

# **Guidelines for Internship**

**SRI LANKA MEDICAL COUNCIL  
REVISED 2013**

## **GUIDELINES FOR INTERNSHIP OF MEDICAL PRACTITIONERS**

### **General**

The pre-registration (Internship) appointment is a continuation of the medical education programme of a medical practitioner and a requirement for Registration in the Medical Council as a Medical Practitioner.

The Intern Medical Officer is a trainee and shall be under the administrative control of the Head of the Institution (Director/Medical Superintendent of the hospital) to which the intern, is appointed. The intern would be assigned to a Consultant and shall work under his/her guidance and supervision. Senior House Officers/Registrars/Senior Registrars are available in the unit, depending on the type of hospital. The intern should seek their guidance and assistance at all times.

### **Dress**

The intern should be neatly dressed in keeping with the dignity of the medical profession, and wear a white overcoat while on duty. The recommended dress for a gentleman is trousers, shirt and tie with shoes and for a lady, saree, a long skirt and blouse, or a shalwar kameez with appropriate footwear. The Identity card issued by the Medical Council should be worn while on duty.

### **Quarters**

The Intern Medical Officer would be provided with quarters free of rent. On being appointed to an institution the intern shall report to the Head of the Institution, who would assign accommodation. Inventories of the assigned quarters must be taken over by the intern.

All inventory items are government property and the intern is expected to look after them carefully and be responsible for them. Inventories need to be handed over to the Head of the Institution on completion of internship. The intern should consult the Head of the Institution for any clarification in respect of any problem that may arise regarding quarters or other facilities. On completion of internship, the quarters must be vacated even if they continue to work in the same station. All rules and regulations governing government quarters should be strictly adhered to.

### **Allocation of Appointment**

The Head of the Institution would allocate both appointments to Intern Medical Officers on the first day. Generally there are two methods of allocation. One is by general consensus of all involved. The other is based on the merit or rank order and the choice is by the intern. Two appointments of six months each should be completed. The internship appointments could be in Medicine or Paediatrics, and either General Surgery, Obstetrics and Gynaecology or Paediatric Surgery. In exceptional instance, a combination of Surgery and Obstetrics and Gynaecology is accepted. The combinations that are not accepted are: Medicine and Paediatrics, Surgery and Paediatric Surgery, Paediatrics and Paediatrics Surgery. In case of doubt the Sri Lanka Medical Council should be consulted.

### **Duty Hours**

The duty hours are 8.00 a.m. to 12 noon and 2.00 p.m. to 4.00 p.m. During these times the interns must be physically present at the workplace. Outside these times the intern should be 'on-call' to the unit. Arrangements for 'on-call' duties and working during weekends and public holidays should be made in consultation with the Head of the Institution/Unit, based on the requirements of the Sri Lanka Medical Council.

When an intern goes off duty for the day or weekend, he/she should intimate to the officer on duty the condition of the patients under his/her care. The weekend commences at 12 noon on Saturday and ends at 8.00 a.m. on Monday. The interns who have been 'off' for the night or weekend, should on their return familiarize themselves with the patients under their care before the Consultant commences the ward round.

### **Maintenance of the Diary**

Every intern should maintain a diary provided by the Institution. The time of arrival in the ward, the time of departure, time of night rounds and any special activities carried out should be recorded daily in the diary. The Head of the Institution and the Consultant should peruse and initial the diary at least once a month.

### **Attitude**

The intern should at all times be kind and courteous to patients. Any complaint of discourtesy or harassment would be viewed seriously and is liable for disciplinary action. The intern should keep the patient and the relations informed about the condition of the patient and answer any queries that may arise.

### **Work and Conduct**

The work and conduct of Intern Medical Officers must be exemplary. They should maintain the dignity of the noble profession to which they belong. Heads of Institutions as well as Consultants will closely supervise the work and conduct of interns. **Violations of rules in respect of work and conduct, neglect of patient care, duties and responsibilities would be viewed seriously and would make the intern liable to repeat the internship for varying periods depending on the gravity of the offence. It should be**

**noted that repetition of internship would be without pay and would delay registration by that period.**

### **Private Practice**

**Interns are not allowed to engage in any form of private practice. They should strictly adhere to this rule. Interns found guilty of engaging in private practice would be severely dealt with including cancellation of their appointments.** Head of Institutions should ensure that this rule is strictly enforced.

### **Work in the Units/Wards**

The work in the wards is based on the Unit System. Interns should work only in the unit to which they are assigned. In exceptional circumstances, the intern may be requested to work outside his/her unit by the Head of the Institution with the concurrence of the Consultant, and the intern should comply.

Each Unit would be assigned at least three intern medical officers. There would be a fixed cadre of interns for each unit and the number would depend on the workload in the unit. The intern is advised to be in the ward by 7.30 a.m. or earlier. The intern should be well informed of the condition of the patients under his/her care. Interns must do a complete ward round in the morning before the Consultant's ward round, and enter the patients' clinical notes daily.

They should ensure that the investigations ordered are carried out or arranged. All acutely ill patients should be given priority and must also be examined in the afternoon and night, and more often as required. Proper records must be maintained on all patients examined.