

Career Journey in Occupational Medicine

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MBBS, BSc, MRCP, DOccMed,

Current Role

- • Specialist Registrar in Occupational Medicine, London North West University Healthcare Trust
- • Experience with commercial OH providers
- • Portfolio GP across North London and Hertfordshire
- • HAVS Certification (2021)

Career Path

- • MBBS – Guy's, King's & St Thomas' (2004–2010)
- • BSc in Management with Medical Sciences – Imperial College (2007)
- • Radiology posts trainee Chelsea & Westminster, (2012–2015)
- • GP VTS Training, Lister Hospital & practices in Hertfordshire (2015–2018)
- • MRCGP (2018)
- • Diploma in Occupational Medicine (2021)

Teaching & Research

- Teaching on Imperial Masters in Public Health (2024)
- Teaching OH to the Final year medical students at Imperial College.
- Teaching OH the GP VTS training scheme.
- Publications in BJHM and Public Health Practice (2023–2024)
- Book chapter author – The Unofficial Guide to Radiology
- <https://www.acas.org.uk/helping-smes-understand-occupational-health> (Acas is the UK's independent public body that provides free advice, guidance, and mediation on workplace rights, rules, and resolving employment disputes.)

Career in Occupational Medicine

- London Board Member for the NHS health at work network
- Resident Representative for the FOM
- On the Ethics board of FOM.
- Approved Dr work
- HAVS training- The certificate in Hand Arm Vibration Syndrome (HAVS)

Training in Occupational Medicine

- • Entry after core medical training (CT2 or equivalent)
- • 4-year specialist training programme
- • Exams: MFOM Part I and II
- • Includes research component for CCT
- • Approx. 120 OH consultants in NHS vs >384 in private sector

Reflections & Advice

- • Occupational Medicine is rewarding and diverse
- • Strong impact on workforce health and wellbeing
- • Consider a career in OM for variety, prevention, and balance
- • 'Not boring – a specialty with real-world impact!'