

The Dummies Guide to Fitness to Practise



WHY DO YOU NEED TO BE FIT TO PRACTISE?

As medical and dental student you must behave in a way that justifies the trust the public places within the medical and dental professions.

You should be aware that your behaviour as a student in both your personal lives as well as in clinical situations reflects upon the medical and dental profession.

The public and colleagues must never be put at risk by your actions.

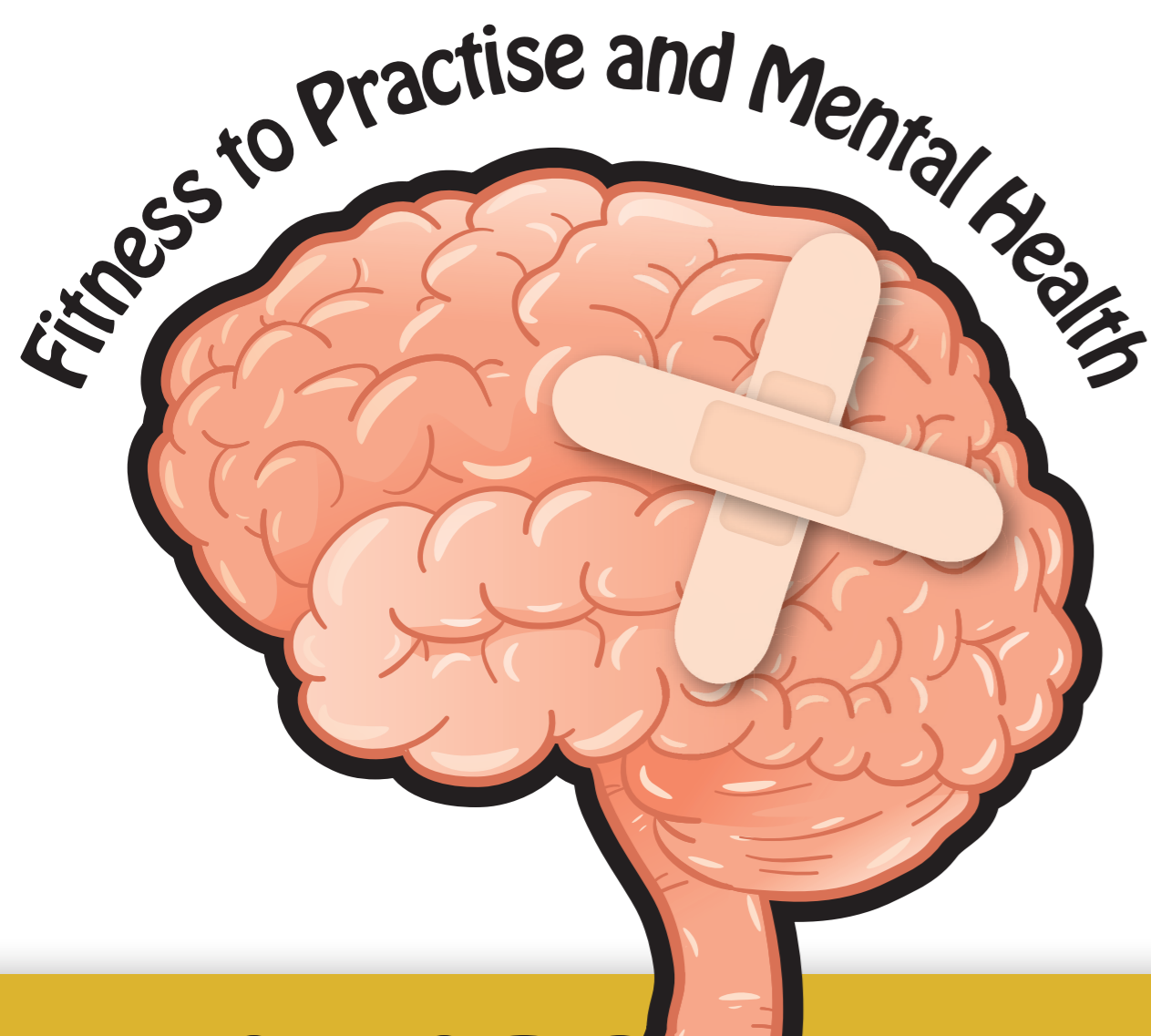
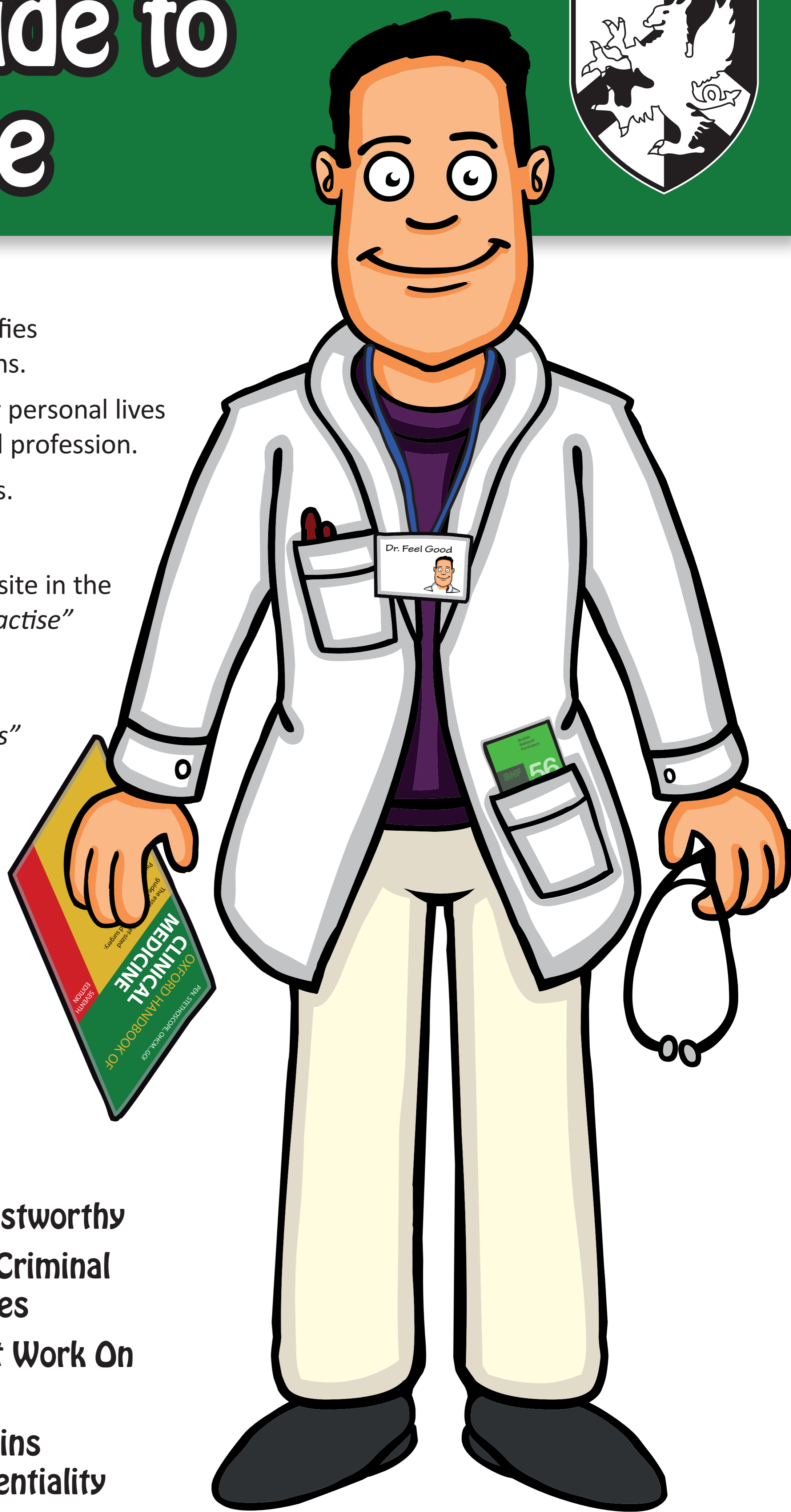
Guidelines

The **General Medical Council** guidelines are available on their website in the document; *“Medical students: professional values and fitness to practise”* (Website below).

The **General Dental Council** have also produced some Guidelines available on their website called *“Standards for dental professionals”* (Website below).

Key things to remember:

- Know Your Limits
- Follow Recommended Guidelines
- Be Polite
- Attend Teaching
- Attend Firms
- Never Plagiarise
- Avoid Risky Behaviour
- Dress Appropriately
- Know When To Ask For Help
- Be Punctual
- Never Discriminate
- Work hard
- Look After Your Own Health
- Never Put Patients Or Colleagues At Risk
- Be Respectful
- Pass Exams
- Be Truthful About Mistakes
- Set A Good Example
- Be Responsible
- Be Trustworthy
- Avoid Criminal Offences
- Submit Work On Time
- Maintains Confidentiality



- Mental ill health is not a barrier to successful medical and dental practise.
- Less than 0.5% of medical students are prevented from practising medicine due to mental health reasons.
- Medical students, doctors and dentists have the same right to advice, support, treatment and confidentiality as the general population.
- Mental health problems such as depression, anxiety, stress, eating disorders, bereavement, alcohol and substance misuse can all be managed with appropriate help and support and should not prevent successful medical and dental careers.
- Doctors, dentists and medical students should not be pressured into feeling infallible.

**DO NOT SUFFER IN SILENCE • RECEIVE THE SUPPORT YOU DESERVE
DON'T BE AFRAID OF ASKING FOR HELP AND GUIDANCE**

Useful Contacts

 **Sick Doctors Trust**
www.sick-doctors-trust.co.uk
0870 444 5163

General Medical Council www.gmc-uk.org
0845 357 0022
Regulating doctors
Ensuring good medical practice

GENERAL DENTAL COUNCIL
www.gdc-uk.org 0845 222 4141
QMUL Advice & Counselling
www.welfare.qmul.ac.uk 020 7882 8717

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