Special Interest Training Modules (SITMs)

The Royal College of Obstetricians and Gynaecologists launched the new Curriculum in August 2024. Please familiarise yourself with the changes using the RCOG resources O&G Curriculum 2024 | RCOG.

When choosing your SITMs, it is worth considering the likely consultant appointments within your region, your personal career intentions and indeed your capabilities. We wish all trainees to work towards their strengths to enable them to have the best opportunity for a fulfilling Consultant career. A discussion with your Educational Supervisor is crucial to guide you in your choice of SITMs.

You must complete two SITMs to receive your Certificate of Completion of Training (CCT) and the following principles apply:

- As an ST5, you will start with one SITM as you still have to complete the requirements for the Core Curriculum and pass the MRCOG.
- You cannot register for more than two SITMs concurrently.
- There is no maximum number of SITMs you can complete, however, once you have completed two SITMs you will not be prioritised to register for a third.

Time to complete a SITM depends on the scope of the SITM, available training opportunities and capability of the learner. You have a **maximum of three years** to complete SITMs. However, training is no longer time based but competency based.

Foundation SITMs are mandatory if you want to undertake the relevant contingent SITMs. If you have demonstrated the requisite skills through the relevant foundation SITM, you will be able to undertake the contingent SITM either alongside or once you have completed the foundation SITM, depending on training opportunities available.

Foundation SITMs	**Contingent SITMs**
Fetal care	Prenatal diagnosis
Pregnancy care	Maternal medicine
Gynaecological Surgical Care	Management of Complex non-malignant Disease
Gynaecological Surgical Care	Oncology
Gynaecological Surgical Care	Robotic Assisted Gynaecological Surgery

Registration for SITMs

ST4s will be invited to apply for their preferred SITMs in September. You will be asked to complete an application form stating your preferred SITMs. Reference from a consultant at your current workplace (usually your Educational Supervisor) is required using a standard reference form. This is to determine if they believe you have the necessary aptitude for your preferred SITMs. It is important for the references to highlight your skills and knowledge in reference to your SITMs of choice as well as your long-term career plan. You will also need to send a 2-page CV. The forms are available on the website, and they will be circulated with the deanery e-mail. The deadline for the application will be in October.

Career advice interviews via Microsoft Teams will take place later for applicants for:

- Prenatal diagnosis
- Management of complex non-malignant disease
- Management of subfertility
- Oncology
- Robotic assisted gynaecological surgery
- Urogynaecology and vaginal surgery
- Gynaecological surgical care
- Other SITMs, if heavily subscribed

The process is intended to select the most suitable candidates for the SITM, based on skills, knowledge and attitude. Your referee should highlight your strengths and explain why this SITM is appropriate for you. We will take into account your overall performance throughout the training, as well as your exposure to your chosen discipline. If a SITM is oversubscribed i.e. more applicants than spaces for training in the region then not all trainees will be able to undertake their preferred SITM and some will be allocated a unit that can provide their 3rd SITM choice. Your placement for the next three years (ST5-ST7) will be determined by your choice of SITMs, and this will be done by the Training Programme Director (TPD) in conjunction with the Head Of School (HoS). Each Trust within our region can offer training in part of the components of several SITMs. You will be allocated to rotations between hospitals to complete your SITM training.

Locally employed doctors should discuss their educational needs with their supervisor. If you are interested in undertaking SITMs, your college tutor should liaise with the SITM director (Mr Giarenis) about your plans/preferences.

Completion of SITMs

To get signed off for your SITM, all the items in the e-portfolio and curriculum must be signed off by the Educational Supervisor. The e-portfolio along with any additional evidence (compulsory course, quality improvement projects etc) must be submitted to the regional preceptor.

You will have to sign the form, and obtain signatures from:

- Your SITM Educational Supervisor(s)
- Your SITM Preceptor(s)
- Your deanery SITM director

The form can be signed electronically. All the pages in the form must be sent as one document.

We do hope you will enjoy your Advanced Training journey with us in the East of England.

Erika Manzo, HoS
Daisy Nirmal, TPD
Ilias Giarenis, SITM Director

Documents available on the website:

- SITM application form 2026
- SITM reference form 2026
- SITM preceptors list 2026
- SITM availability hospital table 2026
- SITM application letter 2026