



Life as an occupational physician

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

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I started training in Occupational Medicine over three years ago as a career change, having worked for a number of years in Public Health.

I enjoy the challenges and variety of my job based in a busy NHS Trust, and no two days are the same.

My hours are family-friendly, with no on-call or weekend work, and this fits well with being a working mum. I have time in clinic to take a holistic approach for all my patients and navigate management plans through often complex clinical, psychological and social issues.

I can go on workplace visits (for example undertaking health surveillance in a metal workshop and in a bakery) and I am a trained mediator, helping to resolve interpersonal difficulties between staff members. I have to be aware of legal and employment issues, and our academic training also gives a fascinating insight into toxicology, occupational hygiene and ergonomics.

There are lots of opportunities to develop special interests and I have been seconded to work for a national project on evidence-based occupational health, I was involved in a research project with one of the clinical teams on attitudes and barriers to work for their patients and I went on a study tour to India funded by a Faculty of Occupational Medicine travelling fellowship.

I am currently helping the Faculty's Ethics Committee undertake a major revision of its guidance for occupational physicians. I am looking forward to a varied and rewarding career once I have completed my training.