, remaining a useful tool in preparing residents for the role of medical registrar.

*Register online to join us at the live broadcast of the digital conference in London or Liverpool – or online – on 9 July 2026. All delegates will gain full access to the digital conference platform, to watch the events on demand until Friday 27 November.*

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