

Resources for doctors who are considering leaving medicine

For a variety of reasons some doctors will consider leaving the profession. These reasons may include frustration with the job, wanting a different work/life balance, health issues, not completing their competencies or exams or just wanting to try new things.

Firstly if you are having serious doubts about your career you should aim to discuss your thoughts with whoever you feel may be the most appropriate person. This can include your educational supervisors, clinical tutor, head of school or post graduate dean. You should also talk it over with a professionally qualified careers adviser and HENW does have careers advisers that can help. Contact nw.careers@hee.nhs.uk.

The decision to leave a career as a doctor is not an easy one to take. Doctors worry that they will be leaving behind a regular income and there may be huge psychological barriers to overcome as well as worrying about whether other employers will want to employ them. The following resources may be helpful:

Websites:

<http://medicalsucces.net/> provides information & education specifically for doctors interested in learning more about non-traditional career paths inside and outside of medicine.

<https://medicfootprints.org/> an independent social enterprise promoting alternative careers for doctors,

<http://www.otheroptionsfordoctors.com/> an independent career consultancy service for doctors who are looking for fulfilling careers in medicine or exploring alternative careers elsewhere.

http://www.rmbf.org/health-and-wellbeing/?filter_cat=122 provides advice to doctors on a variety of issues including: money and finance, health and well-being and career options.

<http://medicalforum.com/> The Medical Forum provides career guidance programmes either on line, face to face or via the telephone for those who are thinking about a change in career direction.

http://www.bma.org.uk/careers/careers_service/index.jsp Visit the BMA careers website to find a number of resources that are available to members including access to Sci59 career planning tool, an advice service and career workshops.

<https://www.healthcareers.nhs.uk/i-am/working-health/information-doctors/alternative-roles-doctors> is a career planning guide designed to assist doctors in understanding their options for choosing their future career as a doctor in the NHS. It also contains information on alternatives to careers in the NHS and clinical practice.

<http://www.lifeaftermedicine.co.uk/> 10 steps to consider if you want to leave medicine – Susan Kersley who has also written widely on this subject.

www.prospects.ac.uk graduate careers website for the UK. This site includes a jobs database, links to recruitment websites and information on post graduate study and courses. It also includes an online career planning tool called 'prospects planner' <https://www.prospects.ac.uk/planner>. You complete this inventory on-line, answering questions about your skills, interests etc. and it will then provide you with a list of career areas that may be suitable.

Books/Articles

http://dr-hyphen.co.uk/index.php/successfully_change_careers_freebooks/ free e book available by download written by a doctor who has successfully changed career.

So you want to be a Brain Surgeon? A Medical Careers Guide (Oxford Medical Publications), Chris Ward and Simon Eccles, Contains details of over 100 different medical careers, including alternatives to clinical practice.

Life After Medicine: for Doctors Who Want a Trouble-free Transition, Susan E Kersley

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