Sultan Qaboos University
College of Medicine and Health Sciences

Internship Training Program
A Handbook for Graduating Students

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1.0 Introduction

Internship, is a junior medical doctor's first position undertaken as an initial step at the beginning of a medical career as a physician, and is compulsory regardless of whatever specialty of medicine you may wish to eventually pursue in the future.

The Internship year is a period of general medical training, building upon the skills you have acquired at medical school, and learning how they are applied whilst taking increasing but guided responsibilities for patient care and management yourself.

2.0 Duration and Content

Internship training program is divided into three equal periods of four months in each of the disciplines of General Medicine, General Surgery, and either Child Health or Obstetrics & Gynecology in institutions or programmes approved for the purpose by the College of Medicine & Health Sciences of Sultan Qaboos University.

Most of the Internship rotations involve changing from one hospital to another within the country during the year. This is considered a very beneficial experience of the breadth and depth of health care of your country.

The training should be predominantly of a general nature, and in particular requires you to manage acute care cases. During this twelve-month period of training you must be resident when on duty. The maximum frequency of on call duties is 1 in 4 and the minimum is 1 in 6 calls per 1 month. The general clinical training provides you with opportunities to develop basic skills and attitudes necessary for you to embark on postgraduate specialty training.

Pregnant interns will be exempt from On Call duties after reaching 34 weeks of pregnancy and onwards.

3.0 Supervision

The College of Medicine & Health Sciences will retain the responsibility of ensuring adequate standards of training, experience, and supervision of trainees during their Internship training.

During each of the rotations, you should be provided with a nominated clinical supervisor by the head of the department concerned. This supervisor, who will guide you during the rotation, will be at least of Consultant status, or other appropriate senior member of the department concerned.

4.0 Logbooks

Each Intern will be provided with a logbook. Since the internship programme is based on different hospitals, the logbook serves as a uniform guide to the basic conduct of your duties and the minimum basic skills you must acquire before you can be certified. The logbook must be duly completed and certified by the concerned HODs at the end of each rotation. It should be submitted to the Internship Program Office, College of Medicine & Health Sciences at the end of the Internship Year.
5.0 Advanced Cardiac Life Support (ACLS) Course

During the Internship year you will be required to complete the three-day ACLS course, which is organized by most of the affiliated hospitals. You must contact the training departments directly to enroll in the course and you must ask your HoD well before you intend to go on the course if it is convenient. Contact the departments early as places on the course tend to be restricted. **Satisfactory completion of ACLS Course is one of the requirements for the issue of a Certificate of Satisfactory Completion of Internship.**

6.0 Electives

During each of the major rotations you may be given the **privilege** of choosing to spend not less than one month in a sub-specialty of the discipline concerned in the same hospital. The choice and the timing of an elective are both subject to the approval of the head of the department. Furthermore, the choice of elective must be restricted to related sub-specialties available preferably within the same hospital or municipality. While on electives, **you are required to do on-call duties as normal**, either in the sub-specialty or in the main specialty as determined by the head of department.

7.0 Assessment

Each trainee will be assessed by the clinical department concerned during his/her training period. A sample of the assessment form is appended and these will be completed by the department(s) concerned following both your major rotations, and all elective periods. All must be completed satisfactorily, to complete the Internship year.

**Failure of satisfactory completion in any rotation will require the physician concerned to repeat part or all of the rotation.**

The timely submission of Assessment Forms, the ACLS course certificate and the Logbook to the Internship Program Office **is the responsibility of the Intern.**

A certificate of (Satisfactory Completion) Internship will be issued by the College on successful completion of the Internship Year based on:

- Satisfactory completion of the 3 rotations attested by the relevant completed Assessment Forms
- Submission of a completed Logbook
- Submission of a certificate of successful completion of ACLS course

8.0 Assessment of the Rotations by the Intern

You are asked to provide your own comments with regard to the rotations and electives you complete: these comments should be constructive in nature, and will be used confidentially by the Office of the Assistant Dean for Training & Community Service, in a continual attempt to improve the Internship Program.
9.0 Vacation

During your Internship year you are entitled to a total of 28 days (including weekend and holidays) annual leave from your rotations.

You may take a maximum of two weeks leave during any one rotation. All leave must be approved in advance by the head of department and the Assistant Dean of Training & Community Service. Total of 5 days academic leave allowed during the year. Sick leave will be deducted from the annual leave balance. Maternity leave of 50 days must be compensated by 50 days after finishing the internship program. You may not take annual leave during an Elective rotation.

10.0 Advice

• You must contact the head of the department concerned at least two weeks before the start of your rotation to arrange your duties, elective, leave etc.

• Any serious difficulties during your rotation should first be addressed to your clinical supervisor, and if unresolved, to the head of your department.

• Remember that attitudes are equally important to knowledge and skills.