



## Life as an occupational physician

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



**Dr Simon Clift**, *Medical Officer with the National Air Traffic Service (NATS)*

**Following my undergraduate training at Guy's Hospital Medical School and 3 years on the East London General Practice Vocational Training Scheme, I worked in East Africa in primary health care & public health until 2002.**

On return to the UK, I became Clinical Director and registered Manager of InterHealth, a travel and occupational health unit in Central London providing specialist services to personnel working in the international humanitarian relief, development and mission sectors, where I worked for 5 years. Since 2008 I have been a Specialist Registrar in Occupational Medicine within the London Deanery, whilst being a full-time Medical Officer with the National Air Traffic Service (NATS).

For me, occupational medicine draws upon my varied medical experience, both here in the UK and overseas, over the past 24 years, and focuses it upon the vital relationship between health and work. This is in the context of a growing appreciation of the benefits of work for an individual's health, as well as the converse scourge of worklessness.

In the course of my work assessing employees and advising their managers, I can promote the health of individuals and potentially that of the workforce as a whole, and in so doing benefit wider society. My current role with NATS combines a routine clinical caseload with an advisory role for managers, as well as taking the lead in developing "wellness@work" measures at a number of NATS sites across the UK.

*My work is challenging and varied, requiring judgement and decision-making in settings unfamiliar to most doctors.*