Orthopaedic Research UK

Trauma and orthopaedics ST3 interview course

Date: 6 February 2026
Location: The Gordon Museum of Pathology, London

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Venue: The Gordon Museum of Pathology, London

Registration fees

Lectures & full interview circuit: £250

Lectures & observer place for interview circuit: £199

We have limited spaces available on this course, so please ensure you book early to avoid disappointment.

Convenors:

Mr Gareth Chan
Trauma and Orthopaedic Registrar
University Hospitals Sussex NHS Foundation Trust

Ms Anouska Ayub
Consultant Paediatric Trauma and Orthopaedic Surgeon
The Royal London Hospital

Educational aims and objectives

This course is designed for candidates applying for trauma and orthopaedic ST3 posts in the coming year.

What is included?

-Applicants will have the opportunity to complete two mock interview circuits, under exam conditions with faculty feedback
-Lecture programme will provide a succinct overview of the interview process and teach strategies for doing well at each station
-Candidates will be assigned into groups and will rotate between the interview circuits

What delegates said about this course in 2024

'This course improved my confidence, which is invaluable'

'Great faculty to aid learning'

Programme

Friday 6 February 2026

08:30	**Registration and refreshments**
08:50	**Welcome, introduction and top tips to obtain an ST3 post** Miss Anouska Ayub, Consultant Paediatric Trauma and Orthopaedic Surgeon, The Royal London Hospital
09:30	**Commitment to specialty** Mr Branavan Rudran, ST5 Trauma and Orthopaedic Registrar, North West Thames
10:00	**Refreshments**
10:20	**Prioritisation** Miss Sarah Hardie, ST3 Trauma and Orthopaedics, Royal Surrey County Hospital
10:50	**Clinical** Mr Shiraz Sabah, Consultant Orthopaedic Surgeon, Royal National Orthopaedic Hospital
11:20	**Communication** Mr Gareth Chan, Consultant Trauma and Orthopaedic Surgeon, Royal Surrey County Hospital NHS Foundation Trust
11:50	**Optimising preparation for ST3 interview with AI** Mr Aniket Bharadwaj, ST3 Trauma and Orthopaedics, Royal London Rotation
12:20	**Lunch**
	Interview circuits
13:00	**Circuit 1- Commitment to specialty, prioritisation, clinical and communication**
15:00	**Refreshments**
15:20	**Circuit 2- Commitment to specialty, prioritisation, clinical and communication**
17:20	**Close of course**