

### Catriona Macdougall

#### Cambridge University Hospitals NHS Trust

ST6 in Paediatrics



#### Short summary of career

I graduated from the Cambridge University in 2010 and have remained in the East of England since this time. I complete my Foundation Years One and Two in Hinchingsbrooke and Addenbrookes Hospitals respectively, before taking up a training post in the East of England School of Paediatrics.

I am currently undertaking special interest modules in neonatal medicine and high dependency care.

Last year I was lucky enough to participate in the Chief Resident Programme in association with the Judge Business School, learning about leadership and management in the healthcare sector. I have developed an interest in support for trainees and I see mentoring as a key part of this.

#### Personal background

I currently split my time between Cambridge and King's Lynn. Outside of medicine I enjoy eating good food, in particular trying new things. I love travelling although I don't get the opportunity to do so as often as I would like. I am also unable to resist the allure of a good boxset, particularly after a busy on call.

#### Thoughts on mentoring

It has been well documented that morale is currently low among junior doctors. Mentoring is an important way this can be addressed. I believe it gives doctors in training an opportunity to set their own goals and develop strategies to meet these goals. In my opinion, all doctors benefit from the structured reflective practice and personal development facilitated by mentoring, allowing them to fully realise their potential. To that end, I have helped to set up a pilot mentoring scheme for paediatrics trainees in the East of England. I hope that, over the next few years, mentoring becomes embedded as a routine part of medical training.

#### Specialist areas

- Neonatology
- High dependency care
- Quality improvement
- Mentoring
- Trainee support