



Conference Abstract

The London Trainee Network Conference 2024 – Medicine of the future

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Objective

To improve professional and social connections between trainee doctors of different specialties and provide an interesting day which helps build morale and improve wellbeing.

Background

Funded by NHS England, the London Trainee Network is formed by a group of trainees representing the various medical specialties in London, who are passionate about improving post-graduate medical education and training for their peers. In the modern medical world burnout and low morale are pressing issues and our organisation aims to support and motivate trainees.¹⁻³ Involving trainees from different specialties allows attendees to learn from the way different specialists approach clinical and personal challenges. Cross-specialty events allow colleagues from different branches of medicine to share experiences, career trajectories and philosophies of practice and to facilitate engagement and connection between resident doctors.

Methods

The London Trainee Network hosted its third annual conference entitled: Medicine of the Future. The conference was hosted at the Kia Oval, and was free to all participants. It included a hot lunch as well as snacks and drinks throughout the day. The programme included talks on leadership, medicine and work/life balance, transgender medicine, assisted dying and palliative care, doctors' pay and how to check your payslip and a panel discussion on artificial intelligence in medicine. There were also workshops on pensions, insurance and maternity, yoga, digital health and the path to PhD as well as a poster competition. Feedback was collected after the conference via a QR code linking to a Google form. Filling in the survey was required to access a certificate of attendance.

Results and conclusions

The conference was attended by 109 delegates including residents at all stages of training (foundation, core and speciality) and clinical fellows. We received feedback from 57 people who all rated the conference overall good or above, with 54.4% rating it excellent and 40.4% rating it very good. Feedback was collated on each individual talk or workshop, and there was an opportunity to comment on the whole day, both to offer

positive feedback and suggestions for improvement.

Answering the question 'What did you like about this event?', at least 10 comments mentioned the variety of practical and relevant topics and 20 mentioned excellent organisation. Other comments mentioned the cross-specialty element as particularly positive, as well as the food and venue. As suggestions for improvement, three comments suggested sharing slides and learning points after the conference and at least three people mentioned that they would have liked more of an interactive element to foster connection between delegates. Individual comments also suggested more talks related to building a portfolio, and one suggested offering specialty specific sessions. Despite this, 100% of delegates said they would recommend it to a friend.

References

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