



The best advice for newly qualifying GPs, from GPs

EVERYTHING YOU WANTED TO KNOW ABOUT BEING A GP.
COLLATED FOR YOU BY THE LANTUM GP COMMUNITY

THE BEST ADVICE FOR NEWLY QUALIFYING GPs, FROM GPs

This pack is delivered to you by the Lantum GP Community

Lantum is a platform and community that helps GPs make the most of their career

We use smart and user-friendly technology to give control back to GPs

At Lantum, we believe that technology can bring amazing benefits

But we understand that healthcare is all about the people

That's why our thriving GP community is here to help you every step of the way... Welcome on board.

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This information pack will help you...

- Consider what kind of GP you want to be
- Help you consider your career options
- Understand where you can get professional support once you qualify
- Prepare you for a prosperous profession
- Open your eyes to the endless opportunities as GPs

... welcome and enjoy.

THE BEST ADVICE FOR NEWLY QUALIFYING GPs, FROM GPs

Options for newly qualifying GPs

There are lots of employment options open to you post-VTS. We understand that the choice can be overwhelming.

Remember that experience enriches us all, and what you pursue now doesn't mean you have to do it forever.

Whether you choose a full-time salaried position, a partnership, or decide to choose the locum or portfolio route, all of this will be invaluable for developing your skills in general practice.

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Options for newly qualifying GPs

The below information includes the stuff we wish we had known when qualifying.

Get more advice from Dr. Chris Ferdinand on 'Life After VTS'. Topics include peer support, going the extra mile, and how to get the support you need.

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Dr. Claire Davies is a portfolio GP and has led on delivering most Lantum blog content. Our blog is read by 10,000 GPs every month and is highly acclaimed by our community.

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How to get the clinical work you want

The first step is knowing what you want, but that's easier said than done. Most of us learn what suits us through experience, so the best starting point is to understand the options open to you.

Employment options in general practice

- Partnership: non-sessional
- Sessional: locum and/or salaried
- Retrain: choose an alternative specialism
- NHS and/or non-NHS
- Portfolio: a mix of the above and more

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Nature of clinics

- GP surgeries
- Walk in Centres (WiC)
- Urgent Care Centres (UCC) - hands on
- Out of Hours (OOH)
- Others (inc, health screening, prison work, etc)

Dr Tehseen Kahn gives advice on **what you need to know after VTS**.
Topics include indemnity cover, T&Cs, being picky, and staying organised.

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Get organised for the world of employment

First steps to getting the work you want:

- Update your curriculum vitae
- Receive CCT
- Apply to the performer's list
- Look into medical indemnity
- Health screening
- Disclosure and Barring Service (DBS)
- Others: BLS, safeguarding adults and children

First steps to getting the work you want:

- Variable rates depending on job type
- May get slightly more when working directly
- Rate transparency through Lantum
- Can be negotiable

Finding the right employer(s):

- Approach practices directly with your CV
 - Search job advertisements in the media or online
 - Connect with practices directly through tools like Lantum
 - Sign up with Locum agencies
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- PAYE: taxed at source, less admin, holiday & sick pay
 - Sole Trader: self-employed, responsible for finances
 - Ltd Company: tax efficient, more admin, can't claim NHS pension

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Continuing Professional Development

There is plenty of CPD to choose from locally and nationally. If you are employed by a practice then you will be given protected learning time (PLT) and have access to education through your CCG. For freelance and portfolio GPs, there is also a lot on offer.

CDP routes:

- Join the Lantum community for professional support
- Keep in contact with VTS & First 5 groups
- Self Directed Learning Groups
- Lantum free CPD events
- Private hospital events
- RCGP and other educational events



Lantum delivers a regular program of CPD events overseen by Head of Clinical Education Dr. Ishani Patel and delivered by regional Clinical Education Leads

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Diversify your clinical portfolio

Many VTS leavers don't pursue full-time employment in general practice after VTS. The beauty of sessional work in GP is that you can ring-fence time for other pursuits while still practicing in clinic.

Here are just some avenues that GPs explore to diversify their portfolio:

- Medical Education: delivering GP CPD, VTS Programme Director, University teaching
- Medico-political: BMA, RCGP, LMC, CCGs
- Technology in medicine
- Media work
- Social work and Community
- Aesthetics medicine

Dr. Claire Davies shares her expertise on how to get organised as a Portfolio GP.

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How to make appraisals easy

GP Karen Skinner, a senior appraiser, shares her wisdom on how to make your appraisal easy: It's all about routine.

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Lantum helps you manage all your clinical governance documentation needed for work. Led by our Head of Clinical Governance, Dr. Susie Brennan, our team helps you get CQC compliant, and more.

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Stay involved in the community

As Dr. Claire Davies said in her blog article, it's all about networking. As a GP, it's fundamental to stay connected with your peers and colleagues so that you can share, learn, support one another, and also unwind.

There are plenty of ways to stay connected:

- Social media
- Peer learning groups
- Education events
- Bespoke networking events
- Lantum socials

Lantum has a 2,000+ strong **GP Facebook group** that you can join for community support and debate.

[EMAIL US](#)

THE BEST ADVICE FOR NEWLY QUALIFYING GPs, FROM GPs

Medical Education: a great career for GPs

Dr Aman Arora, Founder of AroraMRCGP,
discusses the benefits of pursuing a career in
medical education.

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Pursuing media work as a GP

Media Doctor, Victoria King, gives some tips on
how to launch a career in media as a GP

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What kind of professional are you?

How you view yourselves professionally will shape your **career, attitude** and **professional life** cycle

- Your personal brand
- How you will promote your work and personal brand

[WATCH VIDEO](#)

WATCH SHORT VIDEO WITH DR GYLES MORRISON ON THE IMPORTANCE OF PERSONAL BRANDING FOR GPs



**Thank you for
reading**

Do you want further information?
Contact our Head of Community: jess@lantum.com