

Revisiting the Medical Internship Programme for India

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Abstract

The Internship during the graduate medical education course (MBBS) provides the much needed clinical training and exposure to the medical trainees. It also prepares them for their medical career and fulfills the requirements for their graduate training and degree. Introduction of a major clinical posting of 3 months duration (depending on the intern's choice/availability in the specialty departments) during internship may facilitate the interns to get a better exposure to their chosen specialty, medical problems, management & technology. 3 or 6 month long major posting(s) at end of the curriculum might be welcome as it would facilitate learning about medical conditions in details and give a good exposure of the countries' medical problems. The extended clinical posting system will give better insight to doctors and inspire them to choose a specialization accordingly. The proposed system of extended 3-month clinical posting along with the integration of the MBBS-MD course and the efficient implementation of the National Rural Health Mission (NRHM) shall also help to strengthen the community and specialist service in our country, along with providing an excellent career opportunity for young medical graduates.

Keywords: Medical Education; Internship.

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The Bhoire committee (1946) had recommended the 3-month training in social and preventive medicine to prepare social physicians for India. Subsequently, the Mudaliar committee (1962) recommended strengthening of district hospitals with Specialist services and setting up of All India Health Service [1]. But despite efforts by the subsequent governments, achievement of national health goals has been difficult. Also, it has been seen that most medical graduates yearn for specialty training rather than becoming general / social physicians. Medical students as well as new doctors are striving for higher education and excellence and trying to reach new

heights of advanced patient care.

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The integrated system may be a welcome step towards Integrated MBBS-MD course-MBBS (4 year) + MD (3 years) may bring much needed respite to the students aiming to complete post-graduate medical education in India. The integrated course may benefit

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the country by retaining the required talent & also expand the much needed specialist services in our country. This may be supplemented by 2 year super-specialty fellowships.

Practical learning about recent advances in medicine and new technologies can continue by way of adequate provision of newer technologies and diagnostics. This benefits the patients as well as medical students.

Other countries such as New Zealand place patient care and supervision responsibility on 'Trainee Interns'. Medical students in Italy and Romania write and discuss a medicine related 'thesis' over a period of one -year before their registration as medical practitioners. Interestingly, Brazil offers a shorter (4-year) medical course supplemented by 2-year internship [2].

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graduates.

Discussions with the medical students associations and student representatives before implementing the changes in internship and graduate programme may help to allay the fears of young medical students and graduates. These changes may achieve better healthcare for the people of our country and prevent attrition too [3].

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