

# Graduate Medical Education Regulations 2023: One step towards the Improvement of Public Health Services of India

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In 2019, Competency Based Medical Education (CBME) was introduced in India which resulted in building a strong foundation of medical education. CBME included many new concepts such as electives, foundation courses, early clinical exposure (ECE), and AETCOM (attitude ethics and communication) which were new to Indian medical teachers. These all-new concepts have made major positive changes in medical students on their implementation which helps Indian Medical Graduates (IMGs) to become competent clinicians.

Recently, the Graduate Medical Education Regulations (GMER), 2023 were released by the National Medical Council (NMC). GMER, 2023 has now introduced humanities, Family Adoption Program (FAP), and the Clinical Clerkship which will directly require medical students to interact with the community from the first professional year.

In FAP, every medical student is required to mandatorily adopt 3-5 families of a village during the first professional year and will follow-up those families during their village visits. FAP is expected to ensure medical students understand the characteristics of rural surroundings, various welfare programs run by the government for the people, and how to identify ill health, diseases, and standard of nutrition in the adopted families. This will help the health services to treat the family members of the adopted families at the early stages of preventable diseases.

Medical students will learn to critically evaluate information gathered from families and compile the goals attained through active involvement of the community via the adopted families.

Clinical Clerkship is the new teaching-learning element, introduced by GMER in 2023. Clerkships provide comprehensive learning opportunities in clinical settings where students apply clinical sciences and interact individually with patients. As per the clinical clerkship, students will be exposed to the hospital environment, ECE, recognizing different viewpoints on disease and FAP during the first professional year; second professional year medical students will be expected to take the history, evaluate clinical status modifications; in the third professional year medical students will be expected to know the basic procedures, investigations choices, decision making, managing the diseases.

Humanities are another element introduced by GMER, 2023. Studying humanities will help medical students to understand the sociocultural background of disease, which would help medical students grow professionally and personally.

Thus, more emphasis has been focused on the health system at the ground level which is basically in the rural India. After having undergone this transformed medical education, Indian Medical Graduates will definitely transform the public health system of India.

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## References

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