

STI Induction: Q&A Summary

Event: ST1 Induction

Date: 15 July 2026

RCGP membership and FourteenFish

Q: Can I register with RCGP on the first day of work?

A: You should register before your training begins in August as you'll need it to access your ePortfolio for assessments.

Q: I've been unable to complete my RCGP registration due to repeated technical errors. Is this a known issue that other incoming GP trainees are experiencing, or does it appear to be specific to my account?

A: This is a known issue that Member Services are working to resolve as soon as possible. You can contact the team during weekdays between 10:00-12:00 and 14:00-16:00 on 020 3188 7766 to discuss this further. You can also submit an enquiry via the Member Helpdesk.

Q: I have got access to FourteenFish, how can I benefit from it before training starts?

A: Familiarise yourself with the layout, finding the right areas and ensuring your Clinical Supervisor is correctly on your portfolio. Once training starts, it will become your best friend.

Q: If we get an RCGP membership, do we automatically get access to FourteenFish portfolio or is it done separately? Also, which membership is the one I should be looking for?

A: As part of your RCGP membership, you get your FourteenFish portfolio. So as long as you have your RCGP membership, you will have access to your portfolio. With regards to the membership, there are a number of options when you join, you can select 'I am GMC registered and about to start training with an NHS Deanery'.

Q: How do we qualify for FRCGP?

A: You must be either a full Member or International Member in good standing of the RCGP and have been for at least five continuous years post CCT. You can find further information here: <https://www.rcgp.org.uk/fellowship>.

Q: I tried to make a FourteenFish account, but it said one should have been created for me the RCGP. I haven't received details of my account. Do I need to do anything?

A: You can register to join the RCGP here: <https://www.rcgp.org.uk/join>. If you have already registered and are still experiencing issues, Member Services will be happy to review your Member record to check everything is as it should be. The team can take a look and support you over the phone from 10:00-12:00 and 14:00-16:00 during weekdays on 020 3188 7766.

Special Interest Groups (SIG) and GP with an Extending Roles (GPwER)

Q: How can we become a GP with special interests like women's health or paediatrics?

A: You can find more information on becoming a GP with an extended role (GPwER) here: <https://www.rcgp.org.uk/your-career/gp-extended-roles>

Q: Are there any Higher Specialty Training that we can apply for after we CCT?

A: There's no high specialty training in General Practice, but you can train in extended roles (dermatology, women's health, ENT etc). You can find more information on becoming a GP with an extended role (GPwER) here: <https://www.rcgp.org.uk/your-career/gp-extended-roles>

Q: Are there any social media groups for GP trainee mums?

A: There's some great RCGP GP Special Interest Groups (SIG), one of which is called the Parent and Carers Group. You can find out about Special Interest Groups here: <https://www.rcgp.org.uk/about/communities-groups>. There also be opportunities to connect via your local Faculty: <https://www.rcgp.org.uk/faculties>.

GP Training, Rotation and Exams

Q: If I need to leave GP training before completion, is there a way to return later and complete it?

A: This is something you would need to discuss with your Trainer and Programme Director when you feel you must leave.

Q: Could you explain about the first exams in ST1 and the timings?

A: There are two main exams within GP training. AKT is sat when you're in ST2, and the SCA is sat in ST3. There aren't any exams that you'll need to complete in ST1.

Q: If someone is doing training as part time, when can they take the AKT?

A: From ST2 onwards.

Q: My first placement is at a GP surgery. I have been working in the NHS for the last few years, but I have never worked in a GP environment. How can I prepare to start my first placement at a GP surgery. Are there any study materials, tips or advice?

A: You can contact your Clinical and Educational Supervisors and express that this is your first time working within a GP environment so that you can feel supported in your placement. It may be helpful to organise some time shadowing when you start or having some supervised experience with your Supervisor sat in with you initially. You can also get a copy of the Oxford Handbook in General Practice if you work well with reading. You may also find that learning from the cases that you have seen could be a good way to find out areas you need to learn. There's also lots of resources online, including the MRCGP curriculum to have some structure.

Q: If I have a rotation in Q&G in ST1, would it be useful to do the DRCOG?

A: You could do DRCOG if you wish, but this is not a requirement to get you through GP training.

Q: Are there any good resources to revise clinical examination for best technique etc?

A: There are lots of resources online available, but practice makes perfect and getting supervised exams where possible can make a huge difference, particularly with intimate examinations.

Q: Do you need an in-date ALS (or just BLS) in ST1 if you have a medical rotation and are on the on-call rota for medicine?

A: Each year in GP training, you will need to show evidence of BLS. Even if you have completed ALS, you will still need to show evidence of BLS (adults and children).

Q: What should we communicate to ES and CS before starting GP rotation?

A: It can be helpful to communicate where you are starting, your prior clinical experience, areas that you may need more support in, areas you wish to explore and consider what your PDPs for the year are.

Q: How many times can we sit the exams? Also, is there a time limit between getting the AKT and the SCA exam?

A: You can take them up to 6 times for each, but hopefully with the correct preparation and advice, only once!

Q: How much study leave/budget do we get?

A: This varies by deanery and you should contact your local deanery or Training Programme Director (TPD) for guidance.

Q: How do we apply for AKT?

A: You can sit the AKT in ST2 onwards. If you were wanting to book this, you can find upcoming dates via the RCGP website and usually an email is sent with upcoming dates. You can then apply to book the exam through this when bookings are open.

Q: Do you have any recommended or RCGP approved BLS courses or links that we could book onto?

A: Your local scheme should help you with this. BLS courses are also organised by local Faculties and can be booked here: <https://www.rcgp.org.uk/events?search=BLS>

Q: Can we do BLS at our GP placement in the start of rotation?

A: Yes, you can do BLS at your GP placement or hospital placement. It's better to do it early in the year so that it's done for your portfolio. You can also book on to your local Faculty courses here: <https://www.rcgp.org.uk/events?search=BLS>

Q: Is the protected SDL time different to the time we get for GP teaching each week?

A: Yes, you get GP teaching (known as half day release) and you get self-development learning time separately. It can be important negotiate this with your rotation, particularly if in hospital placements as they may need to schedule this into your rota.

Q: How many SDT days are we entitled to in hospital ST1 rotations? If we have a full day of GP training teaching per month, is SDT time on top of this?

A: As part of the working week in general practice, GP registrars have four hours of self-development time included in their full-time working week, and we would support resident doctors receiving two to four hours of self-development time whilst they are working in NHS trusts training on a GP programme. You should contact your GP school in your deanery if you're having a problem.

Q: If I pay the RCGP subscription fee now, will it expire a year from the day I pay?

A: The membership year runs from 1st April to 31st March annually. The current membership year ends on 31st March 2027. When you join, your membership fee will be calculated monthly from your sign-up date. You will be able to renew your membership in March 2027 for the following year.

Q: My first rotation will be in a hospital, so when should I contact my Educational Supervisor?

A: You should contact them as soon as you know who they are. They will be really pleased. Just say hello and how much you are looking forward to meeting them.

Q: Do we get taster/shadowing weeks, if we don't have a rotation in paediatrics/psychiatry?

A: You can use your CPD half-day to organise out patients in your area of interest when in general practice. Your trainer can help you with the best consultants to use.

Q: How can we become more involved with research as a GP Registrar on the 3-year training programme?

A: You can find more information here: <https://www.rcgp.org.uk/representing-you/research-at-rcgp/research-roadmap>.

Q: Will the BLS/AED certification I had as part of my mandatory training in my current role suffice for my 1st ARCP year?

A: If it is BLS/AED for adults and children, then it lasts one year.

Q: Is SDL half-day every week in hospital rotation?

A: It should be half a day, each week.

Advice and Connecting

Q: Are there any social media groups/WhatsApp groups/web communities to connect to senior trainees for advice?

A: You will be connected locally to your schemes (geographically) and can get involved with your Faculty, which can be found on the RCGP website.

Q: Will the session on the 22 July be recorded?

A: The International Doctors Welcome Webinar on 22 July will be recorded and shared via our YouTube channel: <https://www.youtube.com/@RCGPVideos>

Q: Will we have access to the recording for this session?

A: Yes, this session will be recorded and shared via our YouTube channel: <https://www.youtube.com/@RCGPVideos>

Q: When would I need to change my responsible body with regards to GMC registration?

A: Your RO is your post-graduate dean - your body is the deanery.

Q: What is MSF?

A: MSF stands for Multi-Source Feedback.

Q: How can I best prepare for a productive and achievable PDP for GP rotation?

A: Consider which areas clinically (topic areas) or non-clinically (communication, leadership etc.) that you wish to develop and seek opportunities to cover this within your meeting with your Clinical Supervisor. To be best prepared, ensure you are as organised as you can be, know where and what time you need to be at places, ask for help early when needed, as more can be done to help you. It's also helpful to get familiar with FourteenFish portfolio.

Q: Would I have to inform the GMC myself or does the deanery inform the GMC on my behalf?

A: If you do it, you will not need to worry about it, but you might want to ask your Training Programme Director when you start.

Q: I have applied to the combined training pathway. Is there anything I can do before starting my training with regards to preparing documents/evidence/sign offs that can allow me to complete my ARCP review?

A: On our website, we can have page for this and there is a link to supporting evidence. <https://www.rcgp.org.uk/your-career/qualifying-as-a-gp/combined-training>

Q: Is there any PDP guidance resource for each rotation?

A: You will manage this with your educational supervisor every 6 months.

Q: How to I request shadowing if I have never worked at a GP practice before?

A: You will need to contact your Educational Supervisor for a 'placement planning meeting' prior to entering a post in GP.

Q: Except for stethoscopes, should we have our own equipment (otoscope etc) for ST2 onwards?

A: Usually, the practice will provide additional equipment, but you may want to invest in those things for your future career, as they will not let you take them away. You can wait until you get to the practice and you can then ask the GPs on advice on what to buy.

Q: I have just scanned the link for Faculties, but there is no option to join the group. How do I do that?

A: You will be allocated your local Faculty when you join the RCGP. You can find your local Faculty based on your area here: <https://www.rcgp.org.uk/membership/faculties>. Following this, you can email your Faculty to join the board/observe a meeting and the GP Registrar Reps are listed, who you can reach out to via the Faculty email.



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