



## **Health Matters – January 2020**

*A regular update from*

*Hoveton & Wroxham Medical Centre.*

**Do you have an email address?** Help us to divert money from postage to more GP/nurse time by giving us consent to use your email address for all correspondence. Send us an email to [nnccg.hwmc@nhs.net](mailto:nnccg.hwmc@nhs.net) with '**Consent to use Email**' in the title and your name and date of birth within the text.

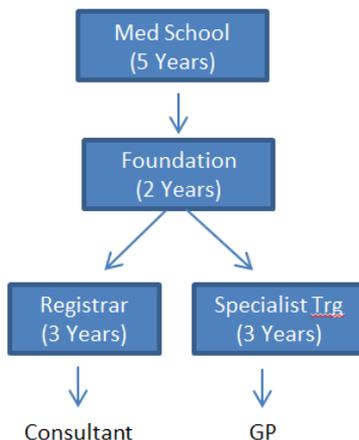
**How to become a GP.** Last month, I found myself educating my father over the Christmas dinner. He is 90 and in fine fettle but was completely unaware of what it takes to become a GP as, I suppose, I was before I joined as Practice manager just over a year ago. In essence, my father's assumption was that once a doctor finishes medical school they graduate as a GP and then, if they choose, later specialise and eventually become a consultant. How wrong he was.

First, medical school takes five years. Then, the minimum time for a doctor to qualify as a GP takes an additional 5 years; a similar time it takes to specialise as a consultant in a particular field. General Practice is a specialism of its own, and a highly demanding one.

**Foundation Years.** After med' school, a juniors doctor start a postgraduate medical training programme which forms the bridge between medical school and specialist/general practice training. In the first year of Foundation Training, FY1s rotate through three or four jobs in different hospital specialties. In the second year, FY2s start to specialise, can prescribe medicines and this is then when they start to practice in a GP surgeries such as ours. Currently, Dr Rupert Boyce-Bown is our FY2.

**Specialist Training.** Also known as a Registrar, a specialist trainee (ST) receives advanced training in a specialist field of medicine in order to eventually become a consultant or General Practitioner. An ST in their first year has longer appointment times and generally sees the less complex conditions. We also see ST3s in their final year of

training as they fine tune their skills and increase their efficient use of time. Hoveton & Wroxham Medical Centre is supervising three ST3s: Drs Maunkee, Webb and Erskine, and one ST1, Dr Sowamber.



**Every day is a School Day.** Even when fully qualified, GPs (as with all clinicians) are required to maintain a rigorous regime of Continual Professional Development (CPD) to keep current with clinical guidelines, new medicines and other advances in treatment.

**Training Practice.** Hoveton & Wroxham Medical Centre is a training practice. We teach medical students and our GPs supervise the development of doctors through their second foundation year and specialist training.

**Our New GP.** We are thrilled that in February, Dr Alex Smith will be joining us as our new GP. She will be taking the list of Dr Fowler, who left us last summer.

### **Your child can help train a doctor!**

In January and February our 4<sup>th</sup> year UEA medical students spend every Monday with us, learning about child health. Critical to their successful training is seeing, playing with, examining and talking to as many children as possible – even those fortunate enough to have never had anything wrong with them! If you and your child (of any

age) could spare 30 to 60 minutes on a Monday afternoon we'd be delighted to hear from you – you would be playing a vital role in developing doctors for the future of the NHS.