



Life as an occupational physician

One of a series of profiles of doctors working in occupational medicine

Dr Imran Ghafur, *Lead Consultant Occupational Physician at Salus Occupational Health & Safety, NHS Lanarkshire*

Training as a GP in the east end of Glasgow (one of the most deprived areas of Britain, where more than 50% of the working-age population claim state benefits) made me aware of the link between worklessness and poor health.

This stimulated my interest in occupational medicine and I was able to secure a training post within the NHS.

The NHS is the largest employer in the UK, and training here provides exposure to a diverse range of workplaces and job types. There is a strong focus on research, with rigidly protected teaching and study time. Minimal or no on-call commitments allow for work-life balance.

Occupational physicians have a key role to play in health promotion, financial/business management, and in improving access to work for individuals with health problems.

My career allows me to retain and use my clinical and communication skills, whilst developing new competences in areas such as management, toxicology, health and safety legislation, and employment law/ethics.

An NHS StR post will provide high-quality training within a familiar environment, and develops the core skills required to practise occupational medicine in any sector.

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