



NATIONAL
DOCTORS
TRAINING
& PLANNING

NATIONAL LEAD NCHD NEWSLETTER



SUMMER 2025



[@NLNCHD](https://twitter.com/NLNCHD)



nl.nchd@hse.ie

THANK YOU MESSAGE FROM NATIONAL LEAD NCHD

"Leadership," someone once said, "is sometimes planting trees under whose shade you may never sit." I can think of no better way to describe what this past year has been about.

Amidst a period of significant change and quiet realignment behind the scenes, one constant has remained, the shared commitment to improving the lives and training experiences of the NCHD body. I am very grateful to the NDTP for their continued support and the trust placed in me to represent the NCHD body, championing both personal initiatives and our shared goals.

I also want to send a heartfelt thanks to the 104 Lead NCHDs who represented us across the country this year. Your dedication, energy, and tireless commitment was truly inspiring.

It has been an incredible honour to serve in this role. With great pleasure and confidence, I now introduce the two incoming National Lead NCHDs who will take up this important work in the year ahead, **Dr Cara Gill** and **Dr Kathleen Mc Donnell**.

I have no doubt that they will continue the work with integrity and purpose.



A stylized, handwritten signature in black ink that reads "Lenin Patrick".

Dr Lenin Patrick Ekpotu
National Lead NCHD



INTRODUCING YOUR 2025/2026 NATIONAL LEAD NCHDS



DR CARA GILL

Dr Cara Gill is a Respiratory Specialist Registrar and is currently undertaking a research MD focused on improving the diagnosis of asthma. Looking ahead, she is excited to build on the strong foundations laid by Dr Ekpotu and his predecessors, with *a clear commitment to shaping a more supportive and sustainable future for NCHDs across Ireland.*



DR KATHLEEN MC DONNELL

Dr Kathleen Mc Donnell worked as a Specialist Registrar in Public Health Medicine and has an interest in Health Improvement and Preventive Medicine. She has a background in General Internal Medicine and Medical Education. She has completed Basic Specialist Training in General Internal Medicine, holds Membership of the Royal College of Physicians of Ireland and has completed a Masters of Public Health and a Masters in Clinical Education. She is looking forward to *representing and supporting NCHDs in the role as National Lead NCHD Fellow 2025/2026* and is excited to build on the great work done by Dr Lenin Patrick Ekpotu and his predecessors.



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ARE YOU AN NCHD INTERESTED IN LEADERSHIP?

To apply please
send your CV and
cover letter to your
Medical Manpower
Manager



Want to gain more
experience
in Management?

Become a Lead NCHD!

Lead NCHDs are
appointed
for 12 months

Benefits of the Lead NCHD Role include:

- Career development
 - Communication skills, project management
- Networking opportunities
 - Support from National lead & Trainer Leads
- €2500 educational bursary
- Lead NCHD awards
- Educational webinars / workshops

THE MEDICAL WORKFORCE ANALYSIS REPORT AND THE MEDICAL RECRUITMENT AND RETENTION REPORT

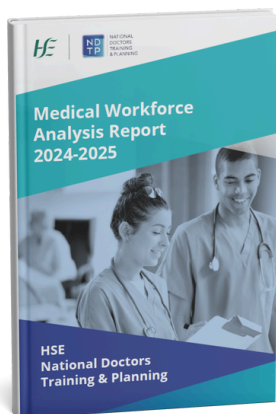
The Medical Recruitment and Retention Report examines various cohorts of doctors from 2016 as they enter, leave and return to the Irish public health system. The report shows the increasing rate of retention of Higher Specialist Trainees. For doctors who completed Higher Specialist Training in 2019, the rate of retention increased by 4% (from 78% to 82%) between 2023 and 2024.

The retention patterns of doctors who have completed their intern year in Ireland remains similar to previous years. Four out of five interns go on to further training in Ireland. The data also shows a trend of a higher proportion of interns going abroad after internship and longer durations of staying abroad.

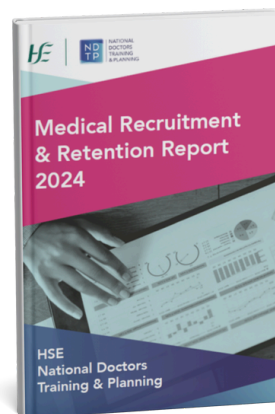
The Medical Workforce Analysis Report shows the characteristics and distribution of the medical workforce across the country. Data is presented at national, regional and site level to support decision making by a range of stakeholders. The report shows that there are now 4,620 consultants employed in the public health service. The number of consultants employed has increased from 69.7 per 100,000 of the population to 86.3 per 100,000 over the last 5 years. The number of new consultant posts created has declined from 412 in 2021 to 149 in 2024.

Speaking about the findings, Prof Anthony O'Regan (NDTP) said: *"These reports demonstrate the growth in the number of trainees and the retention of these trainees. This growth is required to expand the consultant and GP workforces to meet the demands of our health service."*

Read the reports at these links:



[Download Medical Workforce Analysis Report 2024-2025](#)



[Download Medical Recruitment & Retention Report 2024](#)

KEY FINDINGS FROM THE FIRST NATIONAL NCHD SURVEY

There was a total of 2,608 NCHDs who participated in the survey providing valuable insights. This represented a response rate of 29% of all NCHDs working in Ireland in 2024.

At this [link you will find the key findings](#) from the survey along with the actions resulting from the valuable responses you provided.

NDTP would like to express our gratitude to all who completed the survey. Your feedback is important and will guide NDTP in driving change to improve the NCHD experience.

SNAPSHOT FROM THE RESULTS

90%

of trainees want their future permanent post to be in Ireland.

40%

of NCHDs would be likely to recommend their current site to a friend seeking employment.

50%

of NCHDs reported feeling regularly or always excited about their work.

VIEW THE KEY FINDINGS
FROM THE SURVEY:

[Click Here](#)





1. ACCESS THE NER PORTAL

Log into your NER Account to process pre-employment screening documentation and access financial supports.
Access the NER Portal: <https://nchder.ie>

2. CHECK YOUR NER ACCOUNT IS ACTIVE

Contact your current Medical Manpower Department to reactivate your NER account. To unlock your account contact dime.team@hse.ie.



3. REVIEW YOUR HIRE FORM AND OCCUPATIONAL HEALTH FORM

Review your Hire Form to check you have:

- *Current contact details, next of kin details and bank details.*

Review your Occupational Health Form to check you have:

- *Pre-employment health questionnaire and immunisation documentation up to date.*

4. CHECK YOU HAVE COMPLETED MANDATORY TRAININGS

Visit hseand.ie to ensure you have completed all the mandatory trainings required and upload your certificates to your NER Account.



5. SUBMIT YOUR TSS/CCERS APPLICATIONS

With large increases in TSS/CCERS application submissions, submit early to receive timely reimbursement.

6. CHECK YOUR EMPLOYMENT SUMMARY IS CORRECT

In the NER Portal you can view your employment history, pay details and sick leave. You can also check that you are assigned to the correct division of the Medical Council Register.



7. SUBMIT YOUR TRAINING AND CAREER PROGRESSION RECORDS ON E-PORTFOLIO

The E-Portfolio module can be used to track your training and career progression records. You can use it to submit records within the past 6 months for verification.

8. CONSIDER YOUR ANNUAL LEAVE/ STUDY LEAVE/ TRAINING

Review what trainings or days off you may need during your next rotation. Let the manager of the roster at your new position know as soon as possible.



9. VISIT MEDICALCAREERS.IE

We recommend you visit MedicalCareers.ie to understand what to expect in your role. You will also find information on career planning and educational supports and opportunities.

ACTIVE RESEARCH OPPORTUNITIES AND INNOVATION



IRISH CLINICAL ACADEMIC TRAINING (ICAT) PROGRAMME

ICAT provides integrated PhD training to excellent postgraduate clinical trainees across all disciplines of human medicine, veterinary medicine and dentistry. During ICAT year 1 (accredited for clinical training), ICAT fellows refine their PhD project plans and build their supervisory teams before starting their PhD in ICAT year 2, within a supported, mentored environment.

ICAT is an all-Ireland PhD programme open to medical, surgical, dental and veterinary trainees with a passion for research.

PhD Fellowships 2026

APPLICATION CALL OPENS
13TH AUGUST 2025

See the ICAT website
for eligibility criteria

info@icatprogramme.org www.icatprogramme.org @ICATProgramme

Trainees can contact ICAT for advice and support with their applications.



Denovo

!! NCHDs

Get your finances sorted today!

Denovo is your all-in-one platform for managing the unique financial challenges of a medical career. Here's what we offer:

- Verify your overtime with our overtime calculator
- Your complete financial toolkit, with guides tailored to every stage of a doctor's career.
- Access expert financial advice tailored to the needs of NCHDs
- Discounts on health insurance for members, access to competitive mortgages and more...

Sign up today! Denovo.ie

VISIT MEDICALCAREERS.IE

MedicalCareers.ie provides valuable information and resources for those interested in working and training as a doctor in Ireland. Visit MedicalCareers.ie to learn about:

- Planning your medical career
- The different medical specialties available
- Moving to Ireland to train or work as a doctor
- The different supports, scholarships and programmes available



Visit MedicalCareers.ie

Get in touch:



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