

Family life experiences of Medical Postgraduate Trainees in Colombo.

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This study describes marital, parenting, social and financial experiences of selected medical postgraduate trainees attached to training centers in the district of Colombo. Two hundred and eighty nine trainees of 8 different specialties to represent medicine-related, non-clinical and surgery-related categories were included in the component -1 of the study using a self-administered questionnaire. A purposive sample of ten spouses of postgraduate trainees interviewed in-depth in component -2 (The qualitative component) to add depth to component -1. A substantial proportion of trainees was not yet married. Majority were dual-doctor marriages. Minor proportion of trainees was satisfied with their marriages. Many of them also had adapted themselves for effects of postgraduate training. Partnership dynamics were associated with marital satisfaction. Postgraduate training impinged clearly on parenting, social and leisure activities and created financial constraints. Surgery-related trainees were affected negatively in meant parameters of family life while non-clinical trainees were affected less. Provision of responsive curricula and flexible career options to maximize personal and family development with continued dialogue with trainees, teachers and health administrators are the main recommendations.