I work at Eynsham Medical Group three days a week, like most doctors here. I tell everyone that I cycle in from Oxford, but really it depends on how much rain I feel I can face that morning. After a stop and chat with the reception team and stealing a croissant from the dispensary I catch up with the other GPs, urgent care team (Paramedics, ANP) and maybe my trainee or one of my students.

We run a list-based system for continuity and a total triage system, which allows me to choose how and when I see my patients that day. That includes 3 follow-up calls, 3 eConsults and 8 same-day calls. Once a week I have a nursing home that I visit virtually or in person, which provides a change in scenery and the type of patient care. We are also a research practice, so we recruit our patients into different trials, depending on which are currently running. It turns out we’ve become rather good at this winning the RCGP and National Institute of Health Research practice research award 2021 with our PCN buddy practice.

In my afternoon session I might have a mentor meeting with one of the salaried GPs to discuss how work is going, any PDP items, what food to eat, where they might go on sabbatical etc. If there is some learning that can be of benefit to the rest of the team then we take it to the monthly CPD meeting, which we alternate between the two sites. One of our sites is [brand new and purpose-built](https://vimeo.com/556110997). The mentoring I think is a great example of how support is in place for personal development. I also started as a salaried GP and EMG presented me with the opportunities of teaching, training, research and IT developments. My colleagues have got their teeth into medical politics and commissioning amongst other interests.

Later in the day I’ll clear my admin work, which has luckily been actioned by the pharmacists covering the medications, the summarisers coding and filtering the letters and our Pathlinks team actioning the results. That then allows for a pow wow with the others or making a quick dash for it, like a few weeks ago when we saw some live stand-up in Oxford together.

We are 15 minutes (not me cycling) from Oxford city with great schools in the area and have just launched salary sacrifice car/bike schemes for our staff.

If you are looking to enjoy your work, learn and get along then please get in touch.

Please call or e-mail Dr Lorenz Kemper (01865 881206 / 07930190356 / lorenz.kemper@nhs.net)