

Considering your priorities, options and opportunities after GP training

RACHAEL MARCHANT

FIRST 5 LEAD FOR RCGP ESSEX FACULTY AND PORTFOLIO GP

GP Life Bingo

Did their GP training in a different scheme to you	Owns a house with more than 3 bedrooms	Has been abroad more than twice in the last year
Has worked as a Dr in another country	Has a PhD	Went to medical school outside of London
Has been to a football match in the last season	Has Children	Trained in another specialty before GP

My career so far:

- ▶ Degree in physiology and pharmacology: Leicester
- ▶ Postgraduate medicine Warwick
- ▶ Moved to Southend
- ▶ Foundation years in Southend
- ▶ GP training in Southend
- ▶ 2 children during training
- ▶ Salaried GP at my training practice initially 8 sessions
- ▶ Gradually decreased clinical sessions as took up other roles.

Changing practices... And going back

- ▶ Motivated by:
- ▶ Feeling of “the grass might be greener”
- ▶ Lacked experience of other practices
- ▶ Frustrations with small things in the practice
- ▶ Feelings didn't know what to do next
- ▶ Finding workload and work life balance unsatisfying
- ▶ Wondering if GP was for me

Current roles

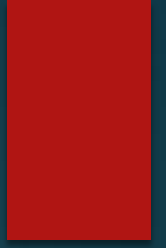
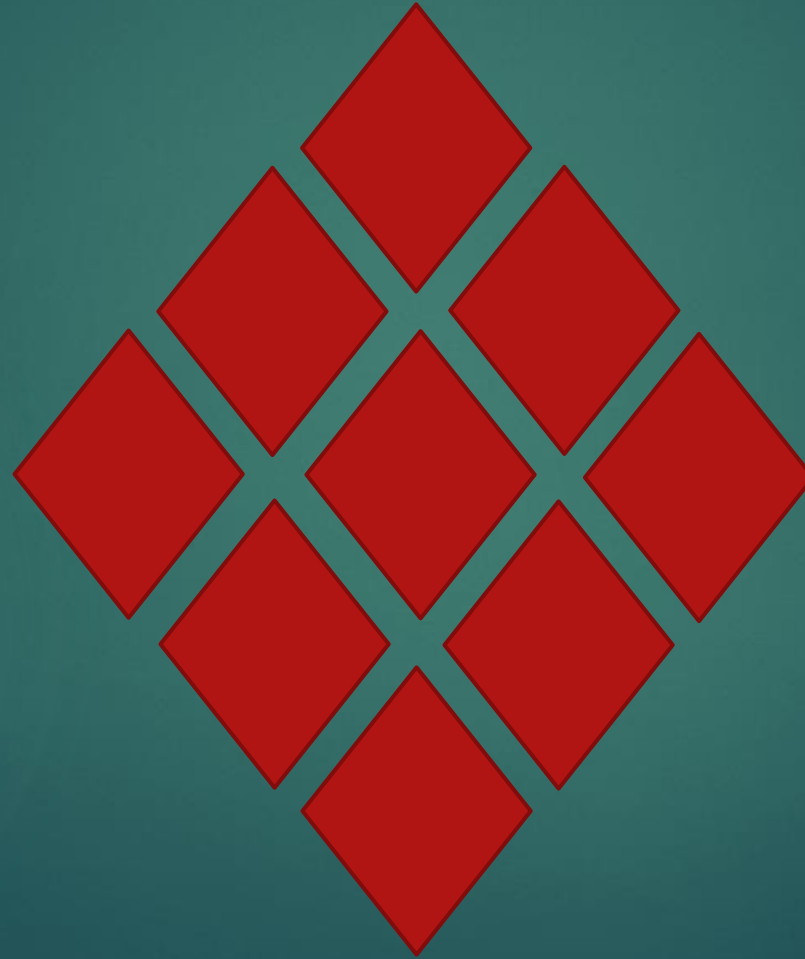
- ▶ Salaried GP at a large training practice: lead for end of life care
- ▶ Macmillan GP Southend CCG
- ▶ RCGP/CRUK Clinical support fellow for cancer
- ▶ RCGP/Marie Curie Clinical support fellow for end of life care
- ▶ First 5 lead and faculty board member Essex faculty RCGP
- ▶ RCGP ambassador for the GPFV Mid and South Essex STP
- ▶ Adhoc out of hours sessions ic24
- ▶ 1 in 4/5 weekends on call from home for local hospices

- ▶ This wasn't the plan.... But it is now!

Your priorities for the next 5 years: Pick 9: They don't have to be on the list

- ▶ Get a job as a GP/ salaried GP/Partner/Find locum work
- ▶ Develop my interest in.....
- ▶ Build/find a network for career support
- ▶ Have a baby
- ▶ Buy a house
- ▶ Travel/work abroad
- ▶ Time with..... family/friends/partner/elderly relative
- ▶ Get involved in..... Teaching/commissioning/research
- ▶ Learn to play an instrument/kite surf/fit a coil

Now prioritise your priorities



Discussion

- ▶ What are your priorities and do they fit with your plans for work in the next 5 years?

Building networks and looking for opportunities'

- ▶ Don't underestimate social media: Facebook, linked in, Twitter
- ▶ Read e-mails from RCGP /BMA/other sources
- ▶ Peer support groups
- ▶ RCGP Essex faculty (or other faculty if not Essex based)
- ▶ Equip website if in Essex