

Editorial

Internship Training

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The Goal of Medical Colleges is to produce Basic Doctors who have adequate knowledge, clinical and Communication skills, confidence and competency to work independently in community. “Internship is a phase of training wherein a graduate is expected to conduct practice of medical and health care and acquire skills under supervision so that he /she become capable of functioning independently.” (Medical Council of India)

Medical Council of India has prescribed the various clinical departments, the period of training and the skills to be learnt during Internship and Intern should keep of record of work done during Internship (Logbook) to be certified by the Head of each department. MCI has recently revised this Internship by including some departments and duration of internship in each department.

The objective of this training is to provide a hand on training to a fresh medical graduate, who has knowledge but inadequate practical experience to make him competent and confident to treat the patient. Fresh graduates acquire skills under supervision of expert teachers in various clinical subjects and also good communication skill. Internship shapes the personality of fresh graduates and converts them into finished product. All specialty participating in Internship Training would agree that “Internship Training is far from satisfactory” in most of the Medical Colleges.

What are the problems and where they live?

Interns: It is worth to note what the fresh graduates, for whom the training is designed, mean about this period. Medical students after passing the final professional University examination become free from burden of studies, attending classes and clinics, look happy and cheerful. To these students Internship period would mean; thinking of Post graduation, preparing for PG entrance examination, to do some work in OPD / Wards in hospital, period of relaxation, period of engagement and marriage, to earn money by providing services in private sector during Internship. They are less motivated and perhaps have less clear idea about the need of internship. This stormy period (just like adolescent period) need to be handled carefully and can be made productive by proper guidance, motivation, supervision and monitoring. It is our responsibility to see that period should not go waste and to make efforts to make it meaningful.

College and department: Batch of unmanageable number of Interns, over lapping of batches adding to the above problem, inadequate and less inclined staff in the department, movement of Junior and middle cadre staff (transfer / promotion / changing institute for better

salary) poor facility (transportation, clinical materials), poor facility at Rural Health training Centers and Primary Health center (transportation, Para-medical staff, accommodation, laboratory, poor patient attendance etc) Internship at Primary Health Centers / Community Health Centers is not useful as Most of the Medical Officers do not have idea of Internship training and practicing Medical Officers do not like the presence of Interns at centers, Lack of supervision by Medical College has facilitated this situation. poor supervision and monitoring system at department and college level, lack of prescribed protocol for Interns training in the department. It is also observed that Interns get transferred Internship (except Rural health and community Medicine posting) at the Institute of choice where manage to get completion certificate easily.

Following are some measures, which may help improving quality of interns training programme.

- Medical Education department of the state should take the lead to prepare a uniform interns training protocol and implement it sincerely.
- A strong desire and commitment at college and department level for meaningful and fruitful internship to help college to achieve its goal and Interns to acquire skills.
- Identify motivated and committed teachers in each department.
- Preparing list of skills (which the basic doctor should have) to be acquired by Interns in the subject.
- Prepare protocol or Internship training in the department and to follow it sincerely.
- Logbook should contain the items which the Intern should know and can practice.
- Proper supervision and monitoring of Internship at all levels.
- Review meeting once in a week in the department and once in two month at college level.
- Periodic assessment of the skills-clinical and communication and making entry in logbook.

Internship training has various aspects, of which only few are focused here to stimulate teachers to redefine Internship Training.

We, the Teachers of all disciplines of medical fraternity, should join hands to make honest attempts to improve internship training to fulfill social obligation.

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