

ROLE MODEL

Carolyn Chew-Graham

The professor of general practice research at Keele University and a Manchester GP, tells **Adrian O'Dowd** about her dedication to medical education



LORNE CAMPBELL

NOMINATED BY FARAZ MUGHAL

Carolyn leads by example. She is an active GP partner in a bustling practice and also leads on teaching, research, and the patient participation group.

In addition to this, she champions general practice and primary care research, especially in mental health, and patient and public involvement and engagement.

As an academic GP, her supervision and mentoring of her trainees and students is widely noticed and commended. She is readily available and always supportive and encouraging.

In a time where more high quality general practice and primary care research and scholarship is vital to the ongoing development and sustainability of the NHS, she is leading the way in nurturing the next generation of clinical academic general practice and primary care researchers.

Faraz Mughal is a GP and National Institute for Health Research in-practice fellow at the Research Institute for Primary Care and Health Sciences, Keele University

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

To Carolyn Chew-Graham, being a doctor is not just about working with patients and their families, but also supporting the next generation of doctors to fulfil their potential.

She qualified from the University of Manchester medical school in 1984 after deciding on medicine as a career for personal reasons. "It was related to the death of my father when I was 14," she says. "I felt I wanted to be involved in improving care for people, particularly older people and their families."

Her first job was at Manchester Royal Infirmary, but general practice was the field she was drawn to. "What appealed most was the breadth of input into people's lives from cradle to grave, being a witness to and sharing people's experiences, supporting them at critical and difficult times of their life, and then seeing them come out the other side," she says.

Chew-Graham worked in an inner city GP practice for 10 years before joining another practice in the suburb of Chorlton. Here she has specific responsibilities for older people and mental health, patient and public involvement, and teaching medical students. She also manages research activities in the practice, which is part of the Royal College of General Practitioners' Research Ready scheme.

Nearly 25 years of working in general practice has taught her many things, Chew-Graham says. "What hit me when I was a GP trainee was the fact that there are factors in people's lives which are bigger determinants of their health, wellbeing, and illness than medicine will ever be.

"When I was a trainee, for the first six months I felt impotent. I worked in inner city Manchester and was upset by the

Having medical students in my practice is one of the most rewarding things I do. I can see them develop over time

poverty I saw, the complexity of people's lives and the fact that I could do very little in a 10 minute consultation.

"It was only when I was halfway through training that my excellent trainer Carl Whitehouse helped me see that even small impacts on people's lives did make a difference and that a GP can personally support them through difficult times."

Chew-Graham believes part of a doctor's role is to teach. "We teach patients during consultations where we give information and advice, checking understanding, and helping patients make decisions," she says. "In the same way, when you teach medical students, you find out where they're at and then negotiate a path together.

"Having students in my practice is one of the most rewarding things I do because I can see them develop over the time that they come into general practice. They go from thinking about single diseases to thinking about whole people with a complex mixture of diseases."

Chew-Graham currently spends a day a week working in general practice and the rest of her time at Keele University conducting research and supporting academic GP trainees and non-clinicians.

Her advice to medical students is direct and encouraging, "Make the most of opportunities. Keep an open mind when consulting, think about the patient holistically, and offer a broad range of treatment options. Above all, look after yourself."

Adrian O'Dowd, London
Cite this as: *BMJ* 2018;362:.k4336



Jen Gunter, 52, is the scourge of medical nonsense, ever willing to stick her head above the parapet to denounce the latest faddy idea with wit and no little courage, given the poisonous nature of social media. An obstetrician-gynaecologist from Canada, she practises in California: fad capital of the world and home to Gwyneth Paltrow's *Goop*, which has often provided a tempting target. Of a machine designed to deliver coffee enemas and marketed by *Goop* at \$135 (£102), she wrote, "Keep the coffee out of your rectum and in your cup. It is only meant to access your colon from the top." And, when trolled about her views, she fights back: "Sometimes I just feel like swinging the bat."

BMJ CONFIDENTIAL

Jen Gunter Snake oil detective

What was your earliest ambition?

I wanted to be a detective, like Nancy Drew. I thought that it would be awesome to solve mysteries with my gal pals and drive around town in a cool convertible, pondering the latest mystery over a milkshake. Nancy Drew had it made.

What was your best career move?

Going into OB/GYN.

How do you keep fit and healthy?

I rarely eat out, if ever. It's linked with obesity in so many studies, and I struggle with my weight, so home cooked is best for me.

What single change would you like to see made to the NHS?

For the government not to privatise any part of it. This is more a plea not to change.

What do you wish that you had known when you were younger?

That I could have told more people to fuck off when they deserved it.

To whom would you most like to apologise?

I'm good: I do my best to apologise immediately if I've hurt someone's feelings.

Which living doctor do you most admire, and why?

Adam Rosenberg. I had triplets: my surviving two children were born extremely prematurely at 26 weeks, and he was their doctor almost the entire time they were in the neonatal intensive care unit (about three months each). He saved their lives. There are no words to express my gratitude.

What is the worst job you have done?

When I was a hostess at a restaurant when I was 18 we'd all go out clubbing after work, and the manager used to grope the women. This was in the 1980s and no one spoke about harassment, so no one really knew that we could say no.

What unheralded change has made the most difference in your field?

The HPV vaccine. We could eradicate cervical cancer, the pain and anguish of repeat smear tests, colposcopies, and cervical biopsies. How cool is that?

What television programmes do you like?

I'm going to put in a plug for *A User's Guide to Cheating Death* (bias disclosure: I appear in an episode). It tackles fads and pseudoscience and how they affect what we think about health.

What personal ambition do you still have?

To write a novel. I have some ideas.

What would be on the menu for your last supper?

A full English breakfast.

What poem, song, or passage of prose would you like at your funeral?

This quote by Nellie McClung [Canadian social activist] for the women in the room: "Never explain, never retract, never apologise. Just get the thing done and let them howl." And then I'd like a mixtape of my favourite '80s songs played very loudly, for everyone to get up and dance to.

If you weren't in your present position what would you be doing instead?

I'm not sure. Maybe I'd be a detective!

Cite this as: *BMJ* 2018;363:k4327