

GP Resilience

Support for change

The Problem

We work for years to become GPs and then all of a sudden, our dream job seems to change. Relentless pressure, complaints, discord within the practice, pressure to spend more time with family at the same time as we have less time to give. Situations like these can leave us confused and unhappy and wondering about what direction to take in life.

GP Resilience Interview

An informal interview/discussion with a GP colleague can help you to analyse the sources of your discontent and how you might go about making changes. The colleague will be an experienced practitioner possibly with a background in GP Training or Appraisal and with access to information and support that can help you with your life decisions.

You can arrange a follow up, possibly on the phone with your interviewer to see how you're getting on.

Interviews are confidential.

What is the aim of the interview?

We wish to help you to make good informed decisions which are right for you whatever they may be. Having said that, it would be nice to think that you will feel able to continue to working a role within General Practice with the right support and adjustments in place.

Interested but don't have time?

This will be funded at the LMC rate in order for you to be able to backfill and should not last more than three hours. If the interview is not undertaken in practice time, the funding will go to you.

What now?

If you think this might be of interest to you, please contact Rachel Stark at East Quay Medical Centre on 01278 444666 or by email rachel.stark1@nhs.net or Jill Hellens at Somerset LMC on 01823 331428 or by email jill.hellens@nhs.net for more information.