



Life as a Locum

EVERYTHING YOU WANTED TO KNOW ABOUT LOCUM LIFE.
COLLATED FOR YOU BY THE LANTUM GP COMMUNITY

THE BEST ADVICE FOR NEWLY QUALIFYING GPs, FROM GPs

This pack is delivered to you by the Lantum GP Community

Lantum is a platform and community that helps GPs make the most of their career

We use smart and user-friendly technology to give control back to GPs

At Lantum, we believe that technology can bring amazing benefits

But we understand that healthcare is all about the people

That's why our thriving GP community is here to help you every step of the way... Welcome on board.

KEEP UP TO DATE WITH LANTUM NEWS AT WWW.LANTUM.COM

THE BEST ADVICE FOR NEWLY QUALIFYING GPS, FROM GPS

This information pack will help you...

- Understand the world of locuming
- Assess the pros and cons of locuming
- Understand how to find the work you want
- Consider what you can earn as a locum
- Access professional support

... welcome and enjoy.

LIFE AS A LOCUM

What is a Locum?

'...one who temporarily takes the place of another GP...'

BMA Locum GP Handbook

GP Locum Dr. Richard's experience as a locum?

- CCT Feb 2016
- Started with 8 locum sessions, day of CCT for training practice group, then various other long term locums
- Salaried 8 sessions Telford 2015
- Reduced salaried sessions to 4 and part-time locum
- Now 5 sessions locum only
- Through interest in Medical Education, joined Lantum as Community Champion in Birmingham

GP locum Dr. Chauhan's experience as a locum?

- CCT August 2016
- 6 sessions salaried; 2 sessions locum
- Not much luck speaking to practice's directly particularly as part time locum
- Lantum offered the opportunity to reach out to much more practices
- Simplified administrative workload
- Excellent admin support to resolve issues quickly
- Lantum's Growth Partner in Birmingham to advise on long term strategy and vision

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Career options for GPs...

- Partnership
- Sessional
 - Locum
 - Salaried
- Retrain
 - Medical & Non-Medical
- Emigrate
- Portfolio career – more to come on that!

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So, why choose the locum route?

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

Advantages

- Variable locations
- Long-term commitment not necessary
- Can be used to supplement other work
- More choice over rate of pay
- Flexibility over hours worked and over what work is done
- Help balance work/family responsibilities
- Positive impact
- Greater autonomy
- Greater on the job learning opportunities
- Clinically sometimes “ a new set of eyes” over a complex or difficult case

Disadvantages

- Relative instability
- ‘Non-continuity’
- No sick/annual/ maternity/ paternity leave
- Different computer systems
- Can be isolating
- More organisation needed
- Sometimes negative perception of locums

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How to get the clinical work you want

The first step is knowing what you want, but that's easier said than done. Most of us learn what suits us through experience, so the best starting point is to understand the options open to you.

Employment options in general practice

- Partnership: non-sessional
- Sessional: locum and/or salaried
- Retrain: choose an alternative specialism
- NHS and/or non-NHS
- Portfolio: a mix of the above and more

Nature of clinics

- GP surgeries
- Walk in Centres (WiC)
- Urgent Care Centres (UCC) - hands on
- Out of Hours (OOH)
- Others (inc, health screening, prison work, etc)

Dr Tehseen Kahn gives advice on **what you need to know after VTS**.
Topics include indemnity cover, T&Cs, being picky, and staying organised.

[READ MORE](#)

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How to find locum work...

- LANTUM!
- Approach practices directly
- Locum agencies
- Advertisements
- Word of mouth
- Register to be part of a provider's locum bank
- Locum Chambers
- Own website

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Getting organised

- Updated curriculum vitae
- Pay for CCT & GMC certification
- Apply to the Performer's list
- Arrange medical indemnity (deep breath!)
- Health Screening & Immunisations
- Disclosure and Barring Service (DBS)
- Mandatory Training
 - BLS , Safeguarding, PREVENT
- Accountant
- Pensions
- Medical Equipment

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How to make appraisals easy

GP Karen Skinner, a senior appraiser, shares her wisdom on how to make your appraisal easy: it's all about routine.

[READ MORE](#)



Lantum helps you manage all your clinical governance documentation needed for work. Led by our Head of Clinical Governance, Dr. Susie Brennan, our team helps you get CQC compliant, and more.

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The Money

- Variable rates depending on job type – typically £85/hr inclusive of pension if locuming in a GP surgery. Typically £8500-£9000/session if salaried +/- MDU contributions
- Rate transparency through Lantum
- Can be negotiable

PAYE

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

(eg. Salaried – on a payroll)

Work as a Sole Trader

- Self employed
- Need to sort out own finances

Ltd Company

- Most tax efficient
- More admin
- Can't claim pension
- IR35

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Why Lantum?

Save time finding and booking jobs

- Jobs online in an instant
- Negotiate rates and duties
- 'One-click' application
- iPhone App
- Always CWC compliant
- Can follow your favourite practices – supports continuity of care

Financial Benefits

- Free to use
- Better rates than agencies
- Rate transparency
- NHS pensionable
- Prompt payment
- Clarity on IR35

Hassle-Free

- No constant annoying phone calls
- Subscribe to email job updates *only if you want*
- Less paperwork or admin, everything is done for you
- Documents already uploaded, accessible from own profile page

Other benefits

- Part of an 8,500 strong GP community
- Access to CPD and networking events
- Access to online social networking and professional forums

Find locum jobs

Priority Access

Practices I follow



IR35 Settings

Choose how to apply to your sessions



Limited Company



Sole Trader

926 sessions · Page 1 of 47

SEARCH BY

LOCATION

PRACTICE

WD24 7QU

20 Miles

→ SEARCH

FILTER BY

SELECT DAYS

ALL SESSIONS

Click on a day to start your selection

< LAST MONTH

NEXT MONTH >

August

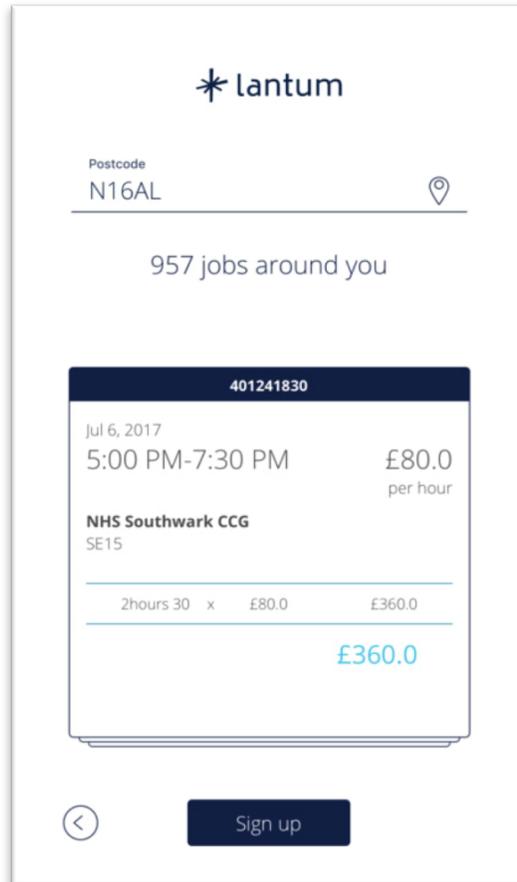
Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13

Thursday, 3rd August 2017

401252307	Brixton Hill Group Practice SMART PAY	SW2 1AE (19.6 mi)	19.6 mi	15:00-18:30 No break	£80.00	DETAILS APPLY NEGOTIATE RATE
401253149	St Giles Surgery: Dr Rosemen (IHL) DIRECT INVOICE	SE5 7RF (19.4 mi)	19.4 mi	15:30-18:30 No break	£80.00	DETAILS APPLY NEGOTIATE RATE
401253221	North Lambeth Extended Hours Hub SMART PAY	SW8 1UL (18.1 mi)	18.1 mi	16:00-20:00 No break	£85.00	DETAILS APPLY NEGOTIATE RATE
401245321	Roxbourne Medical Centre SMART PAY	HA2 0UE (7.7 mi)	7.7 mi	16:30-19:30 No break	£80.00	DETAILS APPLY NEGOTIATE RATE
401254564	Carpenters Practice SMART PAY	E15 2JA (19.4 mi)	19.4 mi	17:00-20:00 No break	£90.00	DETAILS APPLY NEGOTIATE RATE
401247035	SELDOC - Brocklebank Health Centre	SW17 4DU (17.0 mi)	17.0 mi	18:30-22:00 No break	£85.00	DETAILS APPLY

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The iPhone app



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Continuing Professional Development

There is plenty of CPD to choose from locally and nationally. If you are employed by a practice then you will be given protected learning time (PLT) and have access to education through your CCG. For freelance and portfolio GPs, there is also a lot on offer.

CDP routes:

- Join the Lantum community for professional support
- Keep in contact with VTS & First 5 groups
- Self Directed Learning Groups
- Lantum free CPD events
- Private hospital events
- RCGP and other educational events



Lantum delivers a regular program of CPD events overseen by Head of Clinical Education Dr. Ishani Patel and delivered by regional Clinical Education Leads

General Tips

Top Tips

- Be open minded, friendly and professional
- Be organised, responsible and on time
- Proactive and show initiative
- Don't sell yourself short
- Negotiate and weigh up pros & cons of the shift
- Networking
- Find out what works for you
- Be your own boss
- Use resources (online learning, update courses, RCGP)
- Diversify your work to help with Work/Life balance

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Summary

- Being a Locum can be rewarding
- Useful for newly qualified GPs to learn more about themselves and general practice
- Potential to try a variety of work and develop a professional portfolio
- Be your own boss
- Find out what works for you



Thank you

Do you want further information?
Contact our Head of Community: jess@lantum.com