

# Intern Oath

I SWEAR IN THE PRESENCE OF MY CAPABLE AND ESTEEMED COLLEAGUES I WILL:

1. LOOK AFTER MYSELF AND MY COLLEAGUES IN THE FACE OF ADVERSITY AND 80 UNFINISHED DISCHARGE SUMMARIES
2. SPEAK UP AGAINST BULLYING, HARASSMENT OR UNPROFESSIONAL BEHAVIOUR IN MY WORKPLACE
3. STAY AT HOME WHEN I AM SICKER THAN MY PATIENTS
4. BE HYDRATED ENOUGH NOT TO INITIATE MET CALLS FOR MY LOW URINE OUTPUT
5. FIRST TAKE MY OWN PULSE IN AN EMERGENCY, AND CHECK ON MY COLLEAGUES' WELLBEING AS PART OF POST RESUSCITATION CARE
6. ASK FOR HELP IF I AM STRUGGLING, HAVING A BAD DAY, OR HAVING DIFFICULTY RESPONDING TO 11 SIMULTANEOUS PAGES
7. PRIORITISE MY ALLOCATED EDUCATION TIME OVER NON-URGENT ADMINISTRATIVE TASKS
8. NOT FEEL GUILTY OVER TAKING MY HALF DAY OR CLAIMING HARD EARNED OVERTIME, AND SUPPORT MY COLLEAGUES TO DO THE SAME
9. BE A DOCTOR TO EVERYONE BUT NOT MY FAMILY, FRIENDS OR TO MYSELF
10. HAVE MY OWN GP AND PRIORITISE MY PHYSICAL AND MENTAL WELLBEING TO SET A GOOD EXAMPLE, AND TO PROTECT MY PATIENTS