21 April 2016

Dear Colleagues

We understand the considerable pressure junior doctors are under at the moment and it is important that we maintain our own welfare as well as that of our patients.

The stresses of working in an under-resourced and under-staffed NHS affect our lives daily. Junior doctors are at the front line of medicine and the current political climate makes an already demanding job even more difficult.

We have written to the Prime Minister to vehemently oppose the imposition of a contract that is untested and has not been fully negotiated. The government’s continued refusal to enter into negotiations with the British Medical Association dismay us and the resultant escalation of industrial action only adds to the high levels of stress, anxiety and uncertainty being experienced by the trainee workforce.

Junior doctors need support, be it studying for exams, preparing for job applications, interviews, presentations or just the daily challenge of professional life: looking after our patients in an over-stretched healthcare system. Consultants, SAS doctors and trainees alike must be mindful of the effects these pressures can have on individuals and be vigilant for those amongst us who are struggling.
Don’t forget there are support networks available if you feel overwhelmed, in particular when the very personal decision as to the ethics of industrial action are at the fore:

1. Talk to somebody: fellow trainees, family and friends
2. Meet with your clinical/educational supervisor, College/Faculty Tutor or mentor
3. Use one of the available support and welfare schemes
   a. The NHS Practitioner Health Programme\(^1\)
   b. BMA Doctors’ Wellbeing\(^2\)
   c. Resources at GMC “Your Health Matters”\(^3\)
4. Your GP or Occupational Health department

As representatives of trainees from all members of the Academy of Medical Royal Colleges, we will continue to represent you with the aim of ensuring the delivery of high-quality postgraduate medical training for the long-term delivery of exceptional healthcare to our patients. **We support the call for the government to abandon plans to impose a contract on junior doctors and return to negotiations for the sake of the welfare of both trainees and patients alike.**

Yours faithfully

Dr Jon Bailey  
ATDG Chair  
President, Emergency Medicine Trainees’ Association

Mr Mustafa Rashid  
Vice-Chair of the ATDG  
President, British Orthopaedic Trainees Association

Dr JP Lomas  
Trainee Committee & Council,  
The Royal College of Anaesthetists

\(^1\) [http://www.php.nhs.uk/](http://www.php.nhs.uk/)  
\(^3\) [http://www.gmc-uk.org/concerns/11551.asp](http://www.gmc-uk.org/concerns/11551.asp)
Dr Laura Armitage  
Chair of the Associates in Training Committee, Royal College of General Practitioners

Mr Oliver Bowes  
Royal College of Ophthalmologists

Dr Chloe Fairbairns  
Trainee Committee, The Royal College of Anaesthetists

Dr Jonathan Frost  
Trainee Executive Lead, Royal College of Obstetricians and Gynaecologists

Dr Judith Harrison  
Immediate Past Vice Chair, ATDG  
Creating Supportive Environments Working Group Lead, Academy of Medical Royal Colleges

Dr David James  
Trainee Committee, Royal College of Paediatrics and Child Health

Dr Ian Kerslake  
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Dr Michael Kosmin  
Chair of the Oncology Registrars’ Forum, Royal College of Radiologists

Dr David Little  
Chair of the Junior Radiologists’ Forum, Royal College of Radiologists

Dr Victoria Mason  
Deputy Trainee Representative, Faculty of Occupational Medicine

Dr Sam Mills  
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Dr Carol Postlethwaite  
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Dr Matt Prior  
Chair of Trainees’ Committee, Royal College of Obstetricians and Gynaecologists

Dr Paul Stewart  
Emergency Medicine Trainees’ Association

Dr Katherine Walesby  
Chair of the Trainees and Members’ Committee, Royal College of Physicians Edinburgh

Dr Emily Walmsley  
Vice Chair of the Public Health Specialty Registrar’s Committee

Mr Adam Williams  
President of the Association of Surgeons in Training

Dr Alice Wort  
Chair of the Trainee Advisory Committee, The Royal College of Pathologists