What is Community and Rural Education Route (CARER)?

The CARER programme is a year-long placement in Year 3 in a rural or small-town community, with more time to get to know your patients and colleagues, and to understand their needs. CARER students are currently based around the university town of Aberystwyth, mid-Wales. There is increasing evidence for their effectiveness in preparing you for your future career, in whichever area of medicine you finally choose to pursue. The parallel consulting, seeing patients independently and then reporting back to clinicians, ensures active participation which develops and reinforces diagnostic thinking at a much greater rate. You will benefit from working within well-developed, fully functioning medical teams.

You will acquire an enhanced understanding of patient-centredness, the importance of the life perspective, family dynamics and social contexts of patients’ presentations. You will gain well-developed communication skills and demonstrate understanding of the psychosocial contributions to medicine. Students undertaking LICs also report more preparedness in higher-order clinical and cognitive skills.

• Smaller group learning with the same educational supervisor for the year
• Continuity of being based in the same location for a whole year; no moving around every few weeks
• Experience life in a semi-rural area both as a member of the community and as a healthcare provider
• Build working relationships with patients, fellow students and healthcare professionals.