

# GENERAL PRACTITIONERS SUPPORT AND ADVISORY GROUP (GPSAG)

*Providing direct access to 1:1 GP mentoring for GPs in Lothian.*

*Expert GP advice also available from the wider GPSAG team.*

Do you feel that you would benefit from mentoring in your work as a GP?  
Would you welcome support relating to a complaint, either now or in the past?  
Are you having dilemmas about continuing a career in General Practice?  
Are there difficulties with your health that is impacting how you feel about General Practice?

## 1. MAKING CONTACT

FIRST CONTACT LEAD Dr Jenny English

You can contact Jenny directly by email on  
[Jenny.English@nhs.scot](mailto:Jenny.English@nhs.scot)

OR by calling the LMC office on 0131 6683866.

It might be helpful to complete the GPSAG "first contact enquiry form" on the LMC website, when you communicate with Jenny.

## WHO CAN INITIATE A REFERRAL?

You are encouraged to self refer and make contact for an initial supportive conversation about yourself.

GPSAG also exists for colleagues who may have concerns about a GP and want to link them in with the support and advice provided by GPSAG. Roles where this might apply are:

- A GP employer/OOH manager
- A Practice manager
- An Appraiser
- A Manager for HSCP
- Practitioner health
- Occupational health doctor
- Responsible Medical officer

## 2. MENTOR MATCHING

Following Dr Jenny English receiving some initial information from you, templates of the mentors available, will be shared with you. This means you have some choice about who provides mentoring for you. Contact details will be provided, once you have chosen your mentor.

Consideration is given to who is making recommendation that support is provided and the context of this.

There are 2 pathways of mentoring – DIRECT (1:1 Mentor only) and GPSAG team (1:1 Mentor + advice from team)

In situations where there is a probity, serious health concern or return to work after a significant length of time not working, the best support is provided by there being reference to the wider GPSAG team for advice.

## 3. DIRECT MENTORING PATHWAY 2 sessions

It may be that in discussion with your mentor on the direct mentoring pathway that it is felt that you would benefit from the wider GPSAG team assisting in your support.

## 3. GPSAG TEAM MENTORING PATHWAY 6 sessions

The GPSAG team are committed to confidentiality. We consider any additional resources or liaison that may benefit you. We meet 8 weekly.

Dr Jeremy Chowings, Dr Jenny English, Dr Hayley Harris, Dr Funbi Ogundipe Dr Jo Smail. Mentors - Dr Michelle Downer, Dr Murray Roddin, Dr Kim Rollinson, Dr Rachel Wood (Chair)

## 4. POTENTIAL OUTCOMES

- You are supported through a time of difficulty and feel able to continue working as a GP in the same or revised role.
- You are facilitated to source longer term support e.g. coaching, specialist health services, survive and thrive groups.
- For a very small number of GPs, it may be necessary, or the GP's preferred option is, to leave Primary care working.