



Life as a locum

Northern Lincolnshire VTS

# Who are we?



## Jess Hamilton

- Higher Education Policy Adviser HEFCE
- Head of GP Engagement at Network Locum



## Dr Yiyang Ng

- GP Locum in London and Greater London
- GP Tutor, Medical School King's College London (not full time)
- Qualifications: MBChB, MRCS, PgGME, MRCGP

# Options post VTS

- Partnership
- Sessional: locum or salaried
- Portfolio: all of the above and more!
- Retrain
- Emigrate

‘...one who temporarily takes the place of another GP...’

**BMA Locum GP Handbook**

# Options post VTS

'...one who temporarily takes the place of another GP...'  
**BMA Locum GP Handbook**

## Dr Ng's Experience as a locum

- turned down GP partnership after working as Salaried GP
- full time GP locum working in various GP settings (UCCs, Walk-in centres, GP surgeries)
- sources of work via locum agencies, directly from GP surgeries, Network Locum
- no trouble finding work
- no problem in 'getting boxes ticked' for appraisal

## Top tips

- be open minded
- be friendly and professional
- be organised
- networking
- use resources (online learning, update courses, RCGP)
- diversify your work
- work/life balance

# So, why choose the locum route?

- Tailored to suit your needs/entirely flexible
- Develop & explore interests
- Job satisfaction
- Professional & personal growth
- Stops inertia
- Diversifies your life
- Full control over income

# How to get work after VTS?

- Explore your options
  - Sessional or non-sessional
  - NHS or non-NHS
- Nature of work
  - GP surgeries
  - Walk in Centre (WiC)
  - Urgent Care Centre (UCC) - hands on
  - Out of Hours (OOH)
  - Others (inc, health screening, prison work, etc)

# How to get work

- Approach practices directly
- Locum agencies
- Network Locum
- Advertisements
- Register to be part of a provider's locum bank
- Own website

# Getting organised

- Update your curriculum vitae
- Receive CCT
- Apply to the performer's list
- Look into medical indemnity
- Health screening
- Disclosure and Barring Service (DBS)
- Others: BLS, safeguarding adults and children, etc



# The money

- Variable rates depending on job type
- May get slightly more when working directly
- Rate transparency through Network Locum
- Can be negotiable

## **PAYE**

(e.g. salaried - on a payroll)

- Taxed at source
- Least tax efficient
- Most risk free
- Less admin

## **Work as sole trader**

- Self employed
- Need to sort out own finances

## **Ltd Company**

- Most tax efficient
- More admin
- Can't claim pension

# Continuing professional development/education

- Keep in contact with VTS & First 5 groups
- Annual appraisals no different
- 'Network Locum' CPD Events
- Self Directed Learning Groups
- RCGP and other educational events

# Disadvantages/advantages



- Relative instability
- “Non-continuity”
- No sick/annual leave
- Different computer system

- Variable locations
- Long-term commitment not necessary
- Can be used to supplement other work
- More choice over rate of pay
- Help balance work/family responsibilities
- Positive impact
- Greater autonomy
- Greater on the job learning opportunities



# Why Network Locum?

- Save time finding and booking jobs
  - Jobs online in an instant
  - 'One-click' application
- Financial benefits
  - Rate transparency
  - NHS pensionable
  - Free to use
  - Prompt payment
- Hassle free
  - No constant annoying phone calls
  - Subscribe to email job updates *only if you want*
  - No paperwork or admin, everything is done for you
- Other benefits
  - Part of a 3,000 strong GP community
  - Access to CPD and networking events
  - Access to online social networking and professional forums

# Melissa and Will's GP Locum Group



# Summary

- Being a locum can be rewarding
- Useful for newly qualified GPs
- Potential to try a variety of work and develop a professional portfolio
- Be your own boss
- Find what works for you