

Medical Interview Preparation Addresses NHS Consultant Shortage Through Specialized Training Support

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Havant, England - March 13, 2026 -
Medical Interview Preparation has expanded its specialized training services to address the growing challenges faced by medical professionals navigating the increasingly competitive NHS recruitment landscape, where consultant vacancy rates have reached 8.2 percent despite record competition for specialty training positions.

Medical Interview Preparation provides comprehensive support through three distinct service offerings designed to help medical professionals successfully navigate both specialty training applications and consultant position interviews. The company's one-on-one consulting service offers personalized guidance tailored to individual candidates' specific needs and challenges, incorporating mock interviews, detailed feedback on responses, and professional presentation techniques.

The expansion comes as new data reveals a paradox in NHS medical staffing, with five NHS organizations reporting consultant vacancy rates of 30 percent or higher, while simultaneously experiencing unprecedented competition for specialty training posts. The overall competition ratio for specialty training positions has

reached 7.17 applications per post in 2025, more than triple the 2019 ratio of 1.9.

The group program format enables multiple candidates to benefit from shared learning experiences through role-play exercises and collaborative practice sessions. Additionally, the company's digital products, including video tutorials, webinars, and online courses, provide flexible preparation options for medical professionals managing demanding schedules.

"The statistics demonstrate that securing a training post has become significantly more competitive than a decade ago, yet the consultant workforce remains stretched," said Nalin Wickramasuriya, a retired consultant paediatrician who now provides interview coaching through Medical Interview Preparation. "Doctors who successfully navigate the training pathway will find genuine demand for their skills at consultant level, but the current environment requires candidates to approach applications with exceptional preparation."

The shortage of consultants has cost the NHS at least 674 million pounds in locum consultant fees during 2024-2025, with psychiatry roles accounting for 25 percent of vacancies, followed by surgery at 11 percent, paediatrics at seven percent, and radiology at five percent. Over a third of vacancies are concentrated in Greater London and the South East.

Recent surveys indicate that 39 percent of consultants report excessive workloads all or most of the time, while 73 percent say rota gaps are affecting patient care. The Royal College of Physicians has called for urgent expansion of medical training places and sustainable workforce planning to address these challenges.

The government has pledged to expand UK medical school places by 10,000, though workforce planners caution that training infrastructure must keep pace with undergraduate expansion to prevent further bottlenecks in the system.

Medical Interview Preparation specializes in NHS interview preparation services, offering comprehensive support to medical professionals at all career stages. The company provides individualized consulting, group training programs, and digital learning resources designed to help candidates succeed in the highly competitive medical recruitment environment. Through its range of services, the organization supports doctors pursuing both specialty training positions and consultant roles across all medical specialties.

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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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