

## Health Checklist for Appraisals

All that is needed is a simple statement that you have considered your own health needs on an annual basis, and taken appropriate steps to ensure they do not impinge on patient / client care.

Here are some areas to think about before making that statement. Reflecting on these may raise issues that you could discuss during your appraisal.

- Are you registered with a GP outside your own sphere of practice?
- Have you had your Hepatitis B status checked recently? When?
- Have you taken the opportunity to be immunised against influenza this year?
- Have you considered your own lifestyle as it affects your health?
- Are you a role model for healthy living?

If you do have a health issue that you consider significant:

- Have the issues raised by an illness or disability been discussed with your own doctor or Occupational Health Service?
- Are the appropriate people aware of them? (eg fellow AMEs / in some cases clients /patients)
- What safeguards are in place to ensure that your health problem does not interfere with your ability to carry out all of your duties?
- What safeguards are in place to ensure that the safety of your clients / patients is protected where it is impossible for you to carry out the full range of your duties?

Are you able to sign the following statement about your health?

**Having carefully considered the chapter on health in “Good Medical Practice 2013” [www.gmc-uk](http://www.gmc-uk) I am confident that my health is not an issue that affects patient (client) care.**

Signed..... Date.....

Witnessed.....

(Extract from GMC document for use by Aeromedical Examiners at their annual appraisals)

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