

Medical Interview Preparation Launches Enhanced Specialist Trainee Interview Course

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Havant, England - January 15, 2026 -
Medical Interview Preparation has announced the launch of an enhanced coaching program designed to help junior doctors navigate unprecedented competition for specialty training positions, with current data showing over 30,000 applicants competing for approximately 10,000 posts across the UK.

The announcement comes as the British Medical Association reports that 52 percent of Foundation Year 2 doctors have no substantive employment secured for August 2025, while competition ratios for specialty training positions have increased by 150 percent since 2019. The crisis has left an estimated 20,000 qualified doctors unable to secure training posts this year, despite the NHS facing critical consultant shortages and over six million patients on waiting lists.

Specialty Training represents the essential pathway through which UK doctors progress from junior doctor status to becoming fully qualified consultants or general practitioners. After completing medical school and two years of Foundation Training, doctors must secure a specialty training post to continue their career progression. The process involves annual recruitment cycles with scored applications, examinations, and structured interviews that determine which candidates advance in their medical careers.

The enhanced ST interview course provides comprehensive preparation through realistic mock interviews simulating actual panel conditions, detailed feedback on communication style and answer structure, and specialty-specific question preparation aligned with NHS values and requirements. The program addresses the unique challenges of medical selection interviews, where candidates must demonstrate clinical reasoning, professional values, and communication skills under significant pressure.

The surge in competition stems from multiple factors, including the removal of the Resident Labour Market Test in 2020, which opened UK posts to global competition on equal terms. While medical school places have expanded significantly, postgraduate training posts have grown by only 0.5 percent, creating a structural mismatch that has left thousands of UK-trained doctors facing unemployment or career uncertainty.

"When competition ratios reach 20 to 1 or higher for certain specialties, the interview becomes the critical differentiator between candidates with similar portfolios," said Nalin Wickramasuriya, a spokesperson from Medical Interview Preparation. "We have seen exceptional doctors miss out on training posts not because they lacked clinical competence, but because they were not prepared for the structured interview format that NHS selection panels require."

Online ST interview coaching has become increasingly vital as competition intensifies across all specialties. Competition ratios for 2024-2025 reveal extraordinary challenges, with GP and Public Health dual certification reaching 112 applicants per post, Community Sexual and Reproductive Health at 98 to 1, and Cardiothoracic Surgery at 74 to 1. Even traditionally less competitive specialties now see multiple qualified candidates for every available position.

Medical Interview Preparation offers one-on-one consulting, group programs, and digital resources designed to help doctors develop the specific skills required for successful specialty training interviews. The company provides personalized guidance tailored to individual specialties, mock interview sessions with experienced medical educators, and comprehensive feedback to help candidates refine their interview performance.

Founded to address the growing need for professional interview preparation in medical training, Medical Interview Preparation specializes in helping junior doctors secure specialty training positions through evidence-based coaching methods and insider knowledge of NHS recruitment processes.

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Medical Interview Preparation

We coach doctors, mainly based in the UK, to improve their interview technique when aiming to progress their careers by getting into a specialist training program, or onto a fellowship or to obtain a consultant position in an NHS hospital.

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