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**Evening Medical Update: Top Tips for New Junior Doctors**  
**Tuesday 28 July 2020**

**Transitioning from student to doctor: top tips for keeping a healthy work life balance – Dr Patrice Baptiste**

**During foundation training what preparation for applying for GP training would you recommend in terms of conferences, audits etc.?**

I would always suggest understanding about practicalities of the career and structure of general practice. For instance it is good to know about the financial aspects such as costs of services, commissioning etc. also CCGs and primary care networks. You can gain an understanding by going to events and conferences, so yes, these would be useful.

Audits and quality improvement projects are always useful and you can even submit them for publishing if you look around for suitable places.

I would also suggest communication courses and understanding about ideas concerns and expectations of I.C.E. My YouTube channel is a group source of information about a career in General Practice. I also have a new series launching soon where I talk to GPs about their careers.

**What would you recommend to a FY1 doctors wanting to specialise in General Practice?**

When deciding on any career it would be useful to consider the pros and cons. It is crucial to consider the practical aspects of a career and its impact on your personal life and circumstances.

General Practice is a great career and if you watched my YouTube videos you will see that there is a lot you can do as a GP! However, try to work out if it suits your personality and fits in with what you may want to 'get out of life' in the near future. General Practice is also a good foundation to specialise in other careers should you consider changing your mind of expanding your skill set.

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