

GP Health Checklist for Appraisals

The section in the appraisal process are based around the GMC's document Good Medical Practice which sets out the principles and values on which good practice is founded; these principles together describe medical professionalism in action.

All that is required is a simple statement that you have considered your health needs on an annual basis, and taken appropriate steps to ensure they do not impinge on patient care.

Here are some areas to think about before you make that statement, reflecting on these may raise issues you could discuss during your appraisal;

- ◆ *Are you registered with a GP outside your own practice?*
- ◆ *Have you had your Hepatitis B status checked recently?*
- ◆ *Have you taken the opportunity to be immunised against Influenza this year?*
- ◆ *Have you considered your own lifestyle as it affects your health? Are you a role model for healthy living??*

If you have a health issue that you consider significant;

- *Have the issues raised by an illness or disability been discussed with your own doctor or the Occupational Health Service?*
- *Are the appropriate people aware of them? (eg partners, in some cases patients)*
- *What safeguards are in place to ensure that your health problem does not interfere with your ability to carry out the full range of duties?*
- *What safeguards are in place to ensure that in those areas where it is impossible for you to carry out the full range of duties the safety of your patients is protected?*

Are you able to sign the following statement about your health?

Having carefully read the chapter on health in “Good Medical Practice 2006”¹ I am confident that my health is not an issue that affects patient care.

Signed: Date:

¹ www.gmc-uk