

ASSOCIATE COLLEGE TUTOR IMPACT REPORT

2025-2026



Royal College
of Physicians

A FAREWELL FROM YOUR ASSOCIATE COLLEGE TUTORS

It has been a privilege to serve as your Associate College Tutors throughout 2025/2026. We have enjoyed getting to know you and seeing you develop into excellent clinicians.

Dr Premal Patel
AMU Clinical Fellow



The ACT role... *"has been a rewarding opportunity to help support and advocate for trainees, contribute to educational development, and to help foster a supportive and engaging training culture"*

Dr Zachary Pierrepoint
IMT3



The ACT role has... *"allowed me to represent IMTs and work collaboratively to improve training. It strengthened my understanding of balancing service provision with training needs while developing my leadership and advocacy skills."*

Dr Zahra Ravat
IMT3



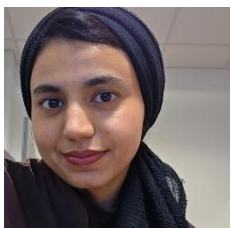
The ACT role has... *"been very enjoyable, allowing me to make new friends and work together with them to improve the training experience. I'd highly recommend applying for this role..."*

Dr Melyda Melyda
ACFST2



The ACT role has... *"been a rewarding experience over the past year. It has given me the opportunity to broaden my professional network, learn from department colleagues, and get involved in supporting education and training among trainees."*

Dr Midhat Asif
IMT1



The ACT role has... *"allowed me to stay in touch with my fellow IMTs, expand my professional networking and allowed me to help the trainees in troubleshooting the common challenges they face during the IMT years."*

Dr Rujina Begum
IMT1



The ACT role has... *"helped me develop my skills in leadership, and given me great opportunities to get involved in QI and system wide changes to help the trainees"*

PROJECT 1: POSTGRADUATE CAREERS FAIR

Date: 22/10/2025

Details: “QEHB held a postgraduate careers event in which I had the opportunity to represent the RCP ACTs (associate college tutors). I organised “The IMT Pathway” stall and as a new IMT1 then, who had recently been through the training application, it was a good opportunity for me to help my foundation and LED doctors to help understand what the process entailed and explain the future prospects after completing IMT. Dr Rucci Chugh, a College Tutor at QEHB also joined and counselled the aspiring doctors on how to make the most of their application and portfolios. We got great feedback and this ended being a very successful event”

– Dr Midhat Asif (IMT1 ACT)

Feedback:

1. How did you find our IMT stall?			
Answer Choices			
		Response Percent	Response Total
1	Open-Ended Question	100.00%	5
1	22/10/2025 2:00 PM ID: 282857690	Informative	
2	22/10/2025 2:09 PM ID: 282858821	Very nice	
3	22/10/2025 2:12 PM ID: 282859132	It was quite nice Very informative and supportive. ❤️	
4	22/10/2025 2:56 PM ID: 282865217	Really nice and organised. Dr Chugh has been really supportive and motivated a lot. Really thankful. 😊	
5	22/10/2025 2:56 PM ID: 282865233	Really nice and organised. Dr Chugh has been really supportive and motivated a lot. Really thankful. 😊	
			answered 5
			skipped 0



PROJECT 2: CHAIRING THE IMT RESIDENT DOCTOR FORUMS

Dates: 3/10/2025, 14/01/2026, 15/04/2026, 25/02/2026, 29/10/2025

Details: “ACTs supported the postgraduate team in delivering a number of IMT resident doctor forums this academic year. This was well received by the resident doctors. We would take minutes of the meetings and add them to Teams which could then be acted upon by the postgraduate team and college tutors, and also act as an audit trail for the future and to see which concerns were re-occurring problems.”

Feedback:

	IMT RDF - 03.10.25.docx	November 23, 2025	Premal Patel
	IMT RDF - 10.12.25.docx	January 14	Natalie Lampett
	IMT RDF - 14.01.26.docx	February 25	Premal Patel
	IMT RDF - 15.04.26.docx	April 15	Zahra Ravat
	IMT RDF - 25.02.26.docx	March 10	Premal Patel
	IMT RDF - 29.10.25.docx	December 10, 2025	Premal Patel

The RDFs were well led with a very clear structure making sure all points of concern were covered. The IMT leads were really supportive so it felt easy to share my concerns and get advice,

– Shahjehan Cherukat (IMT1)

PROJECT 3: GRAND ROUNDS

Date: 08/2025 – 08/2026

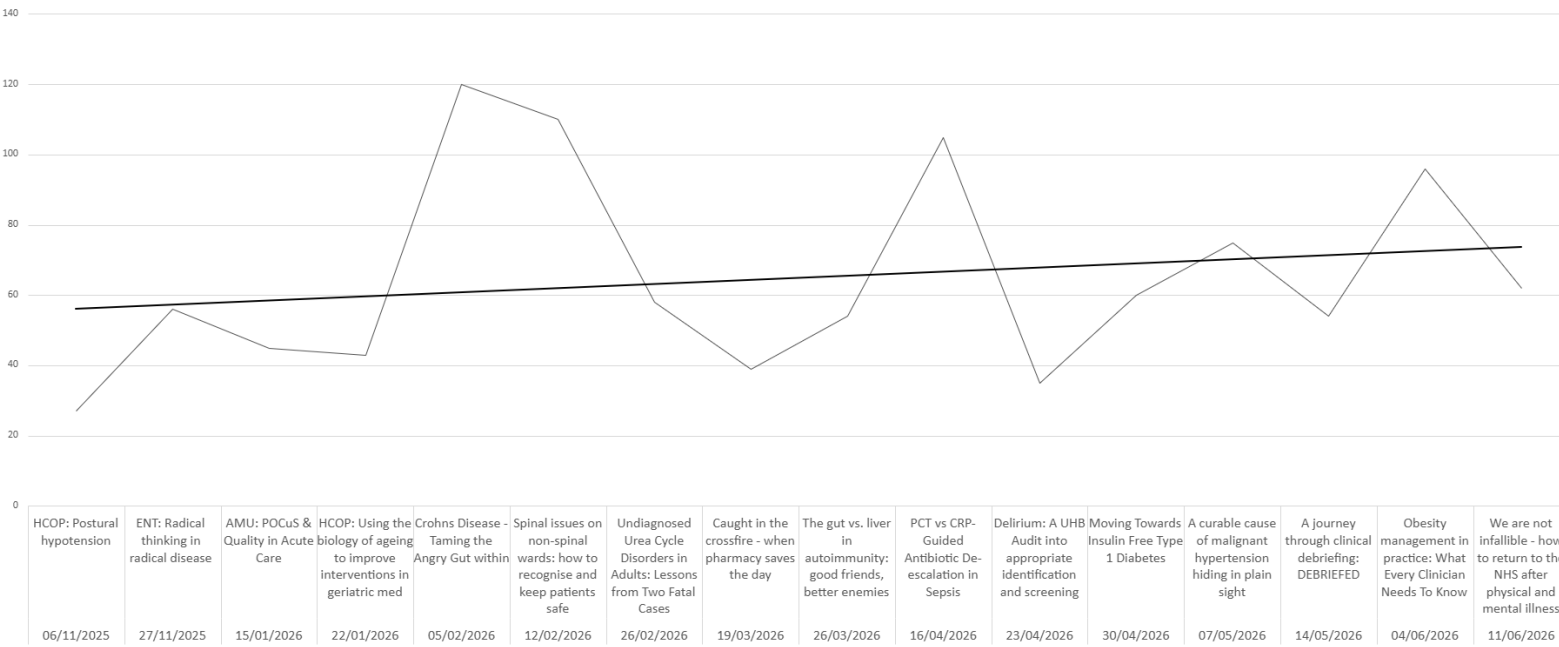
Details: “Associate College Tutors were asked to support the Grand Rounds as attendance had been declining following COVID. I helped the current Grand Rounds committee to further automate their processes and also used social media advertisement to boost attendance amongst the resident doctors. This has resulted in a process which is easy to handover, and much more sustainable in the long term.”

– Dr Zahra Ravat (IMT3 ACT)

Feedback:

Pre-intervention numbers were approximately 15, half of which were the facilitators/speakers and chairs. The graph below shows number of attendees across the year with a steady recovery towards pre-pandemic numbers.

Attendance at Grand Rounds



PROJECT 4: ACTING UP AS THE MED REG SHADOWING PROGRAMME

Date: 01/2026 – 07/2026

Details: “22 trainees participated in the “Acting Up as the Medical Registrar” shadowing programme. This programme was aimed at developing trainee confidence in several medical registrar competency domains. I sent surveys to trainees before and after their shadowing experience. Analysis of the findings revealed positive improvements across all domains.”

– Dr Premal Patel (AMU Clinical Fellow, ACT)

Pre and Post Programme Feedback:

Baseline Response to “has training so far prepared you for the med reg role?”	Count (n=22)
Yes	11
Unsure	8
No	3

Competency domain	Pre-day avg	Post-day avg	Change
Escalation to consultant when at limits of competence	2.77	3.86	+1.08
Providing specialty advice to non-medical teams (GP/ED)	2.36	3.43	+1.06
Leadership of the medical take team	2.36	3.29	+0.92
Supervision & support of junior doctors	3.09	3.71	+0.62
Communication with wider team (nurses, managers)	3.00	3.57	+0.57
Awareness/supervision of complex, acutely unwell patients	3.00	3.57	+0.57
Leadership of handover processes	2.73	3.29	+0.56
Overall confidence stepping up to medical registrar	2.45	3.43	+0.97

Date: Monthly clinics (12/2025 – 06/2026)

– Dr Midhat Asif (IMT1 ACT)

It was an excellent initiative as it provided us to talk with our colleagues and get advice for key issues such as portfolio, clinic times and also to have a chat about other aspects of the training as well

– Dr Sakthi Kannan (IMT2)

– Dr Elijah Chisala (ACFST1)

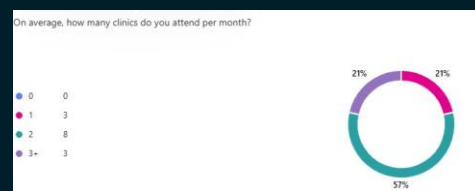
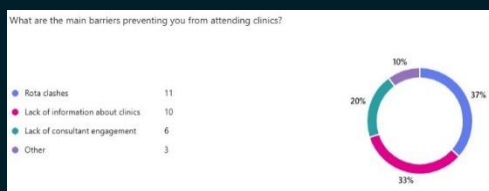
PROJECT 6: IMPROVING ACCESS TO OUTPATIENT CLINICS FOR IMTs

Date: 08/2025 – 08/2026

Details: “Dr Rujina Begum and I led a quality improvement project to improve access to outpatient learning opportunities for Internal Medicine Trainees at QEHB. Following trainee feedback identifying difficulties navigating the large number of available clinics in a tertiary hospital, a curated clinic directory was developed highlighting high-yield clinics with opportunities for independent patient assessment, consultant feedback, and workplace-based assessments. The project improved trainee awareness of clinic opportunities and created a sustainable resource that can be updated and maintained by future Associate College Tutors”

– Zachary Pierrepont (IMT3 ACT)

Pre-intervention Feedback:



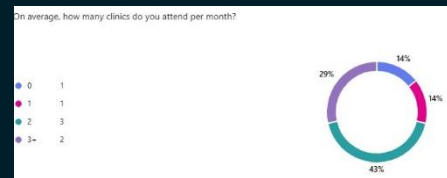
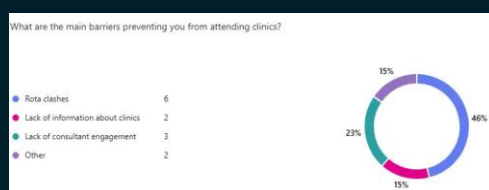
Scheduling Conflicts: Rota clashes were a major barrier, causing tension between service and training time.

Information Gaps: 71% of trainees lacked clear information on clinic availability, timing, location, and contacts, causing uncertainty.

Consultant Engagement Variability: 43% reported lack of consultant involvement, indicating inconsistent educational supervision in clinics.

Limited Clinic Attendance: Most trainees attended only one to two clinics monthly, showing limited exposure to outpatient clinics.

Post-intervention Feedback:



Improved Clinic Logistics Awareness: Trainees showed better understanding of clinic locations, timings, and contact points after the intervention.

Enhanced Educational Visibility: Trainees gained clarity on clinics providing valuable educational experiences aligned with curriculum needs.

Reduced Attendance Uncertainty: The intervention decreased frustration and uncertainty, fostering purposeful outpatient training engagement.

PROJECT 7: IMT END OF YEAR SOCIAL

Date: 17/07/2026

Details: It was a pleasure to organise this year's IMT End of Year Social, which was held at Edgbaston Park Hotel and hosted by the Associate College Tutors. It was lovely to see so many colleagues come together to celebrate the end of the training year and catch up outside of work.

– Dr Melyda Melyda (IMT2 ACT)

Feedback:

Excellent choice of venue and location , great atmosphere , Lots of food , posh drinks (elder flower lemonade sparkling). My most favourite bit was the after dinner games -no spoilers. My little one enjoyed the candy shop goodies 🍬 . It was nice to unwind and to interact with colleagues just before starting a new journey

– Dr Khalid Elgorashi (IMT3)

Zahra and the team worked really hard to put on a great event, there were very limited opportunities for socials amongst imts before this and I've built some new friendships outside of work from the event! The event itself was obviously organised with lots of thought and care, with handmade decorations and games to get everyone involved

– Dr Alec Rapson (ACFST2)



PROJECT 8: ATTENDING THE NHSE WTE WM RESIDENT REPRESENTATIVE DEVELOPMENT DAY.

Date: 27/03/2026

Details: “ACTs were invited to attend the West Midlands Resident Rep Development Day. This was held at the RCS Walker building in Digbeth. Not only was the building beautiful, but the speakers were fantastic. Advice was given on career platforms as well as presentations on projects that had been delivered to improve training across specialties. Workshops were held on the attributes that make a good resident representative.”

– Dr Zahra Ravat (IMT3 ACT)



The other hidden works of the ACTs:

- The QE ACTs delivered several of the IMT regional teaching sessions this year. Some examples included delivering IMT2 regional teaching on Acting Up to Medical SpR, as well as delivering IMT1 regional teaching on delivering exemplary QI projects and system-wide change
- The QE ACTs have also enrolled in the PACES programme this year, delivering small group PACES teaching to the IMTs
- The QE ACTs also participated in the IMT peer mentor programme, ensuring their IMT1 mentees settled in, were supported throughout the year, and understood their training requirements early.
- The QE ACTs have attended regular monthly meetings with the postgraduate team – Katie, Nat. And the QE College Tutors (CTs)- Dr Sutton and Dr Chugh and Dr Jham, to identify trainee needs, share progress and set targets
- The QE ACTs have been fortunate to represent the QE IMT cohort at the RCP CT/ACT Network Meeting Events and the annual CT ACT National Conference



THANK YOU.

FAREWELL



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