

# BMA

## BMA Communities



Dr Mary O'Brien 20 Jan 2015

### Why Sessional GPs should get involved in, and be an asset to, their LMC

I was voted on to my LMC (local medical committee) while I was a partner in 2004, basically because I was well-known having been a locum in lots of practices and having attended lots of meetings where I was quite vocal.

I wanted to find out what was going on and also to potentially influence the way general practice and the NHS operated in my area.

Since then, I've never looked back. I was elected vice chair in 2006 and medical secretary in 2011. This role has its perks: I'm paid for almost a full day a week - a good thing too as there's lots to do.

Among other things, I help organise the committee meetings; answer and deal with queries from our GPs and practices; write a monthly newsletter; meet the primary care organisation (PCO) and board; and attend lots of meetings on behalf of the LMC, including the Area Drug and Therapeutics Committee, Drugs Deaths Committees and blood-borne virus managed care networks to name a few.

Through my LMC involvement, I was able to set up valuable administrative support for the local locum group that I founded and ran for many years. Also through the LMC, I got on to the BMA SGPC (Scottish General Practitioner's Committee) in 2007 and have represented sessional GPs on that committee since 2011.

It's a lot of work, but I very much enjoy being involved in protecting general practice and the NHS in our area and nationally. And, as a freelance locum, the LMC and SGPC find me especially useful as I have the flexibility to attend meetings that partner members cannot.

I would definitely recommend getting involved in your LMC to all sessional GPs. We are a major part of the workforce, so should be represented and have a hand in influencing the future of general practice. And if you work part-time or freelance, you could be a real asset to the LMC due to your flexibility.

So go on, find out a bit more about [your LMC](#). Who knows where it may lead your career?