

General Medical Council

John Helmerow STERLAND

Doctor

GMC reference number: 2612298

Registered with a licence to practise



This doctor is on the GP Register

From 31 Mar 2006



This doctor is on the Specialist Register

Occupational medicine from 16 Jul 2007

This doctor is subject to revalidation;

Designated body	Faculty of Occupational Medicine
Responsible officer	Danny Wong

Profession	Doctor
Registered qualification	MB BS 1982 University of London
Provisional registration date	15 Jul 1982
Full registration date	01 Aug 1983
Gender	Male

General information

This doctor may work at any grade in the NHS including consultant. Doctors working in general practice in the UK health service are required to be on the General Practitioner Register. Please refer to the relevant NHS performers lists regulations.

[More information about employment check requirements](#)

Annual retention fee due date: 01 Aug 2027

Registrant history

Registration and licensing history (Since 20 October 2005)

From	To	Status
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16 Nov 2009	Present	Registered with a licence to practise
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20 Oct 2005	16 Nov 2009	Registered
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Please note:

All doctors who were registered before 20 October 2005 have their registration 'From' date set to 20 October 2005.

This is the date when the register went online.

If you need to know whether the doctor was registered before 20 October 2005 please [contact us](#).

Results of search on: 09 Oct 2026 at 20:53 BST

The details shown are valid at the date and time of the search only.