

SOM CAREERS
AFTERNOON
24TH SEPTEMBER
2025



FROM HOSPITAL CONSULTANT TO OCCUPATIONAL HEALTH DOCTOR

DR NADIA MASOOD
MBBS
FRCA (2013) DOCCMED

●
OCCUPATIONAL
HEALTH PHYSICIAN

CAREER TIMELINE

| | |
|-----------|-------------------------|
| 1999–2004 | MEDICAL SCHOOL |
| 2004–2018 | POSTGRADUATE TRAINING |
| 2019–2024 | CONSULTANT ANAESTHETIST |
| 2024– | OCCUPATIONAL HEALTH |
| CURRENT | PHYSICIAN |





LIFE AS AN ANAESTHETIST

- Loved: practical skills, immediate results, teamwork culture
- Skills gained: decision-making, pressure handling, critical analysis, risk assessment, resource allocation
- Challenges: intensity, workload pressures, long-term sustainability

WHY I CHANGED

- New priorities after motherhood
- Passion for safe, healthy working (through my own NHS experiences)
- Advice from medic friend → explore OH
- Wanted sustainability, broader influence, policy opportunities



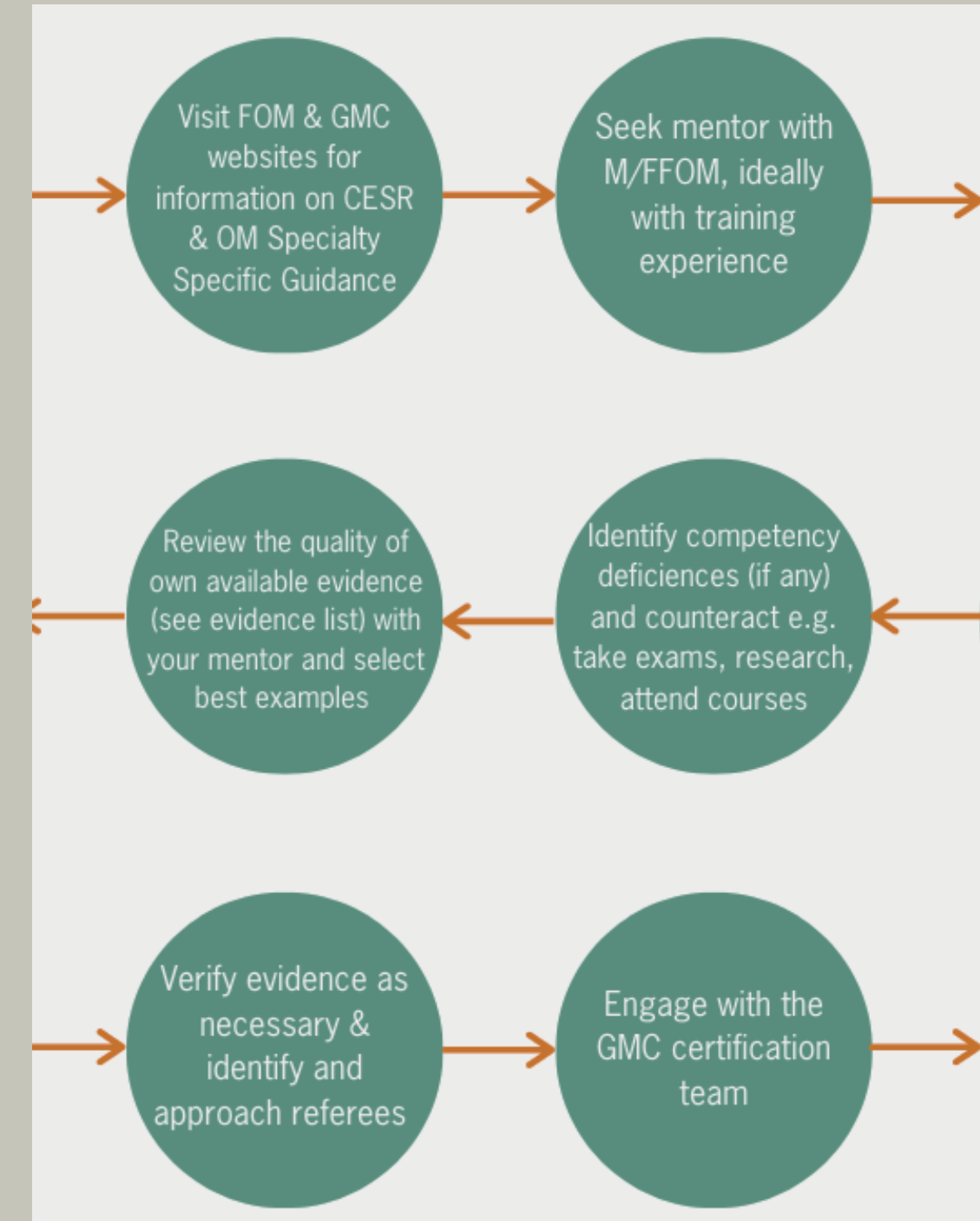
TAKING THE LEAP



- Decision made during second maternity leave
- Signed up for DOccMed prep course
- Used LinkedIn to network + job hunt
- First OH offer: Medigold (Sept 2024)
- Passed DOccMed exam (Nov 2024)

CURRENT ROLE

- Joined Health Partners (Aug 2025)
- Remote case management
- Planning next exam next year
- Pursuing Portfolio Pathway → autonomy and control over training



WHAT WORK LOOKS LIKE FOR ME NOW

CLINICAL WORK



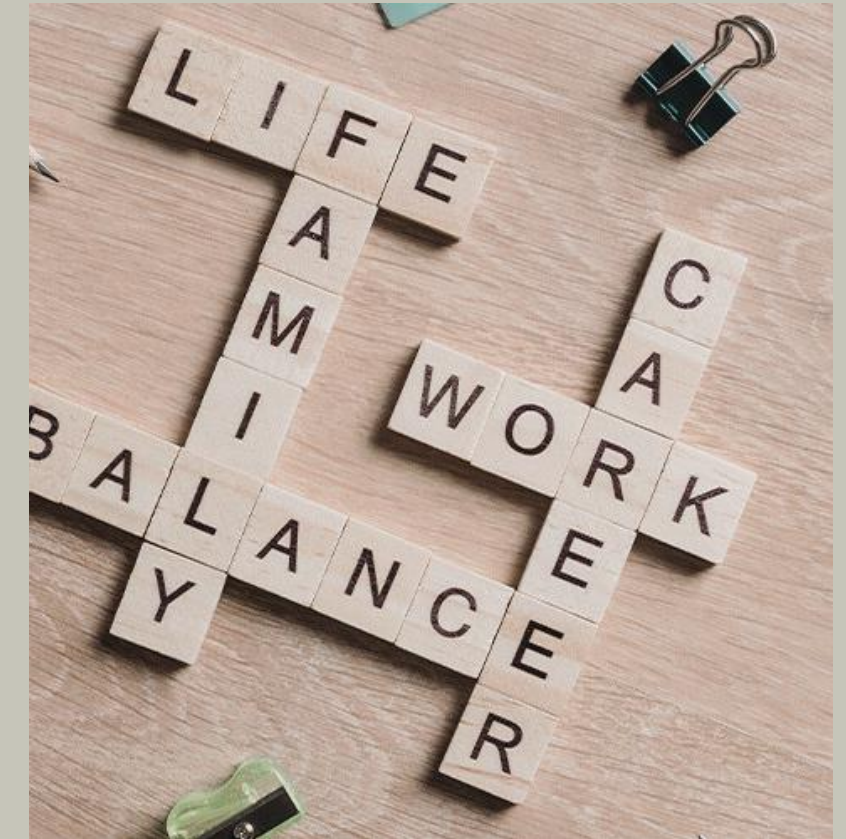
Remote case management, fitness-for-work and sickness absence reviews, and report writing.

HANDS ON ASSESSMENTS



Face-to-face clinics and HAVS assessments, gaining practical occupational health experience.

WORK-LIFE BALANCE



Predictable hours with no on-calls, offering a sustainable and balanced working pattern.



REFLECTIONS

- Career isn't one-track
- Portfolio pathway offers flexibility
- Miss practical skills, but gained sustainability and balance
- Can still influence healthcare through management & policy

ADVICE FOR YOU



Explore beyond the
“traditional” specialties



Talk to people in the field



Think about long-term
sustainability



It’s okay to change direction

THANK YOU



nadia.s.masood@gmail.com



www.linkedin.com/in/nadia-masood1

[OccuMed Exam Prep website](#)