What is GUM?

GUM is a medical specialty dedicated to the diagnosis and management of STIs including HIV. It is predominantly an outpatient specialty, working in sexual health and HIV outpatients but also includes HIV inpatient and on call work.

GUM training is diverse with multiple components including:

- STIs
- Contraception
- Genital dermatology
- Sexual dysfunction
- Sexual assault
- Adolescent health
- Public health
- Epidemiology
- Microbiology

HIV medicine varies from the management of the acutely unwell patient with an opportunistic infection, to the care of patients with hepatitis B/C co-infection, management of HIV antiretroviral resistance and drug interactions, to the management of chronic co-morbidities such as bone and cardiovascular health.

Research is an integral part of the specialty and trainees are encouraged to participate in research, with many undertaking PhDs. The specialty is innovative and dynamic with many new developments likely in the future eg. pre-exposure prophylaxis for HIV.

Where to find out more

www.jrcptb.org.uk/specialties/genitourinary-medicine
www.bashh.org
www.bashh.org/doctorsintraining @bashh_trainees
www.bhiva.org
www.fsrh.org

What current trainees say...

“My strengths always lay in talking to patients, and this specialty absolutely makes the most of those skills - you have the opportunity to really listen and understand people, which I love. In addition, I value having my say in the direction and content of my training, meaning I can spend time exploring the areas of the specialty I find most interesting.”

Richard Kennedy, Scotland ST3

“One of the best things for me about working in GUM is that I really enjoy going to work every day; not many of my friends say that about their jobs in other careers. The training is much more varied than people think and you get the opportunity to develop specialist interests from early on.”

Emily Lord, Oxford Trainee ST6

“In the last month as a GU registrar I’ve done sexual health clinics including sexual dysfunction and sex workers clinics, and HIV clinics from antenatal to adolescent to general adult - are there any other specialties that enable you to cover everything within medicine?”

Nadia Ahmed, London Trainee ST6

“The development of research skills is encouraged, I have been able to undertake a BASHH PHE fellowship which has allowed me to design and lead a national project related to sexual and public health.”

Helen Wiggins, East of England Trainee ST5
The GUM curriculum is on the JRCPTB website: www.jrcptb.org.uk/specialties
An online e-portfolio needs to be maintained throughout training with clinical assessments required each year (eg. case-based discussions) and annual ARCPs.

Academic GUM Training

Academic posts are offered in GUM. They generally start from ST3 and usually involve 75% clinical, 25% research. There is an academic curriculum with required outcomes to achieve.
www.nihr.ac.uk/funding/academic-clinical-fellowships.htm

“It feels like such a privilege to have protected time to think and learn. Being a researcher definitely makes me a better doctor, and being a doctor makes me a better researcher.”
Erica Pool, Academic GUM trainee Brighton

Diploma in Genitourinary Medicine
Exam including a best of 5 written paper and OSCE compulsory for all specialist registrars in ST3-4.

Diploma in HIV medicine
Exam including a best of 5 written paper and OSCE compulsory for specialist registrars to have achieved by ST6.

Both exams are managed by The Society of Apothecaries of London. www.apothecaries.org.

Diploma of the Faculty of Sexual and Reproductive Health (DFSRH)
Online knowledge assessment of sexual and reproductive health, “Course of Five” small group teaching day, and clinical experience and assessment to be completed by the end of ST4.

www.fsrh.org/pages/Diploma_of_the_FSRH

0900 Ward round of HIV inpatients
Inpatients usually have advanced HIV & have presented with opportunistic infections eg. cryptococcal meningitis

1100 HIV multidisciplinary meeting where the medical and social needs of complex patients are discussed

1300 Female Problem Clinic
A clinic for complex GUM, contraception and sexual dysfunction

1600 Young persons’ clinic
Walk in service for <25s involving STI investigation/management, safe sex counselling, and assessment of safeguarding

1800-0900 HIV on call
(phone advice & review of admissions) eg. medical admission of a patient with HIV who has been lost to follow up from clinic and presents with seizures