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Stepping Up: What We Wish We'd Known – Training Experiences from the Queensland Trainees' Committee Tuesday 29 October 2026

Webinar Q & A

Questions	Answers*	Answered by
Does PDL count towards time out of training in the same way as recreation leave?	99% sure it does not but if reaching those 8 weeks, worth to check with RACP.	Dr Goutham Jaini | QLD Trainees' Committee member | AMD Basic Trainee
	PDL is included in the 8-week total of leave you are allowed each year before it would be a training interruption. The approval of this will be up to your training site.	Andrew Taylor | Member Support Officer | RACP QLD
Does PDL count towards time out of training in the same way as recreation leave?	PDL and ARL do not count as time away from training, unless its >8 weeks total	Dr Kimberley Male | QLD Trainees' Committee member | PCHD Basic Trainee
Do I get my old Queensland Health email and everything in it back after I come back to Queensland Health after being in a private hospital?	Yes, you would regain access to all of that when you return,	Dr Kimberley Male | QLD Trainees' Committee member | PCHD Basic Trainee
Can I claim unused leave as money or is rolling it over to the next year the only option?	As far as I know, you can't claim unused leave as money until you leave QLD Health.	Dr Goutham Jaini | QLD Trainees' Committee member | AMD Basic Trainee
Can I claim unused leave as money or is rolling it over to the next year the only option?	If you leave and go to a non-QLD Health facility you can apply to have ARL and sick leave transferred. PDL is typically excluded. Vice versa is true as well.	Dr Shalisa Maisrikrod | QLD Trainees' Committee member | AMD Continuing Trainee
What were some of the best resources for BPT (adult) study that you found helpful?	For me, college lecture series as a basic framework, MKSAP textbooks. And closer to exam time then MCQ questions on 'FracPrac', and 'BPT Buddy', and highest yield was old exam papers.	Dr Goutham Jaini | QLD Trainees' Committee member | AMD Basic Trainee

Was there anything that was genuinely helpful for step up to registrar (beyond just making the leap)? Noting the resources mentioned already.	I would say be familiar with your local clinical guidelines to help you figure out assessment of various presentations. Take notes on the job when you find something really helpful. Practice your SBAR. Ask the registrars if you can hold the referral phone for a few hours for practice, and then run the case past them and tell them what you would do?	Dr Kimberley Male | QLD Trainees' Committee member | PCHD Basic Trainee
	I made myself cognitive cheat sheets for Ix or Mx plans for when I was stressed or on nights (or both). I also (still) lean a lot on my fellow registrars to bounce off my clinical reasoning. I also agree about doing mini step-up jobs e.g. I led a few MET calls as an SHO with a registrar next to me for help.	Dr Shalisa Maisrikrod | QLD Trainees' Committee member | AMD Continuing Trainee
I have heard FRACP vault (new) is good?	Have seen some good feedback on Reddit but I personally couldn't discern if it was marketing or real people. I haven't heard of anyone actually using it from my friends' group.	Dr Goutham Jaini | QLD Trainees' Committee member | AMD Basic Trainee
Do you get to return to the hospital that you were originally assigned to if you take leave/break in training?	Not necessarily, it depends on time of year and things like that. If you take leave, and then the clinical year ends - then you might end up somewhere different because the RMO campaign has moved you	Dr Kimberley Male | QLD Trainees' Committee member | PCHD Basic Trainee
How have you found your knowledge retention, starting study for exams when you did? I also have children and now I need a longer period of time to study (to fit around family life)	My knowledge retention has been pretty good actually. 12 months has given me a lot of time to do things well, slowly and retain better. I would recommend doing LearnMed or equivalent question banks right from the get-go, because this helps you retain and build on your knowledge throughout the year despite what topic you are on.	Dr Kimberley Male | QLD Trainees' Committee member | PCHD Basic Trainee