



RACGP



# NEXT FIVE

Navigating your first five  
years of RACGP Fellowship

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*We acknowledge the Traditional Custodians of the lands and seas on which we work and live, and pay our respects to Elders, past, present and future.*

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## CEO message

I'm delighted to congratulate you on being awarded Fellowship of the Royal Australian College of General Practitioners, which entitles you to use the FRACGP credential.

It's a significant accomplishment during what has been a challenging few years for frontline healthcare workers. It goes without saying that to reach this point, you've already demonstrated remarkable resilience and dedication at the frontline of healthcare.

Of course, your journey doesn't end here. In fact, it's just the beginning.

When we have asked them what advice they would give to new Fellows, our more experienced members have said that, in the years ahead, it's vital to strike a balance between your professional life and your personal life. This isn't without its challenges because we all know that GPs are always busy, but it's something that you must prioritise.

**“ Remember, your health and wellbeing matter too. You won't be able to provide the best possible care for your patients if you are not taking care of yourself.”**

Remember, your health and wellbeing matter too. You won't be able to provide the best possible care for your patients if you are not taking care of yourself.

One of the defining qualities of all good GPs is a commitment to lifelong learning. And the RACGP is here to support you throughout your career by providing you access to like-minded individuals, ongoing training and education, up-to-date news and research, and a support network.



The Next Five Program has been carefully put together by new Fellows, for new Fellows. Take a moment to navigate this handbook and you'll find there is a world of resources and support available to you. We want to make sure your first few years of unsupervised practice are as smooth as possible, so you can focus on what matters – providing quality primary healthcare to the people of Australia.

We will continue to advocate on your behalf and fight for the issues that matter to you. I encourage you to explore the various RACGP committees and join one – we really value your views and input to inform our advocacy. Everything we do is to support our members to improve the health and wellbeing of their patients and communities, and as a community of practice, we are stronger together than apart and can drive the changes needed to strengthen general practice.

Remember: don't be a stranger; your college is here to help at all times.

We acknowledge all your hard work and the determination you have shown. The attainment of the FRACGP signifies safe, specialised, high-quality general practice care.

It is a specialist general practice qualification you should feel extremely proud to hold.

We are proud to have you as a part of our college and we wish you the best.

Once again, congratulations and well done.

**Paul Wappett**  
Chief Executive Officer

## Next Five Program

Transitioning from a being a GP in training to an independent, practising GP is a major career- and life-changing milestone. That's why we've put together the Next Five Program, which aims to support new Fellows as they navigate their first few years of unsupervised practice.

### By new Fellows, for new Fellows

Your National New Fellows Committee has put together several resources for your access as you transition to the next phase of your career as an RACGP Fellow.

### Next Five Program webpage

The Next Five Program webpage on the RACGP website has quick and helpful links to a number of resources on health and wellbeing, guidelines and standards, and events and professional development activities.

Visit: [www.racgp.org.au/new-fellows](http://www.racgp.org.au/new-fellows) for more information.

### Webinars

We regularly partner with external organisations and businesses to bring you informative, relevant and engaging webinar series on topics such as financial wellbeing, practice ownership and coping with burnout. Visit the Next Five Program webpage to access recordings and register for upcoming webinars.

Visit: [www.racgp.org.au/new-fellows/events](http://www.racgp.org.au/new-fellows/events) for more information.

### Transition to Fellowship checklist

Use the checklist specific to your state or territory to keep yourself on track.

Visit: [www.racgp.org.au/new-fellows/transition-to-fellowship-checklist](http://www.racgp.org.au/new-fellows/transition-to-fellowship-checklist) for more information.

## Organisational structure and governance



Your local National New Fellows Committee member is how you can best raise your voice with the RACGP. The National New Fellows Committee is a subcommittee of the RACGP regional (state/territory) councils. Topics are raised at regional council meetings that are then passed on to the RACGP Board.

New Fellows can contact the National New Fellows Committee to give their voice for change.

### Board

The RACGP is governed by the RACGP Board, which comprises:

- President
- Censor-in-Chief
- Chair of each state/territory faculty

- Chair of RACGP Rural
- Chair of RACGP Aboriginal and Torres Strait Islander Health
- Chair of RACGP Specific Interests
- a general practice registrar representative
- additional members co-opted by the Board to the extent allowable under the RACGP Constitution.

The Chief Executive Officer is responsible for ensuring the RACGP is positioned at the heart of healthcare in Australia.

## Membership overview

The RACGP doesn't just represent its members, it **is** the members. An RACGP membership adds value to your life – we help you achieve your goals and support you to keep providing quality care to your patients.

Being an RACGP member is about having access to a range of benefits and support, including educational resources and a dedicated continuing professional development (CPD) portal to track your ongoing professional development.

We cultivate a stronger profession by helping the GPs of today and tomorrow continue their professional development throughout their careers, from medical students and GPs in training to experienced GPs. We develop resources and guidelines to support GPs in providing their patients with world-class healthcare and help with the unique issues that affect their practices. We're a point of connection for GPs serving communities in every corner of the country.

### *gplearning*

Access over 150 online interactive activities and 300 hours of learning to support your CPD. Available 24 hours a day, every day, *gplearning* contains evidence-based, peer-reviewed educational activities developed by GPs for GPs.

Visit: [www.racgp.org.au/education/professional-development/online-learning/gplearning](http://www.racgp.org.au/education/professional-development/online-learning/gplearning) for more information.

### Continuing Professional Development (CPD) Program

Access local and national support for your ongoing professional development and learning; track and manage your progress through the online professional development portal and access over 1000 online and face-to-face accredited activities from over 400 RACGP accredited providers.

Visit: [www.racgp.org.au/education/professional-development/cpd](http://www.racgp.org.au/education/professional-development/cpd) for more information.

### recruitGP

Rely on RACGP's trusted, single source of free classified listing for GP employment. Search over 300 listings per month for GP-related job opportunities nationwide.

Visit: [www1.racgp.org.au/recruitgp](http://www1.racgp.org.au/recruitgp) for more information.

### RACGP Plus

Explore a wide range of professional and personal benefits through RACGP Plus including general practice services, equipment and supplies; and automotive, travel, electronics and wellbeing offers from some of Australia's biggest brands.

Visit: [www.racgp.org.au/racgp-membership/racgp-plus](http://www.racgp.org.au/racgp-membership/racgp-plus) for more information.

### RACGP Specific Interests groups

Choose from 31 Specific Interests groups to share information and keep in contact with colleagues who share a specific interest in medicine with you.

Visit: [www.racgp.org.au/the-racgp/faculties/specific-interests](http://www.racgp.org.au/the-racgp/faculties/specific-interests) for more information.

### *Australian Journal of General Practice*

RACGP's flagship peer-review journal is distributed monthly via email and hard copy, providing relevant, evidence-based, clearly articulated clinical information to assist GPs in providing the highest quality patient care.

Visit: [www1.racgp.org.au/ajgp/home](http://www1.racgp.org.au/ajgp/home) for more information.

## Next Five Welcome booklet

### check program

Get involved in independent learning with more than 50 case studies covering various topics. Produced 11 times a year, each unit of *check* includes four to six clinical cases.

Visit: [www.racgp.org.au/education/professional-development/online-learning/check](http://www.racgp.org.au/education/professional-development/online-learning/check) for more information.

### John Murtagh Library

Access e-books, journals, decision support tools and other online resources.

Visit: [www.racgp.org.au/clinical-resources/john-murtagh-library](http://www.racgp.org.au/clinical-resources/john-murtagh-library) for more information.

### newsGP

*newsGP* is the RACGP's news hub, designed and developed for RACGP members to keep you informed of the latest news relevant to Australian general practice.

Visit: [www1.racgp.org.au/newsgp](http://www1.racgp.org.au/newsgp) for more information.

### Newsletters

Opt in for a wide range of newsletters, ranging from state/territory-based information to national RACGP updates.

For more information: Log in to RACGP > My account > Update my email subscriptions

### Business management tools

Access business tools including the GP toolkit, and employer and employee guides as well as over 70 other resources, including all practice systems and e-health resources.

Visit: [www.racgp.org.au/running-a-practice](http://www.racgp.org.au/running-a-practice) for more information.



### Discounts on books and member offers

Members can save on the *Australian medicines handbook*, *gpkit* and *Therapeutic guidelines*.

Visit: [www.racgp.org.au/running-a-practice/practice-resources/ordering-publications/college-approved-publications](http://www.racgp.org.au/running-a-practice/practice-resources/ordering-publications/college-approved-publications) for more information.

### RACGP GP Support Program

Receive three free, one-hour sessions with a professional psychologist to support your wellbeing.

Visit: [www.racgp.org.au/membership/the-gp-support-program](http://www.racgp.org.au/membership/the-gp-support-program) for more information.



## Policy and advocacy

The RACGP strongly advocates for GPs and general practice, promoting the importance of patient safety; quality care; coordination of care; whole-patient care; better recognition and reward for GPs; and investment into primary healthcare infrastructure, practice teams and technology.

### Teams within the RACGP's Policy and Advocacy Unit include:

- Funding and Health System Reform
- Standards for General Practices
- Quality Care
- Practice Management and Technology
- Funding and Research.

### We advocate:

- at a national level with federal ministers and policymakers

- via meetings and letters
- by responding to consultations
- by maintaining open lines of communication with key stakeholders.

### The RACGP Expert Committee – Funding and Health System Reform guides our advocacy on key reform issues across the health system, including but not limited to:

- adequate GP and practice remuneration and business sustainability
- professional support for GPs in understanding regulatory changes and compliance policy
- high patient access to general practice, especially for those who may be disadvantaged
- new and emerging roles in primary care
- ensuring a close working relationship between GPs, general practice organisations and the Australian Government.



## Next Five Welcome booklet

Much of our work is underpinned by the RACGP *Vision for general practice and a sustainable healthcare system*, which demonstrates how a well-supported general practice team can deliver sustainable, equitable, high-value healthcare, benefiting patients, providers and funders. It is centred on evidence and experience-based recommendations regarding how the entire system can be improved.

Visit: [www.racgp.org.au/advocacy/advocacy-resources/the-vision-for-general-practice/economic-benefits-of-the-racgp-vision](http://www.racgp.org.au/advocacy/advocacy-resources/the-vision-for-general-practice/economic-benefits-of-the-racgp-vision) for more information.

In 2021, the RACGP produced over 160 submissions to government and key stakeholders. Some of our more recent advocacy wins include:

- securing telehealth, now a permanent feature of general practice care
- enhanced support for residents in aged care facilities
- ensuring GPs were at the heart of the COVID-19 response and vaccination rollout
- backing GPs on all regulation and compliance measures.

In addition, we secured many other advocacy wins on behalf of our members last year, including significant and ongoing contributions to the Primary Health Care 10 Year Plan, and calling out the previous government for their lack of investment in the plan once released.

We responded firmly to the 2021 Federal Budget, producing resources for members and highlighting the importance of general practice funding in the media. All of this was based on the insights and views that members shared with us in recent years.

Visit: [www.racgp.org.au/FSDEDEV/media/documents/RACGP-2022-23-Budget-Overview-Health.pdf](http://www.racgp.org.au/FSDEDEV/media/documents/RACGP-2022-23-Budget-Overview-Health.pdf) for more information.

Our advocacy is shaped by your views and what matters most to you and your patients. In 2022–23, we will continue to fight for:

- access to the general practice care all patients need – in person and via telehealth
- government investment in longer consultations to create better outcomes for patients
- funding for regular and continuous general practice care for our most vulnerable communities
- support for coordinated care between GPs and hospitals to reduce preventable hospitalisations
- strengthened rural general practice capacity.

We are also working to build on our collaborative relationship with the current Labor government, addressing important issues such as a model of Voluntary Patient Enrolment that includes sufficient funding for general practice.

We encourage all RACGP members to participate in political advocacy at a local level and help raise awareness about key issues faced by GPs and patients among your patient population and local political decision-makers. An introductory guide is available on the RACGP website for members who would like to undertake grassroots advocacy with local members of parliament and policymakers.

Visit: [www.racgp.org.au/advocacy/advocacy-resources/an-introduction-to-member-advocacy](http://www.racgp.org.au/advocacy/advocacy-resources/an-introduction-to-member-advocacy) for more information.

If you would like to get involved or provide any feedback, we encourage you to contact [healthreform@racgp.org.au](mailto:healthreform@racgp.org.au)

## Continuing professional development

The RACGP CPD Program supports your lifelong learning and professional development, and is designed to meet the requirements of the Medical Board of Australia to enable you to meet the standards for continuing specialist GP medical registration. Visit: [www.racgp.org.au/education/professional-development/cpd/new-mba-cpd-registration-standard-faq](http://www.racgp.org.au/education/professional-development/cpd/new-mba-cpd-registration-standard-faq) for more information.

### The purpose of the CPD Program is to:

- support your participation in effective CPD relevant to your scope of practice
- maintain and extend your skills and expertise across the breadth of general practice
- demonstrate your accountability to the community
- assist you to meet your regulatory requirements for specialist medical registration and eligibility for A1 Medicare rebates.

### Specialist registration with the Australian Health Practitioners Regulation Agency

You will now have to apply for specialist registration with AHPRA to be entitled to claim the A1 Medicare rebates. Visit: [www.medicalboard.gov.au/Registration/Forms.aspx](http://www.medicalboard.gov.au/Registration/Forms.aspx) for more information or to apply. We will also notify AHPRA of your fellowship status as further confirmation.

### myCPD dashboard

Your myCPD dashboard is designed to help you record, identify and source relevant education that will support your professional development. You can:

- monitor your progress and download statements
- plan your learning in the professional development plan tool
- use 'Browse' to search CPD Provider approved activities
- use 'Quick log' to record your professional development in seconds



- use the self-direct activity forms to develop and record your own education
- access quick links to the RACGP guidelines and other resources.

Visit: [mycpd.racgp.org.au/myCPD](http://mycpd.racgp.org.au/myCPD) for more information.

### Largest repository of education activities

The network of CPD Providers offers an extensive range of CPD activities approved by the RACGP. Over 1500 approved activities can be searched under 'Browse' on your myCPD dashboard. Your attendance at these activities will be automatically recorded in your CPD dashboard.

### Local personalised support

With trained local support staff in every state, there is a CPD staff member available to respond to your CPD query.

Visit: [www.racgp.org.au/education/professional-development/cpd](http://www.racgp.org.au/education/professional-development/cpd) for more information, or if you need assistance regarding your CPD requirements email [cpd.national@racgp.org.au](mailto:cpd.national@racgp.org.au)

## Rural Generalists Program

### Message from the Chair – RACGP Rural

I am delighted to welcome you as a new Fellow of the RACGP and I congratulate you on reaching this major milestone in your professional life.

General practice gives you the freedom to follow your passions, subspecialise and design the career that's right for you. I encourage you to get to know your community and find out what they need – from greater access to mental health support to skin cancer or women's health services.

“ General practice gives you the freedom to follow your passions, subspecialise and design the career that's right for you.”



Now that you hold the Fellowship of the RACGP, you have the option to complete the Rural Generalist (RG) Fellowship and develop additional skills to meet community needs. Your prior learning and experience will be recognised towards obtaining the RG qualification and you can apply via the practising GP pathway.

You can also access a wide range of education and training courses through the RACGP and you may be eligible to register for the Rural Procedural Grants Program to access training grants to upskill or maintain your procedural/emergency medicine skills. Visit: [www.racgp.org.au/the-racgp/faculties/rural/rural-procedural-grants](http://www.racgp.org.au/the-racgp/faculties/rural/rural-procedural-grants) for more information.

I recommend that you develop a relationship with a rural or remote practice – either locally if you're already practising rural, or in a different region so that you can support each other through a mix of regular face-to-face or remote telehealth services. Consider joining our Practice to Practice program to get started. Visit: [www.racgp.org.au/the-racgp/faculties/rural/practice-to-practice](http://www.racgp.org.au/the-racgp/faculties/rural/practice-to-practice) for more information.

The Rural Faculty is a great place to connect with like-minded colleagues and provides education, advocacy and support to more than 22,000 members including over 10,000 living and working rurally. We represent four out of five rural GPs. Membership is open to both GPs practising in rural areas and those with past experience or a significant interest in rural or remote practice. We'd love you to join us:

1800 636 764

[www.racgp.org.au/the-racgp/faculties/rural](http://www.racgp.org.au/the-racgp/faculties/rural)  
[rural@racgp.org.au](mailto:rural@racgp.org.au)

[www.facebook.com/groups/racgprural](https://www.facebook.com/groups/racgprural)

**Dr Michael Clements**

Chair, RACGP Rural

## Rural Generalist (RG) Fellowship

Rural generalists deliver primary care services, emergency medicine and additional skills like obstetrics, anaesthetics and mental health services to provide access to a broader range of specialist medical care in their communities.

The RACGP's RG Fellowship recognises the extra requirements and skills of rural generalists and supports you to meet the diverse health needs of rural and remote communities.

From 1 July 2022, the RG Fellowship will replace the Fellowship in Advanced Rural General Practice (FARGP). FARGP graduates can apply to obtain the RG Fellowship by submitting evidence of prior learning and experience, or choose to retain the FARGP.

As a new Fellow, with the Fellowship of the RACGP you can apply to complete the RG Fellowship via the practising GP pathway.

### RG training requirements include:

- a 12-month full-time equivalent (FTE) hospital term (can be postgraduate year 2 or above)
- 18 months of FTE community-based general practice terms (minimum of 12 months FTE must be in a rural MMM 3–7 location)
- six months of FTE core emergency medicine training (core-EMT)
- 12 months of FTE Additional Rural Skills Training (ARST)

- an (optional) six-month extended skills term in either a hospital, community general practice or community non-general practice setting.

### ARST options include:

- obstetrics and gynaecology
- anaesthetics
- emergency medicine
- mental health
- Aboriginal and Torres Strait Islander health
- child health
- palliative care
- surgery
- adult internal medicine.

Other disciplines are available with approval from the RACGP.

Earning the RG Fellowship means you'll be recognised as an RG, if the RACGP and Australian College of Rural and Remote Medicine's joint application to the Australian Medical Council is successful. This will recognise RG as a sub-specialty of general practice.

The RG Fellowship is a more easily identifiable RG qualification, and it allows you to be formally recognised for the additional skills that you use to serve the needs of your rural or remote community.

Visit: [www.racgp.org.au/rg](http://www.racgp.org.au/rg) for more information or to apply.

“ I enjoy the variety that comes with rural generalism – one minute I'm reducing a forearm fracture, the next ... providing antenatal care in clinic rooms. The medicine is simply fascinating, rewarding and completely different every day! I have the best job in the world.”

**Dr John Floridis, RACGP Rural Generalist**

## Options in general practice

General practice offers a diverse array of options, allowing you to focus on your areas of interest or to tailor your career to suit your desired work–life balance.

Clinical practices vary in size, site and structure. Some are private, while some are publicly funded; some are in cities and some are rural. Many GPs choose to run their own practice, but others work as employees or contractors. Some choose to work in more than one practice and some do locum work, while many combine clinical work with work in areas of special interest, such as dermatology or sports medicine. Lastly, some GPs might do sessions in hospitals or in non-clinical areas, such as administration, teaching or research. There are many options and possibilities. The following are some opportunities you may choose to explore during your career as a GP.

### Practice ownership

Have you aspired to one day own a practice or be a partner with other doctors in a practice? Owning your practice enables you to create a practice that reflects your own style and approach to healthcare. You have the ability to shape how you want the practice to be. You can also provide an excellent workplace, which can give a real sense of achievement. And you can see the rewards of your efforts, for what you put in.

The RACGP's *General practice business toolkit* is a guide and reference for GPs and practice managers. It is designed to provide business and management advice tailored to a general practice setting and consists of 13 modules. Members can download the toolkit modules via the RACGP website.

Visit: [www.racgp.org.au/running-a-practice/practice-resources/practice-tools/general-practice-business-toolkit](http://www.racgp.org.au/running-a-practice/practice-resources/practice-tools/general-practice-business-toolkit) for more information.

### Become a supervisor, medical educator or examiner

Supervisors, examiners and medical educators are an integral part of a strong healthcare system. Being involved in a medical student's development in general

practice demonstrates our commitment to support quality lifelong learning at the beginning of a medical career, as well as long-term benefit for health in the community.

### Supervisor

Supervisors are not only GPs who teach but also people who inspire and support the next generation of GPs through their years of training.

Supervisors work in accredited training practices or with Regional Training Organisations (RTOs) training general practice registrars, international medical graduates and medical students.

Providing quality supervision helps to maximise the benefits of education but also lays the foundations for positive experiences for lifelong learning.

If you are interested in becoming a supervisor and supporting the next generation of GPs, please contact your local RTO.

### Medical educator

Medical educators are GPs with a passion for education. In fact, doctors have long held a tradition of teaching.

Medical educators work in RTOs educating and training general practice registrars and helping them prepare for the RACGP Fellowship examinations, offering support throughout the lifelong learning journey and contributing to continuing professional development.

If you are interested in joining the dynamic team of medical educators around Australia, please contact your local RTO.

### Examiner

The role of a Clinical Competency Exam (CCE) examiner is pivotal to the ongoing development and success of the Fellowship examinations and the award of FRACGP.

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As CCE examiners, RACGP Fellows have the opportunity to contribute to the positive development of their profession by using their vast knowledge for the benefit of Australian general practice. CCE examiners are engaged by the RACGP and work with their peers to test candidate knowledge and proficiency in an exam setting.

Interested in becoming a CCE examiner? You must hold your Fellowship for three or more years and fulfil additional requirements.

Visit: [www.racgp.org.au/education/gps/supervisors-and-examiners/become-an-racgp-examiner](http://www.racgp.org.au/education/gps/supervisors-and-examiners/become-an-racgp-examiner) for more information.

### RACGP Aboriginal and Torres Strait Islander health

Improving the health of Aboriginal and Torres Strait Islander peoples is one of Australia's highest health priorities. The RACGP is committed to raising awareness of Aboriginal and Torres Strait Islander health needs and founded the faculty of RACGP Aboriginal and Torres Strait Islander Health in 2010 to help close the gap in health and wellbeing outcomes. RACGP Aboriginal and Torres Strait Islander Health advocates for culturally appropriate health delivery systems that improve health outcomes for Aboriginal and Torres Strait Islander communities.

Visit: [www.racgp.org.au/the-racgp/faculties/atsi](http://www.racgp.org.au/the-racgp/faculties/atsi) for more information.

### General practice in rural and remote Australia

RACGP Rural is a faculty dedicated to rural and remote health. It's Australia's largest representative body of rural GPs. With more than 20,000 members, including almost 10,000 GPs living and working in rural and remote Australia, RACGP Rural recognises the challenges specific to rural and remote areas and supports rural GPs and their communities through advocacy, research, education and policy development.

Visit: [www.racgp.org.au/the-racgp/faculties/rural](http://www.racgp.org.au/the-racgp/faculties/rural) for more information.

### General practice research

Research in general practice is essential to improving patient health outcomes. Clinical questions arising from general practice are best addressed by research undertaken within the general practice setting. GPs

can be involved in research at various levels. It is important for all GPs to understand how to access and apply research evidence to their clinical work. GPs can also actively participate in research in a number of ways, including recruiting patients for general practice research, being involved in research co-design, undertaking co-investigator roles and even leading research projects. Getting involved in research allows you to develop many valuable skills.

Visit: <https://foundation.racgp.org.au/> for more information.

### RACGP Foundation

Established in the 1950s, the RACGP Foundation supports GPs to do medical research into primary healthcare and develops research career pathways. The foundation raises funds to offer a diverse range of research grants that provide opportunities to complete valuable research.

GP research is essential to ensuring all Australians can access a high-quality, effective and evidence-based primary healthcare system.

For over 60 years, the RACGP Foundation Grants and Awards program has nurtured GP researchers to develop an evidence base, and discover new ideas and solutions to improve primary healthcare for all Australians.

The program has funded millions in general practice research, with the majority of research projects going on to be published in high-impact peer review journals.

Visit: <https://foundation.racgp.org.au/> for more information.

### Australian Defence Force

Australian Defence Force (ADF) doctors provide quality healthcare to those serving in a distinct field of practice. GPs working in an ADF environment are largely serving a younger, fitter, healthier patient population than they would in a civilian population. As an ADF GP, you may work in difficult environments requiring a broad range of skills and a flexible and adaptable approach to providing quality care to optimise outcomes for your patients. This may require careful management of resources and effective triaging in environments with limited access to complex investigations and specialist care; it may include mass casualty triaging in war zones and disaster recovery environments.

## Next Five Welcome booklet

### RACGP Specific Interests

RACGP Specific Interests, a national faculty of the RACGP, recognises the additional interests and/or expertise held by GPs. Membership is not constrained by geographical location, clinical expertise or career stage.

The career of a GP is one of lifelong learning, and interests may change over time. Whether this is due to personal interests, clinical advancements or the changing requirements of a GP's patient population, RACGP Specific Interests supports GPs to engage with and learn from like-minded colleagues. GPs with subject matter expertise have established, and lead, a wide range of RACGP Specific Interests groups, which cover clinical, vocational and organisational areas of general practice. Group activities vary, with



some developing educational materials and clinical guidelines, some advising on policy and advocacy opportunities, and others sharing research and news through member communications and online meetings. All groups offer networking and learning opportunities to their members.

RACGP Specific Interests membership is a free member benefit available to all RACGP members.

Visit: [www.racgp.org.au/the-racgp/faculties/specific-interests](http://www.racgp.org.au/the-racgp/faculties/specific-interests) for more information.

## Health and wellbeing

### GP Support Program

The RACGP is committed to supporting members in their pursuit of clinical excellence and ensuring that general practice remains a satisfying and rewarding vocation. The RACGP also recognises that maintaining a healthy work-life balance is essential for GPs to create the best possible practice environment for our members and the patients we serve.

From time to time, issues arise in our lives that cause concern. They can lead to sleepless nights, an inability to stay focused, feeling down generally and a sense that we have no control. Regardless of where they come from, they can weigh us down and affect all areas of life, including our ability to function well at work.

The GP Support Program is a free service offered by the RACGP in line with our commitment to foster a culture of self-care among GPs. It is available to RACGP members regardless of where you live or work. Members can access professional advice to help cope with life's stressors, which may include personal and work-related issues that can impact on your wellbeing, work performance, safety, workplace morale and psychological health.

The GP Support Program can provide help to RACGP members with a range of issues, including:

- handling work pressures
- managing conflict
- grief and loss
- relationship issues
- concerns about children
- anxiety and depression
- alcohol and drug issues
- traumatic incidents.

Visit: [www.racgp.org.au/racgp-membership/member-offers/the-gp-support-program](http://www.racgp.org.au/racgp-membership/member-offers/the-gp-support-program) for more information.

For further information on the nearest office location, please contact LifeWorks by Morneau Shepell national contact centre on 1300 361 008.

If you have any queries about how this service operates, please call the RACGP member helpline on 1800 331 626. Your queries will be handled discreetly.



**RACGP**

Royal Australian College  
of General Practitioners

Healthy Profession.  
Healthy Australia.