

Medical Supervision

This fact sheet explains the role of the Medical Supervisor and what you can expect if you are required to be medically supervised.

What is medical supervision?

Medical supervision is how we will monitor your health and progress during a period of restricted practice. All medical supervisors have been recruited and trained by us for this specific role.

Your treating doctors cannot undertake this role. Most of our medical supervisors also work as health examiners for us and have experience of working in general psychiatry.

When and how often will I meet with my medical supervisor?

When we appoint a medical supervisor we will write to you and give you their details. Your supervisor will contact you by email or telephone to introduce themselves and arrange an appointment. Your medical supervisor will meet with you regularly to discuss:

- your progress
- your compliance with undertakings or conditions that relate to your health
- their advice about specific restrictions such as attendance at support groups and prescribing arrangements.

As a minimum we expect you to meet with your medical supervisor every 12 weeks. You can however keep in touch in-between appointments by telephone and email if you need to.

How often will my medical supervisor submit reports to the GMC?

Your medical supervisor will send us reports every 3 to 6 months. They may send us a report sooner than this if there is a change meaning we need to review your case. This may include if they think you are fit to practise and your restrictions can be removed.

What information will be included in my medical supervisor's reports?

We will ask your medical supervisor to include the following information in their progress reports:

- Their opinion about your progress under treatment. To do this they will speak to your treating doctors and any other health care professionals involved in your care. If applicable, they may also contact your occupational health department to get up to date information about your health and treatment plans.
- Whether you are engaging with medical supervision and complying with the undertakings or conditions on your registration.
- Information about any employment you have undertaken requiring GMC registration. They will contact your workplace including clinical and educational supervisors to find out how you are doing at work.
- A summary of information from other sources such as employers and treating doctors and healthcare professionals.
- An opinion about your fitness to practise.
- (Where applicable) copies of any substance use test results and interpretation.

Information relating specifically to your health will *only* be disclosed to those involved in your care and occupational health.

We will provide you with a copy of all medical supervision reports.

Approval of posts

During the period of supervision, your medical supervisor must approve every new post that requires GMC registration; including each locum post, any out of hours and on-call work.

You should discuss any plans to take up new work with your medical supervisor as soon as possible. To approve the post they will need:

- a copy of the proposed job description
- contact details for your prospective employer to allow them to seek further information as necessary.

You will not be able to begin a new post (including locum posts) until your medical supervisor has approved it and we have set up workplace reporting arrangements.

All posts must also comply with any undertakings or conditions.

How long does medical supervision last?

Undertakings

There is no set length of time for undertakings to remain in place. It will all depend on your progress. We will consider removing them when we receive information that suggests supervision is no longer necessary, such as a report from your medical supervisor stating that your fitness to practise is no longer impaired.

At this point we may ask you to agree to another GMC health assessment.

Conditions

A medical practitioners tribunal will regularly review your case considering all the information that has been gathered about your progress. When they are satisfied that you are fit to practise without restrictions they will revoke the conditions on your registration.

For further information please see www.gmc-uk.org.