MARC PENTEL

"Pipin Singh is an excellent trainer—he’s flexible and dynamic and he pitched my training at just the right level. He also prepared me extensively for life as a GP, so the transition was smooth and easy for me.

"In addition to his work as a trainer, he’s also proactive in terms of altering practice systems and ways of working, along with his practice team, to create a more streamlined, efficient, and safe environment to work in. During my time at the Village Green Surgery, Wallsend, I was impressed with the dynamism of the team under his leadership and even during my short spell there I could see great leaps in terms of efficient ways of work that have patient safety at their core.

"Finally, and slightly less related to work ethic and teaching style, his sense of fashion is second to none. He owns (and wears) the most fantastic range of shirts and trouser combinations. I was very impressed, on a daily basis, with his choices of attire."

Marc Pentel is a GP in Newcastle Upon Tyne.

NOMINATE A ROLE MODEL

To nominate someone who has been a role model during your medical career, send their name, their job title, and the reason for your nomination to arimmer@bmj.com

NOMINATED BY MARC PENTEL

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"You also become very good at risk management. I don’t have access to people’s scans or blood results at the drop of a hat, or their electrocardiogram results in ten minutes. You become good at working out what is serious and what is not serious in a relatively short space of time. It’s about pattern recognition. I make a lot of decisions daily without support. The rewarding thing is that you become a very decisive person.

"He says that there are some negative aspects to the job—including long hours and a great deal of pressure, especially during the covid-19 pandemic—but those are far outweighed by the benefits. "You can get a good work-life balance once you’ve qualified. You don’t have the on-call commitments of a hospital doctor, although if you choose to do out of hours work you can, or if you want more flexibility you can become a locum."

"Singh says he’s managed to achieve the right balance between work and home life and finds time to do fitness training and running, and to play tennis, chess, and snooker to unwind. He adds that the benefit of being a GP is that it also opens up a range of career possibilities. "You don’t have to just stick to seeing patients and doing routine surgeries. You can have a portfolio career and there are a whole host of opportunities available to you. I have an interest in diabetes and men’s sexual health, and I run clinics for those. And, as well as my clinical training role, I write for GP Online, Pulse, and the Monthly Index of Medical Specialities—which is a different aspect of medicine and something I really enjoy."

Helen Jones, London

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