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Skilled yet lost? Challenges of international medical graduates in psychiatry: Australian perspective

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Abstract

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Skilled yet lost? Challenges of international medical graduates in psychiatry: Australian perspective

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Background: International medical graduates (IMGs) represent an increasing proportion of registrars in all Australian training programs. Psychiatry registrar Training programs have experienced significant increases in IMG enrolment in the recent years.

Objectives: This presentation is an experiential account of challenges of IMGs in Australasian setting.

Methods: Following recent training programs for IMGs and interactions with recently arrived IMGs the current review has been undertaken

Results: There is a compelling need to make curricular adjustments to enhance the transition for IMGs. Adjusting the psychosocial curriculum, through changes in orientation, contributes to a culture-centred approach to teaching. There has been a significant effort by RANZCP to identify both personal loss and cultural issues for IMGs in various stages of the registrar's life cycle. Lifestyle changes and loss of self-esteem, country, and accessibility to family can be demoralizing for IMGs coping with the demands of their new role. Specific stages of the family life cycle can exert additional stresses for IMGs and their families. Understanding the specific challenges for IMGs during each life cycle stage can be instructive and helpful. RANZCP has introduced initiatives that encourage cultural pride and respect. Australian Clinical practice skills workshops, mentorship and coaching programs, reflection on treatment of IMGs demonstrates registrars' appreciation of diversity and leads to a healthier, culturally rich learning environment for all involved in IMG education.

Conclusion: The IMGs are an essential component of our medical workforce, and RANZCP strategy is cognizant of past mistakes and has a clear focus of quality health care should be implemented to better integrate these doctors into the Australian community