

Mentoring and Peer Support for GPs in Lothian through the

GP Support and Advisory group (GPSAG)

Is this a time for you when you would value some confidential discussion about your work life with a trained GP mentor?

Are you having to work through a complaints process or are still feeling the affects of a complaint and would appreciate talking this through with another GP in confidence?

Have you found your own health has deteriorated in some way, such that work life feels more difficult and sharing some thoughts on this would be helpful to you?

We have 4 mentors as part of the GP Support and Advisory group. You can now be matched with a mentor and be given a choice of who you meet. This is available as a direct access via our First Contact Lead – Dr Jenny English.

The GP Support and Advisory Group (GPSAG) is a partnership between NHS Lothian and Lothian Local Medical Committee (LLMC) providing support to GPs at any stage in their career, doing any role as a qualified GP. You just need to be on the performers list for Lothian and do not have to be a BMA member.

As GPs we do a demanding role and any GP, at any stage in their career can benefit from mentoring. Difficulties in our work life, show themselves in different ways. It is the professional approach, to make use of support that is available, so that we can all thrive in our professional lives.

We very much welcome you making contact about yourself. It is also important that there is an option for colleagues to seek support for someone they are concerned about. All reported concerns will be assessed fairly and in confidence, with a supportive, developmental and consensual approach taken. Doctors have a professional responsibility to act on potential concerns about the performance of colleagues. Concerns may be noted by professional colleagues or may arise from routinely available clinical governance measures such as referral or prescribing patterns, complaints and practice visits.

GPSAG provide experienced appraisal, occupational health and governance advice to facilitate you undertaking your role in General Practice. This may be in its current form or developing your role, so that it is the right role for you. We encourage GPs to seek advice at an early stage. This means any concerns can be managed locally and informally and minimise any risk to patient care.

You have the option to contact by phone (0131 6683866) or email (Jenny.english@nhslothian.scot.nhs.uk). Jenny will advise you on whether direct mentoring access (2 sessions of mentoring) or having the wider experience of GPSAG members advice available to you (6 sessions of mentoring) is more suitable. If it is helpful to complete the GPSAG First contact enquiry form, please feel free to use this.

We welcome you making contact for yourself or a colleague. Your enquiry will be treated with respect.

Dr Rachel Wood, Chair GPSAG rachel.j.wood@nhslothian.scot.nhs.uk