

# SOFT LANDING

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## INTRODUCTION

*During the period of greatest uncertainty in the history of humanity and amid one of the biggest health care crisis in the modern world, our commitment to support IMG paediatric colleagues has been strongly enhanced . From our personal struggles settling into the NHS 'Soft Landing' has been aspired to guide successful and safe transition into the NHS.*

## METHODS:

*Series of online sessions has been delivered providing professional support in various topics such as GMC registration, NHS jobs applications, Untangling Kaizen e-portfolio, surviving ARCPs and mock interview sessions. More than 70 delegates have attended our sessions so far collectively.*

## RESULTS:

Based on a survey sent out to IMG Paediatricians across the UK through different platforms , we got about 100 responses. more than 80% felt that trust induction did not meet their needs. 60% did not feel confident in their first oncall inspite being quite experienced in their home countries. 98% agreed that a tailored workshop to meet IMG Paediatricians needs would be helpful and more than 90% thought that having a mentors beside educational supervisors will be more beneficial in terms of support.

**CONCLUSION:** *IMG paediatricians are valuable part of workforce across the NHS. By providing the right support, struggles will be turned into productivity and the incidence of mental health problems and repercussions could be reduced. This will attract more IMG doctors to work and thrive in the NHS paediatric field.*