

Rithika Mary Koshy

Professional and Society Values Committee

I am an ST4 Cardiology trainee in the Greater Manchester Deanery and would like to join the Professional and Society Values committee to improve trainee experience. Cardiology training is demanding and these challenges can be particularly pronounced for female trainees. As a North-West Women in Cardiology (WiC) representative, I organised a regional networking event, focusing on workplace culture and harassment. Discussions highlighted inequalities in ARCP experiences, limited flexibility in training pathways and concerns regarding financial implications of OOPR and workforce planning, including limited consultant job opportunities. Comparisons with international training models (USA and Australia) raise important questions about duration, structure and sustainability. There is also increasing recognition of neurodiversity amongst trainees. It is important deaneries and TPDs can recognise and provide adequate support to strengthen our workforce. Finally, wellbeing is a priority, with the 2023 BJCA survey reporting 76% of trainees experience burnout. In response, I created an updated WhatsApp group for female cardiology registrars, including those on maternity leave and out-of-programme, to ensure they get practical peer-support. I am also a BJCA Starter mentor and aim to support applicants interested in cardiology training. In my roles as a GMC Associate for curriculum standards, BMA LNC representative and AI regulatory officer, I have insight into how professional standards, policy and organisational culture influences training and patient care. I believe my approachable and proactive attitude to representing trainees' views, would benefit BCS' work in supporting a diverse cardiovascular workforce delivering high-quality patient care.