

General Medical Council

Zoe Nadine Sarah HELMAN

Doctor

GMC reference number: 7043155

 Registered with a licence to practise

GP

This doctor is not on the GP Register

SR

This doctor is on the Specialist Register

Palliative medicine from 15 Sep 2017

This doctor is a trainer recognised by the GMC.

[View details...](#)

This doctor is subject to revalidation;

Designated body	Mid and South Essex NHS Foundation Trust
Responsible officer	Christine Blanshard

Profession	Doctor
Registered qualification	MB BS 2009 University of London
Provisional registration date	03 Aug 2009
Full registration date	04 Aug 2010
Gender	Female

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: 04 Aug 2027

Trainer info

This doctor is recognised by the GMC in one or more of the following roles.

- Named clinical supervisors
- Named educational supervisors
- Lead coordinators of undergraduate training at each local provider

- Doctors responsible for overseeing students' educational progress for each medical school

[Read more information about our role in approving and recognising trainers.](#)

Registrant history

Registration and licensing history (Since 20 October 2005)

From	To	Status
04 Aug 2010	Present	Registered with a licence to practise
16 Nov 2009	04 Aug 2010	Provisionally registered with a licence to practise
03 Aug 2009	16 Nov 2009	Provisionally registered

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: 23 Sep 2026 at 22:17 BST

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