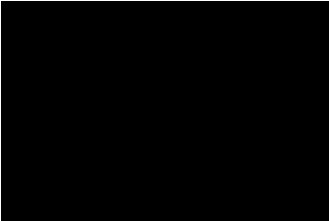




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James' interest in medical education, especially that of early career doctors, grew during his role as the Director of Prevocational Education and Training at Royal Prince Alfred Hospital, Sydney, from 2008 to 2014. This led to his current role as the NSW Prevocational Training Council Chair at the Health and Education and Training Institute (HETI). James works clinically as an Emergency Physician at Royal Prince Alfred Hospital and took on the role of Co-Director of the department in 2016. The need to better prepare students for their first years of practice led James to take on the role of the Chair of the Sydney University Pre-internship (PRINT) block in 2012. James has a Masters in Medical Education from the University of Sydney. When not being a husband, father to two beautiful girls, juggling his multiple roles he loves to watch the Adelaide Crows (AFL) win and play tennis.

*onthewards* was developed as a FOAM resource for early career doctors in 2014. In less than 12 months it has evolved into a website that receives over 1,000 visits a month. Our listeners and readers stem from all corners of the globe, including the UK, Canada, Sweden, Israel, India, Japan and Mauritius. Junior doctors that have provided feedback say that it has filled a gap within the existing FOAM resources.

Since its inception, *onthewards* has also grown from a core team of three to over 15 editors, reviewers and bloggers from various hospitals who now contribute to the website. It has produced more than 50 podcasts and blogs during this time.

*Onthewards* is a website created and currently sustained by the generosity of a team that freely contributes their time, knowledge and skills.

- onthewards – inception, growth and zero to national