

Derbyshire General Practice Champions

Dr Faraaz de Belder

**Locum GP – Special Interest in Urgent and Immediate Care
Specialty Doctor (Middle Grade) Anaesthetics and ICU
Pre-hospital Emergency Medicine Doctor – EMICS in
partnership with East Midlands Ambulance Service**



Career Journey:

I initially went into medicine to be an anaesthetist. Early on, I actually discovered my interest was more aligned to pre-hospital care: delivering frontline medical services at events, motorsports, festivals and on behalf of the ambulance service. I joined the Army Reserve and had the privilege of attending the Royal Military Academy at Sandhurst. I won a BMA Prize for a poster presentation for my three years work as a Special Constable with West Yorkshire Police.

During my anaesthetics training, I realised that hospital medicine did not give me the work/life balance that I wanted: nights, weekends and me did not mix!

I left anaesthetics training to complete a shortened GP programme and was fortunate to have a supervisor who was interested in my development to allow me to complete an ITP in pre-hospital care. During this period, I responded to 999 calls with a critical care paramedic for 2 months FTE, completed an advanced driving course and the Diploma in Immediate Medical Care.

After finishing training, I have gone back into anaesthetics as a middle-grade to brush up on some critical care skills. I completed my Membership of the Royal College of Anaesthetists then.

I have an interesting portfolio career now that combines out-of-hours GP, anaesthetics, critical care 999 responding and 999 admission avoidance work.

Best piece of advice I wish I'd received:

It's your life – you have to be comfortable getting up at 06:30 and going to work so you had better enjoy it.

Ignore those who say 'you can't do that' or 'things aren't like how they used to be': they are often jealous of your path and the fact that they couldn't do it.